

## Course Structure Exercise Science

Semester 2	
CXA308	Exercise Assessment and Prescription
CXA386	Research and Topics in Health Science
CXA404	(d) Practicum in Exercise Science 1 OR
	Approved Elective
	Approved Elective

## Year 4

Semester 1	
CXA304	(c) Scientific Principles of Strength and Conditioning OR
	Conditioning OR
	Approved Elective
CXA403	Directed Study in Exercise
CXA404	(d) Practicum in Exercise Science 1 OR
CXA437	Clinical Exercise Physiology
	Approved Elective

## Approved Electives

Electives are subject to prerequisites and timetabling constraints

Semester 1	
CXA212	Pathology of Common Diseases
CXA300	Human Molecular Biology
CXA321	Immunology
CXA407	(e) Practicum in Exercise Science 2
ESP412	Organisation of Sport, PE and Recreation
BMA101	Introduction to Management

Semester 2	
CXA214	Food Sciences and Practices
CXA262	Cell and Molecular Biochemistry
CXA 309	Health Services and Health Informatics
ESP319	Coaching Theory and Practice
ESP433	Motor Learning and Skill Development 2
BMA101	Introduction to Management

- (a) Year 12 Chemistry required
- (b) These units may be offered in alternate years only (in Year 2 or 3 of the program), depending on student numbers and staffing.
- (c) These units are only offered in alternate years. Students should complete CXA402 Injury Prevention and Management and CXA304 Scientific Principles of Strength and Conditioning when offered. Only when one of these units is not available and the student's progress would be disadvantaged will an approved elective be allowed.
- (d) The compulsory Practicum in Exercise Science 1 is completed in either Year 3, Semester 2 or Year 4, Semester 1.
- (e) For students who are intending to apply for AAESS accreditation as exercise physiologists.

## Further Information

### Uni Info Centre

For further information about admission or the courses offered by the faculty, please contact the Uni Info Centre: Freecall 1300 363 864

University of Tasmania  
Locked Bag 1345, Launceston, Tasmania, Australia, 7250

Fax: (03) 6324 3026

Email: [Course.Info@utas.edu.au](mailto:Course.Info@utas.edu.au)

Email for admission enquiries: [admissions@utas.edu.au](mailto:admissions@utas.edu.au)

[www.utas.edu.au](http://www.utas.edu.au)

General information about starting university, application procedures, fees, accommodation and advice on course selection is available at [www.utas.edu.au](http://www.utas.edu.au) Select link to "Future Students".

### School of Human Life Sciences

School of Human Life Sciences  
Locked Bag 1320, Launceston, Tasmania, Australia, 7250

Phone: 03 6324 5491 Fax: 03 6324 3658

Email: [human.lifesciences@utas.edu.au](mailto:human.lifesciences@utas.edu.au)

or [Christa.Moch@utas.edu.au](mailto:Christa.Moch@utas.edu.au)

or [Merran.Rogers@utas.edu.au](mailto:Merran.Rogers@utas.edu.au)

[www.hls.utas.edu.au](http://www.hls.utas.edu.au)



# Bachelor of Exercise Science



## FACULTY OF HEALTH SCIENCE



C.RICOS Provider Code: 00586B

## The School of Human Life Sciences

The School of Human Life Sciences is based at the Launceston campus of the University of Tasmania and provides education in human biology and related life sciences from undergraduate to doctoral level. The School offers six undergraduate programs: Bachelor of Biomedical Science, Bachelor of Health Science, Bachelor of Health Science/Bachelor of Teaching, Bachelor of Exercise Science, Bachelor of Health Science (Environmental Health) and the Bachelor of Health Science/Bachelor of Medical Radiation Science (Medical Imaging). The School also offers a Postgraduate Diploma of Medical Laboratory Science for students with a previous degree in Health Science, Science or other health related disciplines. Honours, masters and doctoral level students conduct research related to nutrition and disease, neuropharmacology, antimicrobial resistance, exercise and molecular genetics.

## Course Objectives

The course aims to equip students with the fundamental knowledge, skills, capabilities and awareness necessary for a graduate to qualify as an accredited exercise physiologist or an exercise scientist.

Students develop an understanding of the basic concepts involved in the role of physical activity in the health of individuals and communities. This will enable them to pursue employment or to subsequently undertake further specialised training or research at Honours or Research Higher Degree level.



## Career Outcomes

The Exercise Science degree provides graduates with a wide variety of career options; hospitals, Institutes and Academies of Sport, gymnasiums and fitness centres, regional councils, state and federal government organisations and professional sporting organisations all employ Exercise Scientists. Graduates can work as exercise physiologists, sports scientists and personal trainers performing exercise assessments and providing exercise prescriptions for diverse populations.

The Australian Association for Exercise and Sports Science (AAESS) is the principal professional organisation for exercise scientists. Graduates may apply for membership and accreditation with AAESS. Extensive practical experience is required of students wishing to become an accredited exercise physiologist with AAESS. The degree may also be a suitable undergraduate degree for those intending postgraduate study in physiotherapy, medicine and rehabilitation.

## Entry Requirements

Minimum university requirements apply, including pre-tertiary Physical Sciences TQA3, plus one other science or mathematics subject, Health Studies, Sports Science TQA3, Mathematics Applied TQA3 or higher, Biology TQA3, Chemistry TQA3 or Physics TQA3.

Applicants without prerequisites should enrol in Summer Foundation units; KRA001 Chemistry Foundation unit, KMA003 Mathematics Foundation unit or KYA004 Physics Foundation unit to meet prerequisite requirements. Contact the School for details.

It is expected that the TER cut off will be set at around 75. Due to the practicum component there will be an initial quota on entry to this course of 25 students.

Some units and practicum requirements will be outside normal university semesters.

## Course Structure Exercise Science Course Code M3Q

### Year 1

Semester 1	
CXA100	Food Studies
CXA171	Cell Biology and Function
ESP114	Health and Physical Activity
CXA101	(a) Introduction to Medical Laboratory Sciences OR
KRA161	Chemistry for Life Sciences

Semester 2	
CXA102	Introduction to Health Sciences
CXA125	Introductory Biochemistry
CXA172	Anatomy and Physiology 1
CXA176	Microbiology and Health

### Year 2

Semester 1	
CXA232	Kinesiology
CXA261	Metabolic Biochemistry
CXA273	Anatomy and Physiology 2
ESP209	Psychological Contexts for Physical Activity

Semester 2	
CXA237	Exercise Physiology and Nutrition
CXA301	(b) Biomechanics
ESP233	Motor Learning and Skill Development 1
ESP320	(b) Sport Psychology

### Year 3

Semester 1	
CXA313	Health Promotion
CXA385	Nutrition and Disease
CXA402	(c) Injury Prevention and Management OR
	Approved Elective
	Approved Elective