

Bachelor of Sport and Exercise Science (BSES) - BSportEx

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

CRICOS code (International applicants): 084354A

	On-campus ^{^+}	External ^{^+}
Start:	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. After year 1, residential schools in Ipswich are required.

Footnotes

[^] This program is available to international off-campus students in Australia only, but not available to international students overseas. The Toowoomba on-campus offer is not available for international on-campus students.

⁺ 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

Students that have completed the Bachelor of Sport and Exercise Science can apply for individual Exercise Science Accreditation (AES) with Exercise and Sports Science Australia (ESSA).

Program aims

The Bachelor of Sport and Exercise Science (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 exercise scientists, sports scientists, strength and conditioning coaches, sports and recreation development officers, sports performance directors or a range of other roles.

Program objectives

On completion of the program graduates should be able to:

- (1) Review and apply theories, concepts, methods and technologies to critically analyse, consolidate, synthesise and evaluate information to generate innovative and sustainable solutions to solve complex problems to a range of diverse contexts associated with exercise and sports science.
- (2) Appraise and apply relevant exercise related knowledge and skills to specific contexts, cognisant of the 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) Act autonomously to display well-developed practical skills relevant to laboratory, clinical and field situations in the sport and exercise area.
- (4) Exhibit and apply knowledge of evidence-based practice, advanced oral, written and digital communication skills, and professional development to clearly and coherently communicate concepts, information and ideas to relevant stakeholders.
- (5) Integrate and apply a competent level of safe, professional integrity 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 Australian Tertiary Admission Rank (ATAR) of **65.6**, or equivalent qualification.[^]
- English Language Proficiency requirements for Category 2.

Applicants are advised to also address the following:

- [Assumed knowledge](#) expectations: English.

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 2021 ATAR 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.

Adjustment factors may help you get into the program of your choice by increasing your entrance rank. The additional points don't apply to all applicants or all programs. Please read the information about USQ's [Adjustment Factors](#) 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 Science students.

Mandatory documents required prior to commencing ANY clinical placements in the program:

- Blue Card or Working with Children Check
- First Aid Certificate
- Cardiopulmonary Resuscitation Certificate (CPR)
- USQ Student Declaration

If a student is unable to obtain a positive Blue Card or Working with Children Check, they will be required to provide an Australian Police Certificate.

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 Schedules](#).

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 Schedule](#)

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 Schedules](#).

Program structure

This program comprises of 23 core units and one approved elective course.

Students who have undertaken the Applied Sport and Exercise major pathway in 2015 may transfer to the Bachelor of Sport and Exercise Science (BSES). Additional coursework may be required to satisfy ESSA accreditation requirements for Exercise Scientist registration.

Core Courses	Townsville	Ipswich	EXT	ONL
BIO1203 Human Anatomy and Physiology 1	S1	S1	S1, S3	
BIO1206 Human Anatomy and Physiology 2	S2	S2	S2, S3	
EDH2152 Health and Wellbeing*	S1	S1, S2 (Spr)		S1, S2, S3
EDH3256 Sports Administration, Coaching and Officiating#	S2	S2 (Spr)		S2
NSC2500 Pharmacology and Pathophysiology in Health	S1	S1		S1
PSY1010 Foundation Psychology A	S1	S1		S1, S3
PSY3250 Sport and Exercise Psychology				S2
SES1002 Introduction to Sport and Exercise	S1	S1	S1	
SES1101 Growth, Development and Lifespan	S1	S1		S1
SES1103 Nutrition and Exercise	S2	S2	S2	
SES2102 Motor Control and Learning		S1	S1	
SES2103 Functional Anatomy		S1	S1	
SES2104 Exercise Physiology		S1	S1	
SES2105 Introduction to Research Methods and Statistics	S1	S1		S1
SES2201 Health, Exercise and Sport Assessment		S2	S2	
SES2202 Biomechanics		S2	S2	
SES2203 Physical Activity and Health	S2	S2		S2
SES2205 Exercise Program Delivery		S2	S2	
SES3101 Exercise Prescription and Practice		S1	S1	
SES3102 Principles of Sports Medicine and Rehabilitation		S1	S1	
SES3202 Clinical Practice Skills 1		S2	S2	
SES3206 Strength Training and Conditioning		S2	S2	
SES3399 Sport and Exercise Science Professional Placement	S1	S1	S1	
One approved elective				
Approved Electives				
SES3205 Independent Study in Sport and Exercise	S2	S2		S2
ACC1101 Accounting for Decision-Making	S1, S2	S1, S2 (Spr)		S1, S2, S3
ISE1000 Introduction to Aboriginal and Torres Strait Island Australia	S1	S2		S1, S2
MKT1001 Introduction to Marketing	S1	S1 (Spr)		S1, S2, S3
CIS1000 Information Systems Concepts	S1, S2	S1 (Spr), S2, S3		S1, S2, S3
PSY1020 Foundation Psychology B	S2	S2		S1, S2
STA1003 Fundamental Statistics	1,2	S2 (Spr)		S1, S2, S3

Footnotes

* Unavailable in Semester 1 in 2022

Unavailable in on-campus mode in 2022

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.

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: 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. External students are required to attend practical classes in residential schools. In addition to residential schools, placements will require face-to-face attendance on-campus (eg: USQ's Sport and Exercise Clinic at the Ipswich campus) or at agreed external placement sites.

- [BIO1203 Human Anatomy and Physiology 1](#)
- [BIO1206 Human Anatomy and Physiology 2](#)
- [SES1002 Introduction to Sport and Exercise](#)
- [SES1103 Nutrition and Exercise](#)
- [SES2102 Motor Control and Learning](#)
- [SES2103 Functional Anatomy](#)
- [SES2104 Exercise Physiology](#)
- [SES2201 Health, Exercise and Sport Assessment](#)
- [SES2202 Biomechanics](#)
- [SES3206 Strength Training and Conditioning](#)
- [SES3101 Exercise Prescription and Practice](#)
- [SES3102 Principles of Sports Medicine and Rehabilitation](#)
- [SES2205 Exercise Program Delivery](#)

Articulation

The Bachelor of Sport and Exercise Science does not articulate to any other program.

Related programs

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

[BSEH Bachelor of Sport and Exercise Science \(Honours\)](#)

Exit points

- [Associate Degree of Sport and Exercise Science \(ADSE\)](#) after successful completion of 16 Sport and Exercise courses.
- [Diploma of Sport and Exercise Science \(DSES\)](#) after completion of eight Sport and Exercise courses.
- Any students exiting with the ADSE or DSES who later want to return to complete the BSES degree, and have not completed all the courses in the 1st and 2nd years, may have to enrol on a part-time basis to satisfy necessary pre-requisites.

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.

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: 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 contact student administration to determine an 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 2020 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			M	
SES1101 Growth, Development and Lifespan	1	1			1	1		
Year 1 / Semester 2								
EDH2152 Health and Wellbeing [*]	1	1,2			1	1,2,3		
BIO1206 Human Anatomy and Physiology 2	1	2	1	2,3			HR	Pre-requisite: BIO1203
SES2203 Physical Activity and Health	1	2			1	2		
SES1103 Nutrition and Exercise	1	2	1	2			M	
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: S ES1299
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 BIO1206 and SES1002 Pre-requisite or Co-requisite: S ES1299
SES2105 Introduction to Research Methods and Statistics	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 S ES1299
SES2202 Biomechanics ⁺	2	2	2	2			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and S ES1299

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		
SES2205 Exercise Program Delivery ⁺	2	2	2	2			M	Pre-requisite: BIO1206 and SES1002 and SES2104
EDH3256 Sports Administration, Coaching and Officiating [#]	2	2			2	2		
Year 3 / Semester 1								
SES3399 Sport and Exercise Science Professional Placement	3	1	3	1				Pre-requisite: SES2102 and SES2103 and SES2104 and SES2201 and SES2202 and SES2205 Pre-requisite or Co-requisite: SES2105 and SES3101 Enrolment is not permitted in SES3399 if SES1299 or SES3299 have been previously completed
SES3102 Principles of Sports Medicine and Rehabilitation	3	1	3	1			M	Pre-requisite: SES2103 and SES2104 and SES2201 and SES2205
SES3101 Exercise Prescription and Practice	3	1	3	1			M	Pre-requisite: BIO1206 and SES2103 and SES2205 and SES2202 and SES2104
NSC2500 Pharmacology and Pathophysiology in Health	3	1			3	1		All Students: Pre-requisite: BIO1203 or NSC1501 BNSG Students: Pre-requisite: NUR1100 and NUR1102 and NUR1103 and NUR1120 and NUR1203 and (NUR1398 or NUR1299) and NSC1501 Pre-requisite or Co-requisite: NUR1399
Year 3 / Semester 2								
PSY3250 Sport and Exercise Psychology					3	2		Pre-requisite: PSY1010 or Students must be enrolled in one of the following programs: GDSI or MSCN
SES3206 Strength Training and Conditioning ⁺	3	2	3	2			M	Pre-requisite: SES2103 and SES2104 or Students must be enrolled in the following Program: MSCN
SES3202 Clinical Practice Skills 1	3	2	3	2			M	Pre-requisite or Co-requisite: BIO1206 and SES2104 and SES2201 and SES2299 and SES3101
Elective (Select from the approved electives list)	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.

^{*} Unavailable in Semester 1 in 2022

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

[#] Unavailable in on-campus mode in 2022

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: 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 contact student administration to determine an 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 2020 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	1,2,3		
EDH3256 Sports Administration, Coaching and Officiating #	1	2			1	2		
SES2203 Physical Activity and Health	1	2			1	2		
SES1103 Nutrition and Exercise	1	2	1	2			M	
Year 2 / Semester 1								
BIO1203 Human Anatomy and Physiology 1 ^	2	1	2	1,3			HR	
SES1002 Introduction to Sport and Exercise	2	1	2	1			M	
SES1101 Growth, Development and Lifespan	2	1			2	1		
PSY1010 Foundation Psychology A	2	1			2	1,3		
Year 2 / Semester 2								
BIO1206 Human Anatomy and Physiology 2	2	2	2	2,3			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
PSY3250 Sport and Exercise Psychology					2	2		Pre-requisite: PSY1010 or S students must be enrolled in one of the following programs: GDSI or MSCN
SES2205 Exercise Program Delivery +	2	2	2	2			M	Pre-requisite: BIO1206 and SES1002 and SES2104
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 BIO1206 and SES1002 Pre-requisite or Co-requisite: SES1299
SES3101 Exercise Prescription and Practice	3	1	3	1			M	Pre-requisite: BIO1206 and SES2103 and SES2205 and SES2202 and SES2104
Year 3 / Semester 2								
Elective (Select from the approved electives list)	3	2			3	2		
SES2202 Biomechanics +	3	2	3	2			M	Pre-requisite: BIO1203 and SES1002 Pre-requisite or Co-requisite: BIO1206 and SES1299
SES3206 Strength Training and Conditioning +	3	2	3	2			M	Pre-requisite: SES2103 and SES2104 or Students must

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		
								be enrolled in the following Program: MSCN
SES3202 Clinical Practice Skills 1	3	2	3	2			M	Pre-requisite or Co-requisite: BIO1206 and SES2104 and SES2201 and SES2299 and SES3101
Year 4 / Semester 1								
SES3399 Sport and Exercise Science Professional Placement	4	1	4	1				Pre-requisite: SES2102 and SES2103 and SES2104 and SES2201 and SES2202 and SES2205 Pre-requisite or Co-requisite: SES2105 and SES3101 Enrolment is not permitted in SES3399 if SES1299 or SES3299 have been previously completed
NSC2500 Pharmacology and Pathophysiology in Health	4	1			4	1		All Students: Pre-requisite: BIO1203 or NSC1501 BNSG Students: Pre-requisite: NUR1100 and NUR1102 and NUR1103 and NUR1120 and NUR1203 and (NUR1398 or NUR1299) and NSC1501 Pre-requisite or Co-requisite: NUR1399
SES2105 Introduction to Research Methods and Statistics	4	1			4	1		
SES3102 Principles of Sports Medicine and Rehabilitation	4	1	4	1			M	Pre-requisite: SES2103 and SES2104 and SES2201 and SES2205

Footnotes

- * Unavailable in Semester 1 in 2022
- # Unavailable in on-campus mode in 2022
- ^ [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.