

Exercise and Sport Science

Exercise and Sports Scientists work across the community, in industries from corporate health to education and training.

You'll learn to use an evidence-based approach to inform athletes and coaches on performance enhancement strategies, whether it's for training or competition. Plus, you'll apply the science of exercise to improve health and wellbeing in the prevention of chronic conditions.

This program can lead to postgraduate study in many Allied Health fields including Exercise Physiology, Physiotherapy and Occupational Therapy.

WHY STUDY EXERCISE AND SPORT SCIENCE WITH US?



Accredited through Exercise and Sports Science Australia (ESSA).



Graduate as an Exercise and Sport Scientist and work anywhere in the world.



Make an impact on the health and wellbeing of your community.

Bachelor of Exercise and Sport Science

> [VIEW COURSE DETAILS](#)

Duration Min. 3 years, max. 7 years

Location Launceston

CRICOS: 098359C

Bachelor of Exercise and Sport Science with Clinical Honours

> [VIEW COURSE DETAILS](#)

Duration Min. 1 years, max. 3 years*

Location Launceston

CRICOS: 098360K

Small Town to Big League with Exercise Science

Mat works with some of the globe's highest paid pro sports coaches and athletes. His original 'dream' was to work as a team performance manager, but Mat says a degree in exercise science has opened even more doors.

– MAT YOUNG,
BACHELOR OF EXERCISE SCIENCE

> [READ MORE](#)





WHAT CAN I STUDY?

Exercise Scientists develop services that improve health, fitness, wellbeing, performance, and that assist in the prevention of chronic conditions for both individuals and communities. Often they find themselves working as health educators, personal trainers, at research institutions, with cardiac testing units, and varied positions within sporting organisations and high-performance departments.*

Practical placements as part of your studies will help you gain the knowledge and skills to provide assessment, monitoring and program prescription for fitness and exercise in a diverse range of populations from chronic conditions to elite athletes.

Scientists provide:

- Tailored physical activity programs for healthy individuals wanting to become more active
- Tailored coaching programs for people engaged in sport
- Policy advice on physical activity and exercise for decision makers
- Health promotion campaigns for the general population
- Workplace wellbeing and screening testing
- Support AEPs in the delivery of exercise programs to individuals living with chronic disease or injury.

*www.exerciseright.com.au/accredited-exercise-scientist-can-help/

CAREER OUTLOOK

You'll graduate ready to undertake an exciting career in the health sector. Your career could see you working alongside professional athletes and providing training and development programs, or delivering health and wellbeing initiatives within the community.

You can also move into postgraduate studies in Exercise Physiology, Physiotherapy and Occupational Therapy.

The Bachelor of Exercise and Sport Science provides graduates with the knowledge and skills to gain accreditation as Exercise Scientists with Exercise & Sports Science Australia (ESSA) and is undergoing accreditation by ESSA at Exercise Scientist level.

“

"Don't rule out anything or think you can't do it. Look at me. I'm 27 and I took the leap to come back to uni and all these opportunities have come my way!"

– COREY SOMMERVILLE,
BACHELOR OF EXERCISE AND
SPORT SCIENCE (ALUMNUS)

Learn more about Exercise and Sport Science here.