

Bachelor of Sport and Exercise Science (BSES) - BSportEx

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

CRICOS code (International applicants): 084354A

Programs at USQ regularly undergo a comprehensive re-accreditation process to assure their relevance and quality. This program is currently being re-accredited and, as a consequence, is likely to undergo some changes. Full details will be made available when it is approved. If you have any questions, please [contact us](#).

	On-campus ^{^+}	External ^{^+}
Semester intake:	Semester 1 (February) Semester 2 (July)	Semester 1 (February) Semester 2 (July)
Campus:	Ipswich, Toowoomba	-
Fees:	Commonwealth supported place Domestic full fee paying place International full fee paying place	Commonwealth supported place Domestic full fee paying place International full fee paying place
Residential school:		Ipswich (Mandatory)
Standard duration:	3 years full-time; 6 years part-time	

Notes:

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.

Footnotes

- [^] This program is available to international on-campus and off-campus students in Australia only, but not available to international students overseas.
- ⁺ In accordance with meeting Exercise and Sports Science Australia (ESSA) requirements, courses that include a practical skill competency component and residential school will be conducted at USQ Ipswich.

Contact us

Future Australian and New Zealand students	Future International students	Current students
Ask a question Freecall (within Australia): 1800 269 500 Phone (from outside Australia): +61 7 4631 5315 Email: study@usq.edu.au	Ask a question Phone: +61 7 4631 5543 Email: international@usq.edu.au	Ask a question Freecall (within Australia): 1800 007 252 Phone (from outside Australia): +61 7 4631 2285 Email usq.support@usq.edu.au

Professional accreditation

USQ will be applying for Exercise and Sports Science Australia (ESSA) accreditation for the Sport and Exercise Science major in 2017. Full accreditation will be assessed during 2018.

The Applied Sport and Exercise major does not have Exercise and Sports Science Australia (ESSA) accreditation.

Program aims

The Bachelor of Sport and Exercise (BSES) program aims to allow students to develop or extend their knowledge and expertise to meet personal achievement goals or provide for career opportunities within the

health, exercise, sports and fitness industry such as sports coaches, personal trainers, sports and recreation development officers, exercise physiologists, sports performance directors or a range of other roles.

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), vocational education and training institutions and secondary schools. Each AQF qualification has a set of descriptors which define the type and complexity of knowledge, skills and application of knowledge and skills that a graduate who has been awarded that qualification has attained, and the typical volume of learning associated with that qualification type.

This program is at AQF Qualification Level 07. Graduates at this level will have broad and coherent knowledge and skills for professional work and/or further learning.

The full set of levels criteria and qualification type descriptors can be found by visiting www.aqf.edu.au.

Program Information Set

View USQ's admission criteria, student profiles and a summary of all offers made under [Course Admission Information Set](#) via the QTAC website.

Admission requirements

To be eligible for admission, applicants must satisfy the following requirements:

- Have achieved a minimum Overall Position (OP) **15**, tertiary entrance rank **68** or equivalent qualification.[^]
- Subject pre-requisite: English (4,SA) or equivalent.
- English Language Proficiency requirements for Category 2.

All students are required to satisfy the applicable [English language requirements](#).

If students do not meet the English language requirements they may apply to study a University-approved [English language program](#). On successful completion of the English language program, students may be admitted to an award program.

[^] These are determined by the University for specific programs each Semester. The 2019 OP and tertiary entrance ranks are based on agreed QTAC schedules which assess formal study at Year 12 or [equivalent level](#), tertiary, preparatory, professional or vocational qualifications or work experience, as detailed in the QTAC Assessment of Qualifications Manual and QTAC Assessor Guidelines.

Special admissions may help you get into the program of your choice by increasing your Selection Rank. The additional points don't apply to all applicants or all programs. Please read the information about USQ's [Special Admissions](#) carefully to find out what you may be eligible for.

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 students' 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

This program comprises of 24 units including 8 core courses and one of the following combinations:

- one 8-unit major (Applied Sport and Exercise) and 8 electives; or
- one 16-unit major (Sport and Exercise)[#]

[#] This extended major consists of 24 defined courses and no electives.

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

Students have a maximum of 8 years to complete the program.

Core courses

Core courses for both majors —
SES1002 Introduction to Sport and Exercise
SES2101 Growth, Development and Lifespan
PSY1010 Foundation Psychology A
EDH2152 Health and Wellbeing
EDH2253 Scientific Bases of Movement 1
EDH3256 Sports Administration, Coaching and Officiating
BIO1203 Human Anatomy and Physiology 1
BIO1206 Human Anatomy and Physiology 2
Courses for the Applied Sport and Exercise major (plus eight electives)
PSY3250 Sport and Exercise Psychology
SES2102 Motor Control and Learning
SES2104 Exercise Physiology
SES2201 Health, Exercise and Sport Assessment
SES2202 Biomechanics
SES3101 Exercise Prescription and Practice
SES3204 Introduction to Research Methods and Statistics
SES1299 Professional Placement 1[#]
SES2299 Professional Placement 2[#]
SES3299 Professional Placement 3[#]
Courses for the Sport and Exercise Science major (In addition to all courses above)
SES2103 Functional Anatomy
SES2203 Physical Activity and Health
SES2204 Strength Training and Conditioning
SES3102 Principles of Sports Medicine and Rehabilitation
SES3103 Nutrition and Exercise
SES3201 Exercise Program Delivery
SES3205 Independent Study in Sport and Exercise
NSC2500 Pharmacology and Pathophysiology in Health

Footnotes

[SES1299](#), [SES2299](#) and [SES3299](#) add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three individual HECS courses.

Major studies

The Bachelor of Sport and Exercise (BSES) has two pathways:

Applied Sport and Exercise major – this major contains eight core courses and eight sport and exercise courses (for a major area of study) and a further eight approved courses. Students may, on approval of the program coordinator, choose an eight-unit major from any other USQ program. Please note that this major is not externally accredited through ESSA (Exercise and Sports Science Australia).

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
EDH2151 Practical Studies in Movement
ACC1101 Accounting for Decision-Making
MGT1001 Foundations of Human Resource Management
MGT2001 Risk Mitigation, Work Health and Safety
CMS1000 Communication and Scholarship
TOU3010 Event Management
TOU1003 Tourism Management
EDH2254 HPE Curriculum Studies 2
EDH3258 Humans in Movement
BIO1204 Introduction to Biomedical Sciences
BIO2118 Systems Physiology and Pharmacology
BIO1104 Medical Microbiology and Immunology 1
BIO1103 Pathology Studies

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. To find out more about [residential schools](#), visit the [Residential School Schedule](#) to view specific dates for your degree, or visit 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.

Attendance at mandatory and highly recommended residential schools at the specified USQ campus is an integral component of the program and each student is required to attend as scheduled.

Core Courses

- [BIO1203 Human Anatomy and Physiology 1](#)
- [BIO1206 Human Anatomy and Physiology 2](#)

Applied Sport and Exercise major

- [SES2102 Motor Control and Learning](#)
- [SES2104 Exercise Physiology](#)
- [SES2201 Health, Exercise and Sport Assessment](#)
- [SES2202 Biomechanics](#)
- [SES3101 Exercise Prescription and Practice](#)

Sport and Exercise Science major

- [SES2102 Motor Control and Learning](#)
- [SES2103 Functional Anatomy](#)
- [SES2104 Exercise Physiology](#)
- [SES2201 Health, Exercise and Sport Assessment](#)
- [SES2202 Biomechanics](#)
- [SES2204 Strength Training and Conditioning](#)
- [SES3101 Exercise Prescription and Practice](#)
- [SES3102 Principles of Sports Medicine and Rehabilitation](#)
- [SES3201 Exercise Program Delivery](#)

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 \(Sport and Exercise\)](#).

Related programs

[BEDU Bachelor of Education](#) (Sport, Health and Physical Education specialisation)

Exit points

- [Associate Degree of Sport and Exercise \(ADSE\)](#) after 16 approved courses
- [Diploma of Sport and Exercise \(DSES\)](#) after eight approved courses

Credit

Exemptions/credit will be assessed based on the [USQ Credit and Exemption Procedure](#).

Course transfers

Courses may be transferred to other programs; students should consult the relevant Faculty.

Applied Sport and Exercise major recommended enrolment pattern - Semester 1 entry

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Note: The enrolment pattern outlined provides the opportunity for students to seek reverse articulation to a nominated service provider (AFB) for a Certificate III in Fitness after the completion of the first year of study. Additional requirements of a First Aid Certificate and CPR qualification are required. Some short course or other requirements independent of university courses may in some cases need to be completed.

For full-time students who commenced in Semester 1 2015, please refer to the 2015 Handbook for the recommended enrolment pattern. For part-time students who commenced in 2015 and have not completed courses that have changed, it is recommended that courses in the 2016 enrolment pattern be taken. Advice regarding individual enrolment patterns is available.

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 1 / Semester 1								
BIO1203 Human Anatomy and Physiology 1 [^]	1	1	1	1,3			HR	
PSY1010 Foundation Psychology A	1	1			1	1,3		
SES1002 Introduction to Sport and Exercise	1	1			1	1		
SES2101 Growth, Development and Lifespan	1	1			1	1		
SES1299 Professional Placement 1 ^{#‡}	1	1,2	1	1,2				
Year 1 / Semester 2								
EDH2152 Health and Wellbeing	1	1,2			1	1,2		Pre-requisite: BEDU (Primary) Only - EDP2111
BIO1206 Human Anatomy and Physiology 2	1	2	1	2			HR	Pre-requisite: BIO1203
EDH2253 Scientific Bases of Movement 1	1	2			1	2		
EDH3256 Sports Administration, Coaching and Officiating	1	2			1	2		
Year 2 / Semester 1								
SES2102 Motor Control and Learning ⁺	2	1	2	1	2	1	M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES2104 Exercise Physiology ⁺	2	1	2	1	2	1	M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES3101 Exercise Prescription and Practice ⁺	2	1	2	1	2	1	M	Pre-requisite: BIO1206
Elective 1	2	1			2	1		
Year 2 / Semester 2								
SES2201 Health, Exercise and Sport Assessment ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES2202 Biomechanics ⁺	2	2	2	2	2	2	M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
Elective 2	2	2			2	2		
Elective 3	2	2			2	2		
SES2299 Professional Placement 2 ^{#‡}	2	2	2	2				Pre-requisite: SES1299 Pre or Co-requisite: SES3101 and SES2201
Year 3 / Semester 1								
SES3204 Introduction to Research Methods and Statistics	3	1			3	1		
SES3299 Professional Placement 3 ^{#‡}	3	1	3	1				Pre-requisite: SES2299
Elective 4	3	1			3	1		
Elective 5	3	1			3	1		

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 3 / Semester 2								
PSY3250 Sport and Exercise Psychology					3	2		Pre-requisite: PSY1010 or S tudents must be enrolled in one of the following program s: GDSI or MSCN
Elective 6	3	2			3	2		
Elective 7	3	2			3	2		
Elective 8	3	2			3	2		

Footnotes

- ^ BIO1203 is available on-campus in Toowoomba and Ipswich. For the Ipswich offer, course lectures are held at Ipswich and course laboratories are held at Springfield.
- # [SES1299](#), [SES2299](#) and [SES3299](#) add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three individual HECS courses. Students must complete the professional placement requirements by the end of each year of study to progress to the next year unless approved otherwise.
- ‡ [SES1299](#) and [SES3299](#) placement may occur in S1 and S2. [SES2299](#) placement will only occur in S2.
- + The on-campus offering of this course is only available at the Ipswich campus.

Applied Sport and Exercise major recommended enrolment pattern - Semester 2 entry

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Note: The enrolment pattern outlined provides the opportunity for students to seek reverse articulation to a nominated service provider (AFB) for a Certificate III in Fitness after the completion of the first year of study. Additional requirements of a First Aid Certificate and CPR qualification are required. Some short course or other requirements independent of university courses may in some cases need to be completed.

For full-time students who commenced in Semester 2 2015 please refer to the 2015 Handbook for the recommended enrolment pattern. For part-time students who commenced in 2015 and have not completed courses that have changed it is recommended that courses in the 2016 enrolment pattern be taken. Advice regarding individual enrolment patterns is available.

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 1 / Semester 2								
EDH2152 Health and Wellbeing	1	1,2			1	1,2		Pre-requisite: BEDU (Primary) Only - EDP2111
EDH2253 Scientific Bases of Movement 1	1	2			1	2		
EDH3256 Sports Administration, Coaching and Officiating	1	2			1	2		
Elective 1	1	2			1	2		
Year 2/Semester 1								
BIO1203 Human Anatomy and Physiology 1 [^]	2	1	2	1,3			HR	
SES3101 Exercise Prescription and Practice ⁺	2	1	2	1	2	1	M	Pre-requisite: BIO1206
SES1002 Introduction to Sport and Exercise	2	1			2	1		
SES2101 Growth, Development and Lifespan	2	1			2	1		
SES1299 Professional Placement 1 ^{#‡}	2	1,2	2	1,2				
Year 2/ Semester 2								
BIO1206 Human Anatomy and Physiology 2	2	2	2	2			HR	Pre-requisite: BIO1203

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
SES2202 Biomechanics ⁺	2	2	2	2	2	2	M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
Elective 2	2	2			2	2		
SES2201 Health, Exercise and Sport Assessment ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES2299 Professional Placement 2 ^{#‡}	2	2	2	2				Pre-requisite: SES1299 Pre or Co-requisite: SES3101 and SES2201
Year 3/ Semester 1								
SES2102 Motor Control and Learning ⁺	3	1	3	1	3	1	M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES2104 Exercise Physiology ⁺	3	1	3	1	3	1	M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
PSY1010 Foundation Psychology A	3	1			3	1,3		
Elective 3	3	1			3	1		
Year 3/ Semester 2								
PSY3250 Sport and Exercise Psychology					3	2		Pre-requisite: PSY1010 or S students must be enrolled in one of the following programs: GDSI or MSCN
Elective 4	3	2			3	2		
Elective 5	3	2			3	2		
Elective 6	3	2			3	2		
Year 4/ Semester 1								
SES3204 Introduction to Research Methods and Statistics	4	1			4	1		
SES3299 Professional Placement 3 ^{#‡}	4	1	4	1				Pre-requisite: SES2299
Elective 7	4	1			4	1		
Elective 8	4	1			4	1		

Footnotes

[^] [BIO1203](#) is available on-campus in Toowoomba and Ipswich. For the Ipswich offer, course lectures are held at Ipswich and course laboratories are held at Springfield.

⁺ The on-campus offering of this course is only available at the Ipswich campus.

[#] [SES1299](#), [SES2299](#) and [SES3299](#) add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three individual HECS courses. Students must complete the professional placement requirements by the end of each year of study to progress to the next year unless approved otherwise.

[‡] [SES1299](#) and [SES3299](#) placement may occur in S1 and S2. [SES2299](#) placement will only occur S2.

Sport and Exercise Science major recommended enrolment pattern - Semester 1 entry

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Note: The enrolment pattern outlined provides the opportunity for students to seek reverse articulation to a nominated service provider (AFB) for a Certificate III in Fitness after the completion of the first year of study.

Additional requirements of a First Aid Certificate and CPR qualification are required. Some short course or other requirements independent of university courses may in some cases need to be completed.

For full-time students who commenced in Semester 1 2015, please refer to the 2015 Handbook for the recommended enrolment pattern. For part-time students who commenced in 2015 and have not completed courses that have changed, it is recommended that courses in the 2016 enrolment pattern be taken. Advice regarding individual enrolment patterns is available.

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 1 / Semester 1								
BIO1203 Human Anatomy and Physiology 1 [^]	1	1,	1	1,3			HR	
PSY1010 Foundation Psychology A	1	1			1	1,3		
SES1002 Introduction to Sport and Exercise	1	1			1	1		
SES2101 Growth, Development and Lifespan	1	1			1	1		
SES1299 Professional Placement 1 ^{#‡}	1	1,2	1	1,2				
Year 1 / Semester 2								
EDH2152 Health and Wellbeing	1	1,2			1	1,2		Pre-requisite: BEDU (Primary) Only - EDP2111
BIO1206 Human Anatomy and Physiology 2	1	2	1	2			HR	Pre-requisite: BIO1203
EDH2253 Scientific Bases of Movement 1	1	2			1	2		
EDH3256 Sports Administration, Coaching and Officiating	1	2			1	2		
Year 2 / Semester 1								
SES2102 Motor Control and Learning ⁺	2	1	2	1			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES2103 Functional Anatomy ⁺	2	1	2	1			M	Pre-requisite: BIO1203 and BIO1206
SES2104 Exercise Physiology ⁺	2	1	2	1			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES3101 Exercise Prescription and Practice ⁺	2	1	2	1			M	Pre-requisite: BIO1206
Year 2 / Semester 2								
SES2201 Health, Exercise and Sport Assessment ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES2202 Biomechanics ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES2203 Physical Activity and Health	2	2			2	2		
SES2204 Strength Training and Conditioning ⁺	2	2	2	2			M	Pre-requisite: SES2103 and SES2104 and SES3101
SES2299 Professional Placement 2 ^{#‡}	2	2	2	2				Pre-requisite: SES1299 Pre or Co-requisite: SES3101 and SES2201
Year 3 / Semester 1								
SES3299 Professional Placement 3 ^{#‡}	3	1	3	1				Pre-requisite: SES2299
SES3205 Independent Study in Sport and Exercise	3	1			3	1		Pre or Co-requisite: SES3204

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
SES3204 Introduction to Research Methods and Statistics	3	1			3	1		
NSC2500 Pharmacology and Pathophysiology in Health	3	1			3	1		Pre-requisite: BIO1203
Year 3 / Semester 2								
PSY3250 Sport and Exercise Psychology					3	2		Pre-requisite: PSY1010 or S tudents must be enrolled in one of the following program s: GDSI or MSCN
SES3103 Nutrition and Exercise	3	2			3	2		
SES3201 Exercise Program Delivery ⁺	3	2	3	2			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 and SES1299 and SES2104 and SES2201 and SES2299 and SES3101
SES3102 Principles of Sports Medicine and Rehabilitation ⁺	3	2	3	2			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 and SES1299 and SES2104 and SES2201

Footnotes

- [^] BIO1203 is available on-campus in Toowoomba and Ipswich. For the Ipswich offer, course lectures are held at Ipswich and course laboratories are held at Springfield.
- [#] [SES1299](#), [SES2299](#) and [SES3299](#) add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three individual HECS courses. Students must complete the professional placement requirements by the end of each year of study to progress to the next year unless approved otherwise.
- [‡] [SES1299](#) and [SES3299](#) placement may occur in S1 and S2. [SES2299](#) placement will only occur S2.
- ⁺ The on-campus offering of this course is only available at the Ipswich campus.

Sport and Exercise Science major recommended enrolment pattern - Semester 2 entry

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Note: The enrolment pattern outlined provides the opportunity for students to seek reverse articulation to a nominated service provider (AFB) for a Certificate III in Fitness after the completion of the first year of study. Additional requirements of a First Aid Certificate and CPR qualification are required. Some short course or other requirements independent of university courses may in some cases need to be completed.

For full-time students who commenced in Semester 2 2015, please refer to the 2015 Handbook for the recommended enrolment pattern. For part-time students who commenced in 2015 and have not completed courses that have changed, it is recommended that courses in the 2016 enrolment pattern be taken. Advice regarding individual enrolment patterns is available.

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 1 / Semester 2								
EDH2152 Health and Wellbeing	1	1,2			1	1,2		Pre-requisite: BEDU (Primary) Only - EDP2111
EDH2253 Scientific Bases of Movement 1	1	2			1	2		
EDH3256 Sports Administration, Coaching and Officiating	1	2			1	2		
SES2203 Physical Activity and Health	1	2			1	2		
Year 2/Semester 1								
BIO1203 Human Anatomy and Physiology ¹ [^]	2	1	2	1,3			HR	

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
SES1002 Introduction to Sport and Exercise	2	1			2	1		
SES2101 Growth, Development and Lifespan	2	1			2	1		
SES3101 Exercise Prescription and Practice ⁺	2	1	2	1			M	Pre-requisite: BIO1206
SES1299 Professional Placement 1 ^{#‡}	2	1,2	2	1,2				
Year 2/ Semester 2								
BIO1206 Human Anatomy and Physiology 2	2	2	2	2			HR	Pre-requisite: BIO1203
SES2201 Health, Exercise and Sport Assessment ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES2202 Biomechanics ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES2204 Strength Training and Conditioning ⁺	2	2	2	2			M	Pre-requisite: SES2103 and SES2104 and SES3101
SES2299 Professional Placement 2 ^{#‡}	2	2	2	2				Pre-requisite: SES1299 Pre or Co-requisite: SES3101 and SES2201
Year 3/ Semester 1								
SES2102 Motor Control and Learning ⁺	3	1	3	1			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES2103 Functional Anatomy ⁺	3	1	3	1			M	Pre-requisite: BIO1203 and BIO1206
SES2104 Exercise Physiology ⁺	3	1	3	1			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
PSY1010 Foundation Psychology A	3	1			3	1,3		
Year 3/ Semester 2								
PSY3250 Sport and Exercise Psychology					3	2		Pre-requisite: PSY1010 or S tudents must be enrolled in one of the following program s: GDSI or MSCN
SES3102 Principles of Sports Medicine and Rehabilitation ⁺	3	2	3	2			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 and SES1299 and SES2104 and SES2201
SES3103 Nutrition and Exercise	3	2			3	2		
SES3201 Exercise Program Delivery ⁺	3	2	3	2			M	Pre-requisite: BIO1203 and BIO1206 and SES1002 and SES1299 and SES2104 and SES2201 and SES2299 and SES3101
Year 4/ Semester 1								
SES3299 Professional Placement 3 ^{#‡}	4	1	4	1				Pre-requisite: SES2299
NSC2500 Pharmacology and Pathophysiology in Health	4	1			4	1		Pre-requisite: BIO1203
SES3204 Introduction to Research Methods and Statistics	4	1			4	1		
SES3205 Independent Study in Sport and Exercise	4	1			4	1		Pre or Co-requisite: SES3204

Footnotes

- ^ BIO1203 is available on-campus in Toowoomba and Ipswich. For the Ipswich offer, course lectures are held at Ipswich and course laboratories are held at Springfield.
- + The on-campus offering of this course is only available at the Ipswich campus.
- # SES1299, SES2299 and SES3299 add up to complete the 140 hours of professional practice. Please note in regards to HECS these three courses only make up one HECS course not three individual HECS courses. Students must complete the professional placement requirements by the end of each year of study to progress to the next year unless approved otherwise.
- ‡ SES1299 and SES3299 placement may occur in S1 and S2. SES2299 placement will only occur S2.