Bachelor of Applied Science (Exercise and Sport Science)

2019
Undergraduate

You'll gain theoretical knowledge and practical skills in sport science and other health-related physical activity.

Exercise and sports science focuses on the integration of exercise and physical activity into healthcare, sports performance, injury prevention and rehabilitation.

It uses knowledge and techniques from the areas of biomedical science, physiology, biomechanics, nutrition, psychology and sport assessment to improve performance.

Areas of study include performance analysis, exercise and health, physical activity, exercise metabolism, injury prevention and rehabilitation, biomechanics, motor learning, skill acquisition, and exercise prescriptions for a range of health conditions.

You will gain an understanding of the difference between exercise for health and exercise for sport performance.

RMIT is a leader in exercise and sports science education and research. You will gain practical experience working with RMIT's industry partners and have access to specialised laboratories, playing fields and the Bundoora Netball and Sports Centre.

This program has an active learning approach. A key emphasis of the course is its link to current requirements of industry.

With an emphasis on hands-on practice, this program offers smaller class sizes so every student receives an individualised learning experience.

During the program, you'll complete a minimum of 160 hours of work-integrated learning. These placements can be with recreation centres, sports teams, rehabilitation clinics, and research units.

Career outlook

Graduates work as exercise scientists with professional athletes and elite sports teams such as the AFL. Other areas include health and fitness, recreation, rehabilitation, aged care and disability.

Exercise and sports scientists may work as part of an athlete's team. They conduct research, make observations and interpret data in relation to sporting or physical performances and communicate their findings to support staff in order to improve performance.

Exercise and sports scientists devise treatment and exercise programs that support an individual's preparation and recovery, and help them return to training or competition after injuries.

Exercise and sports scientists are employed in a wide range of areas including:

- peak sporting bodies and organisations
- sporting clubs
- rehabilitation centres
- health providers
- community organisations
- research agencies

Industry connections

The program has strong links with the Victorian Institute of Sport (VIS), the Australian Institute of Sport (AIS), sporting clubs, rehabilitation centres, and other community exercise and health providers.

You can also undertake work experience by actively engaging in exercise and sport science research projects with industry within RMIT or located externally. Projects include:

- elite athlete performance and skill learning
- physical activity in school-aged children and people with intellectual disability
- skeletal muscle adaptations and exercise performance
- effects of diet, exercise, and behaviour in the development or treatment of obesity and diabetes

Professional recognition

The program is accredited by Exercise and Sport Science Australia (ESSA) at the exercise science level and graduates are eligible for membership with ESSA.

Graduates from ESSA-accredited exercise science courses may apply for postgraduate study in National University Course Accreditation Program (NUCAP)-accredited courses that will enable them to become accredited exercise physiologists through ESSA.

Program snapshot

Program code: BP296

Duration

Full-time: 3 years

Location

Bundoora campus

Selection mode

ATAR (2018: 62.30)

How to apply

Semester 1: VTAC
vtac.edu.au

Semester 2: Direct to RMIT
rmit.edu.au/programs/apply/direct

Fees

For local fee information:
rmit.edu.au/programs/fees

Contact

Info Corner
330 Swanston Street
(cnr La Trobe Street)
Melbourne VIC 3000
Tel. +61 3 9925 2260

rmit.edu.au/programs/bp296

RMIT UNIVERSITY

Program structure

Year 1

You'll undertake foundation courses in human structure and function, anatomy, psychology and physiology. You will be introduced to the broad field of exercise science in areas such as adapted physical activity, growth and development and health-related physical activity and exercise physiology.

Year 2

You'll extend your knowledge in physiology and exercise physiology and undertake studies in biomechanics, kinesiology, injury prevention and exercise rehabilitation, resistance training, motor control and nutrition.

Year 3

You'll advance your knowledge of performance analysis, motor learning, exercise prescription, health and physical activity, and exercise and nutrition.

A placement in the second and third year of the program will provide industry experience and prepare you for work within the field of exercise and sport science.

Year 1	Introduction to Human Biosciences	Foundations of Psychology	Principles of Exercise Science	Data Collection, Analysis and Interpretation
	Growth, Development, Physical Activity and Special Populations	Psychosocial Aspects of Health and Physical Activity	Exercise Physiology 1	Mechanisms of Body Function
Year 2	Kinesiology	Exercise Physiology 2	Exercise Prescription and Programming	Biomechanics 1
	Exercise and Sports Nutrition	Biomechanics 2	Motor Skill Learning and Performance	Injury Prevention and Rehabilitation
Year 3	Motor Control	Physical Activity, Health and Disease across the Lifespan	Scientific Principles of Strength and Conditioning	Human Movement Field Experience
	Applied Psychology Topics	Advanced Performance Analysis and Prescription	Exercise Rehabilitation for Chronic and Complex Conditions	University elective

Compulsory courses University electives

Please note: This is an example of the program structure. Courses may change and may not be available each semester.

Additional information

Non-Year 12 applicants may submit additional information if they would like it to be considered. For semester 1 intake, this can be completed through the VTAC Personal Statement online. For semester 2 intake, this can be completed through the personal statement in the Apply Direct application.

Working With Children Check: Students must hold a valid Working With Children Check prior to undertaking the clinical components of this program.

Police Check: Students must present evidence of a successful National Police Records Check prior to undertaking the clinical components of this program.

Inherent requirements: This program has inherent requirements. These are non-academic abilities you'll need to complete this program that relate to your physical capacity and behavioural stability. Check the website for a full list of the Bachelor of Applied Science (Exercise and Sport Science) inherent requirements.

This information is designed for Australian and New Zealand citizens and permanent residents of Australia.

Disclaimer: Every effort has been made to ensure the information contained in this publication is accurate and current at the date of printing. For the most up-to-date information, please refer to the RMIT University website before lodging your application. Visit **www.rmit.edu.au**.
RMIT University CRICOS Provider Code: 00122A. RMIT Registered Training Organisation code: 3046. Prepared June 2018.