

## **Bachelor of Sport and Exercise (BSES) - BSportEx**

QTAC code (Australian and New Zealand applicants): Ipswich campus: 936111; External: 906145; Toowoomba campus: 906111

CRICOS code (International applicants): 084354A

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## **Program objectives**

On completion of the program graduates will be able to:

- (1) Demonstrate competency and discipline knowledge and skills relevant to health, exercise and fitness and sports performance across the lifespan.
- (2) Demonstrate high level of understanding of exercise related issues and circumstances of individuals and groups, including sports performers and those with disabilities, chronic diseases and from a range of age groups across the lifespan.
- (3) Display well-developed practical skills relevant to laboratory, clinical and field situations in the sport and exercise area.
- (4) Exhibit a high level of commitment to evidence-based practice, good communication skills, professional development and research.
- (5) Demonstrate a competent level of safe, professional and ethical practice displayed in interactions with clients from a range of populations, and a variety of contexts, across the lifespan.

## **Australian Qualifications Framework**

The Australian Qualifications Framework (AQF) is a single national, comprehensive system of qualifications offered by higher education institutions (including universities), v

## Requirements for professional experience placements

Practical experience is an integral component of the program and each student is required to undertake and satisfactorily complete 140 hours of practical experience.

Progression into practical courses is dependent upon a pass grade in theoretical and other practical courses which have been set as prerequisites.

Applicants must be willing to undertake and submit the requirements of the University of Southern Queensland for practical placement. Please refer to the applicable [Professional Practice Experience Handbook](#) for Bachelor of Sport and Exercise Students.

## Program fees

### Commonwealth supported place

A Commonwealth supported place is where the Australian Government makes a contribution towards the cost of a student's higher education and students pay a [student contribution amount](#), which varies depending on the courses undertaken. Students are able to calculate the fees for a particular course via the [Course Fee Finder](#).

Commonwealth Supported students may be eligible to defer their fees through a Government loan called [HECS-HELP](#).

### Domestic full fee paying place

Domestic full fee paying places are funded entirely through the full fees paid by the student. Full fees vary depending on the courses that are taken. Students are able to calculate the fees for a particular course via the [Course Fee Finder](#).

Domestic full fee paying students may be eligible to defer their fees through a Government loan called [FEE-HELP](#) provided they meet the residency and citizenship requirements.

Australian citizens, Permanent Humanitarian Visa holders, Permanent Resident visa holders and New Zealand citizens who will be resident outside Australia for the duration of their program pay full tuition fees and are not eligible for [FEE-Help](#).

### International full fee paying place

International students pay full fees. Full fees vary depending on the courses that are taken and whether they are studied on-campus, via distance education/online. Students are able to calculate the fees for a particular course via the [Course Fee Finder](#).

## Program structure

### Applied Sport and Exercise major

Eight core courses, eight additional sport and exercise courses and eight electives. Please note this major does not have ESSA accreditation.

### Sport and Exercise Science major

This extended major consists of 24 defined courses and no electives. USQ will be applying for Exercise and Sports Science Australia (ESSA) accreditation in 2017. Full accreditation will be assessed during 2018.

Students who have undertaken the Applied Sport and Exercise major pathway in 2015 may transfer to the Sport and Exercise Science extended major if interested.

## Program completion requirements

To be eligible to graduate, students must have completed 24 courses and met the requirements of the program.

## Required time limits

Standard – 3 years full-time; 6 years part-time

Maximum – 8 years

## Core courses

<b>Core courses for both majors</b>
SES1002 Introduction to Sport and Exercise
PSY1010 Foundation Psychology A
EDH2152 Health and Wellbeing
EDH2253 Biophysical Foundations of Sport and Physical Activity
EDH3256 Sports Organisation Management and Coaching
BIO1203 Human Anatomy and Physiology 1
BIO1206 Human Anatomy and Physiology 2
MGT2001 Risk Mitigation, Work Health and Safety
<b>Courses for the Applied Sport and Exercise major (plus eight electives)</b>
SES2101 Growth, Development and Lifespan
SES2102 Motor Control and Learning
SES2201 Health, Exercise and Sport Assessment
SES2202 Biomechanics
SES3101 Exercise Prescription and Practice
PSY3250 Sport and Exercise Psychology
SES2104 Exercise Physiology
SES1299 Professional Placement 1 <sup>#</sup>
SES2299 Professional Placement 2 <sup>#</sup>
SES3299 Professional Placement 3 <sup>#</sup>
<b>Courses for the Sport and Exercise Science major (In addition to all courses above)</b>
SES2103 Functional Anatomy
SES2204 Strength Training and Conditioning
SES2203 Physical Activity and Health
SES3102 Principles of Sports Medicine and Rehabilitation
SES3103 Nutrition and Exercise
SES3201 Exercise Program Delivery

**Sport and Exercise Science major** - this major contains 24 core courses and no electives. This major is now subject to ESSA accreditation in a process that will be completed in 2018.

### Electives/Approved courses

Students may, on approval of the program coordinator, choose to undertake an eight unit major from any other USQ program or take eight electives. Students may be interested in:

Course Name
<a href="#">EDH2151 Practical Studies in Sport and Physical Activity</a>
<a href="#">ACC1101 Accounting for Decision-Making</a>
<a href="#">MGT1001 Foundations of Human Resource Management</a>
<a href="#">LAW1101 Introduction to Law</a>
<a href="#">TOU3010 Event Management</a>
<a href="#">TOU1003 Tourism Management</a>
<a href="#">EDH2254 Pedagogy in Sport, Health and Physical Education</a>
<a href="#">EDH3258 Humans in Movement</a>
<a href="#">BIO1204 Introduction to Biomedical Sciences</a>
<a href="#">BIO2118 Human Physiology and Pharmacology 1</a>
<a href="#">BIO1104 Medical Microbiology and Immunology 1</a>
<a href="#">BIO1103 Pathology Studies</a>

#### Note:

Only students undertaking the Applied Sport and Exercise major will have electives available. Students can choose from any USQ course, however may be interested in law, business, public relations, journalism, biomedical sciences, psychology, and sport, health and physical education. Unless approved by the program coordinator, no more than three (3) electives can be taken at the first year level and at least one elective must be at level 3. Students undertaking the Applied Sport and Exercise major will be able to complete a second major in another discipline area (for example; in business) and have this recognised on their testamur at graduation. Advice with regard to enrolment patterns and other advice will be available to students considering this option. Selection of a second major from any USQ program must be approved by the program coordinator.

Students completing the Applied Sport and Exercise major can seek exemption for 8 electives.

### IT requirements

Students must have reliable and ready access to email and the Internet. Broadband access is required for the four compulsory core courses. For information technology requirements, please see the [minimum computing standards](#).

### Residential schools

The attendance requirement of residential schools within this degree is indicated by the following letters: V = Voluntary; O = Optional; C = Compulsory; R = Recommended; HR = Highly Recommended; M = Mandatory. Further information is available [here](#) and in the [Policy and Procedure Library](#)

For all modes there will be on-campus and practical attendance requirements for some courses. In order to successfully complete the program students must be able to fulfil practical attendance requirements of a one week residential school in Year 1, 2 and 3.

## **Articulation**

The Bachelor of Sport and Exercise does not articulate to any other program. However, graduates may be interested in applying for and seeking up to four units worth of credit in the [MSCN Master of Science](#)











