



**Bachelor of Exercise and Sport Science**

**Bachelor of Clinical Exercise Physiology (Honours)**

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# **Bachelor of Exercise and Sport Science**

**A/Prof Tom Wycherley**

**Program Director: Exercise and Sport Science**

# What is an Exercise Scientist?

## University Qualified

Have the knowledge and skills to apply the science of exercise to develop interventions that improve health, fitness, wellbeing, performance, and that assist in the prevention of chronic conditions.

*Interventions can be applied at an individual, community or population level*



# What is an Exercise Scientist?

## Exercise and Sport Science Australia

### Professional Attributes – Exercise Science



**ESSA**  
Exercise & Sports  
Science Australia

#### Professional Attributes

1. Professional Practice
2. Biomechanics
3. Exercise Physiology
4. Exercise Prescription and Delivery
5. Functional Anatomy
6. Growth and Development
7. Health and Exercise Assessment
8. Human Anatomy
9. Human Physiology
10. Motor Learning and Control
11. Nutrition
12. Physical Activity for Health
13. Psychology of Health and Exercise
14. Research Methods and Data Analysis

# Exercise Science vs. Sport Science

## Exercise Science

General population focus  
(Health and Wellbeing)



## Sport Science

Athlete focus  
(Performance)



# Who are Exercise Scientists?

Employment



Postgraduate Studies

- Clinical Exercise Physiology
- Physiotherapy
- Occupational Therapy

Research Training

- Masters
- PhD

## EXERCISE SCIENTIST ROLES AND SETTINGS

Fitness/ Performance	Corporate Health	Education	Community Health	Preventative Health/ Early Intervention	Research
Sports Trainer	Ergonomic Assessments	Lecturers/ Tutors	Urban Planning	Health & Well-being Coach	Research Lead
Athlete Development Officer (talent identification)	Health Checks	Health Educator	Health Policy	Health Promotion	Research Assistant
Fundamental Movement Trainers (motor skills, coaching)	Occupational Health & Safety roles (pre-employment screening, workplace well-being programs, injury prevention)		Sport & Recreation roles (program coordinator, sport development)	Physiological Measurement (sleep, cardiac & respiratory technicians)	
Fitness/Gym Instructor				Allied Health Assistant	
Personal Trainer				Healthy Ageing, Disability & Mental Health roles	
Strength & Conditioning Coach				Disability & Lifestyle Coordinator	
Sports Coach					
Exercise Scientist - private practice (exercise programming & delivery)					

# Bachelor of Exercise and Sport Science

## Some of the 2024/2025 Industry Placement Sites

Final year
First Semester
Professional Practice in Exercise Science
Course 2
Course 3
Course 4
Second Semester
Course 5
Course 6
Course 7
Course 8

Final Year Exercise Science Practicum  
140+ hours of industry placements



St Peter's College  
ADELAIDE, AUSTRALIA



# Exercise and Sport Science

## Bachelor of Exercise and Sport Science

- Single Degree
- 3 years full-time

<b>Mode</b>	On campus (Adelaide City)
<b>Start date</b>	February, July
<b>Prerequisites</b>	None
<b>Assumed knowledge</b>	None
<b>Guaranteed entry</b>	80.00 (ATAR) A,A,B (Grades-based)

**World  
Top 100**

For Exercise and  
Sport Science

2024 QS Subject Rankings,  
Sport-Related Subjects.

**SA's first fully  
accredited exercise**





# Exercise and Sport Science

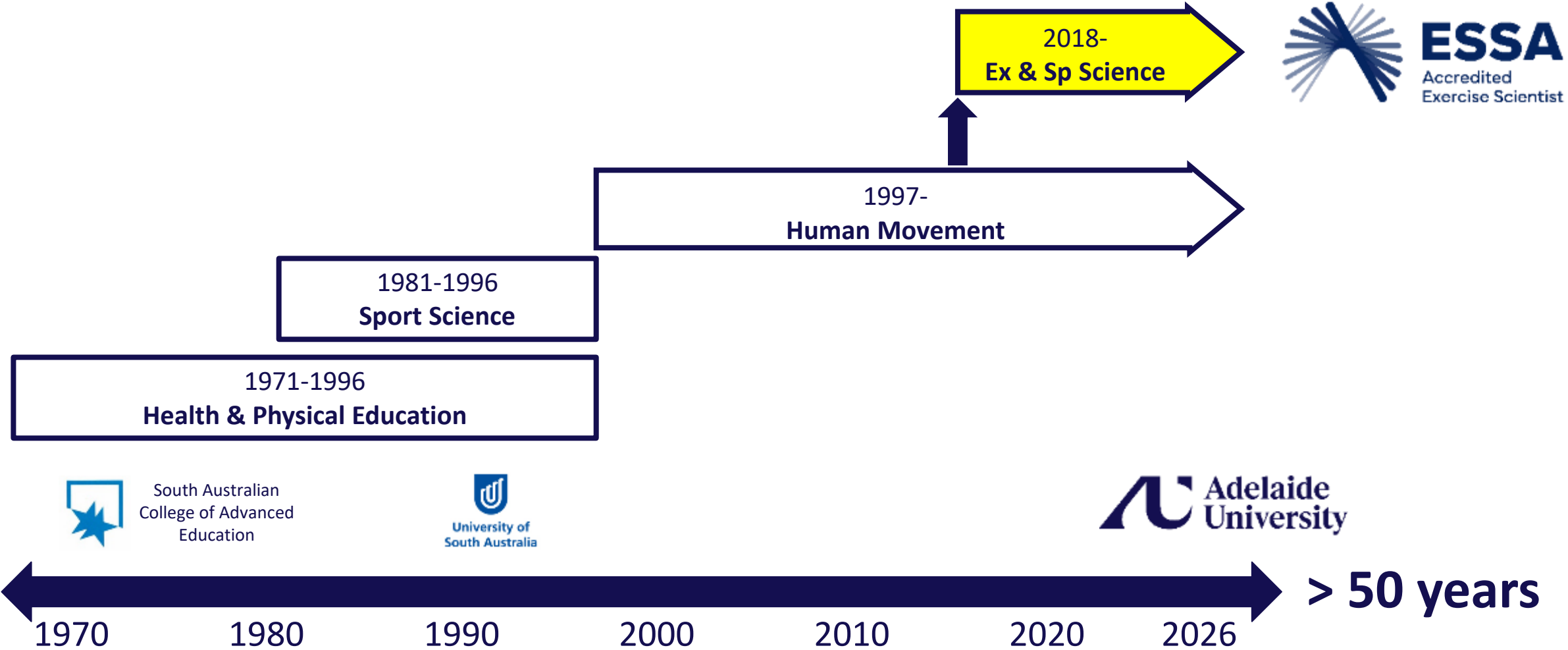
## Full-Time Study Plan 2026

24 Courses (19 Core, 5 Electives)



First year	Second year	Third year
First Semester		
Human Anatomy 100	Human Nutrition	Exercise and Sport Science Project Design
Foundations in Human Movement, Exercise and Sport Science	Exercise Physiology 1	Professional Practice in Exercise Science (SP3)
Physical Activity and Health	Motor Control & Learning	Elective 1
Physiology Essentials 100	Exercise Prescription and Delivery 1	Elective 2
Second Semester		
Group and Team Leadership	Biomechanics of Human Movement	Sociology of Health, Physical Activity and Sport
Motor Development and Ageing	Exercise Physiology 2	Elective 3
Functional Anatomy	Exercise Prescription and Delivery 2	Elective 4
Introduction to Evidence Based Practice and Research in Health Sciences	Health, Exercise and Sport Psychology	Elective 5

# Bachelor of Exercise and Sport Science



# Sport Science Hub

**Adelaide University - South Australian Sports Institute (SASI) Partnership**

**A world-class high-performance sport, research, and education precinct in Mile End**



# New UniSA Sport Science Hub

## - South Australian Sports Institute (SASI) Facility

- Study in an environment that is co-located with elite sport.
- Gain access to state-of-the-art sporting facilities used by elite athletes.
- Learn from leading industry experts and engage with elite athletes and coaches.
- Benefit from integrated practical learning opportunities with industry including athletes, coaches, and allied health personnel.
- Be exposed to industry practices and potential future careers while you study.
- Access latest equipment and sport science technology in state-of-the-art purpose-built learning facilities.





# Sport Science Hub





# Sport Science Hub



# Sport Science Hub





# Sport Science Hub



# Sport Science Hub





# **Bachelor of Clinical Exercise Physiology**

**Dr Danielle Girard**

**Program Director: Clinical Exercise Physiology (Honours)**



# Bachelor of Clinical Exercise Physiology (Honours)



## Accredited Exercise Physiologists

use exercise 'as medicine' to help manage chronic conditions, disabilities and injuries, and improve peoples' quality of life.

## An allied health profession, with a foundation of Exercise Science.

Basically, the Exercise and Sport Science Program, with additional courses and placements to integrate clinical population concepts.

- **4-year single degree**
- **>500 hours of placement**
- **Complete an honours project working along leading industry and researchers to advance your professional practice and tackle real-world challenges.**

<b>Mode</b>	On campus (Adelaide City)
<b>Start date</b>	February
<b>Prerequisites</b>	None
<b>Assumed knowledge</b>	None
<b>Guaranteed entry</b>	90.00 (ATAR) A,A,A (Grades-based)

# Clinical Exercise Physiology career snapshot



## Where can it take you?

- Take the path to become an accredited Exercise Scientist and Exercise Physiologist with Exercise and Sport Science Australia (ESSA).
- Work as a qualified allied health professional across Australia's healthcare system including Medicare, NDIS, Department of Veteran Affairs, private health and Return2WorkSA.
- Use a patient-centred approach and work within a larger healthcare team to provide well-rounded, lasting care.



## Where could you work?

- As a sole trader
- Interdisciplinary team in clinical environments
- Hospitals
- General practices
- Private clinics
- Health and fitness facilities
- Workplace and population health services
- Aged care settings
- Community settings
- Public health settings
- Research.