Bachelor of Applied Science (Exercise and Sport Science)

This is your chance to make a real difference by working in sport, exercise, recreation and physical activity settings.

You’ll gain theoretical knowledge and practical skills in the areas of sport science and health-related physical activity. Topics 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.

Our staff are actively engaged with exercise and sport science, strongly connected to industry and deliver student-centred learning.

Placements within the program enable you to put the knowledge and skills you’ve learnt into practice under the supervision of experienced staff and industry experts.

Industry connections
Work-integrated learning is a feature of the program.

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 at RMIT or other venues on topics such as:

– 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.

Career outlook
Graduates have been employed in a range of sport and exercise settings including elite sport, health and fitness, recreation, rehabilitation and disability.

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

ESSA is a professional organisation committed to establishing, promoting and supporting the career paths of tertiary-trained exercise and sport science practitioners.

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.

International opportunities
You will have the opportunity to complete a semester or a full year at a university in Europe, the United States of America or Canada through Education Abroad.

Tertiary institutions that have participated include Leeds Metropolitan University, Pennsylvania State University, Florida State University, University of West Virginia, University of British Columbia and University of Alberta.
## Program structure

### Year 1
You’ll undertake foundation courses in human structure and function, anatomy, psychology and physiology and 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.

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Human Structure and Function 1</th>
<th>Foundations of Psychology</th>
<th>Principles of Exercise Science</th>
<th>Data Collection, Analysis and Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growth, Development and Adapted Physical Activity</td>
<td>Psychosocial Aspects of Health and Physical Activity</td>
<td>Exercise Physiology 1</td>
<td>Human Structure and Function 2</td>
<td></td>
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</tbody>
</table>

### Year 2
Second year extends your knowledge in physiology and exercise physiology. You will also undertake studies in biomechanics, kinesiology, injury prevention and exercise rehabilitation, resistance training, motor control and nutrition.

<table>
<thead>
<tr>
<th>Year 2</th>
<th>Kinesiology</th>
<th>Exercise Physiology 2</th>
<th>Exercise Prescription and Programming</th>
<th>Biomechanics 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise and Sports Nutrition</td>
<td>Biomechanics 2</td>
<td>Motor Skill Learning and Performance</td>
<td>Injury Prevention and Rehabilitation</td>
<td></td>
</tr>
</tbody>
</table>

### Year 3
The third year advances your knowledge of performance analysis, motor learning, exercise prescription, health and physical activity, and exercise and nutrition. A placement during this year will provide industry experience and prepare you for work within the field of exercise and sport science.

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Motor Control</th>
<th>Physical Activity, Health and Disease across the Lifespan</th>
<th>Scientific Principles of Strength and Conditioning</th>
<th>Human Movement Field Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied Psychology Topics</td>
<td>Exercise Rehabilitation for Chronic and Complex Conditions</td>
<td>University elective</td>
<td>University elective</td>
<td></td>
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</tbody>
</table>

### Entrance requirements
Successful completion of an Australian Year 12 senior secondary certificate of education or equivalent.

### Prerequisites
Current Year 12 prerequisites units 3 and 4 – a study score of at least 20 in one of Physical Education, Biology, Chemistry, Mathematical Methods (CAS), Specialist Mathematics or Physics and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

### Selection tasks
Shortlisted applicants may be required to attend an interview.

### 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.