

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. After year 1, residential schools in Ipswich are required.
- ⁺ 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 relev

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 student's 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 23 core units (SES1299, SES2299 and SES3299 make up 1 unit) 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.

Footnotes

- # [SES1299](#), [SES2299](#) and [SES3299](#) add up to complete the 140 hours of professional practice. **Please note all three courses make up 1 unit.**
- < The Toowoomba on-campus offer will not be available in 2021.
- * The on-campus offer will not be available in 2021.

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 Ex 0 1 59.5/Fe 0 1 59.5 1 252.36 688.28.168m\(0 1 59.5/F g/F5 6 Tf1 00 0 1 59.528 551.647 Tm2295 T/F0](#)

- [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 transferee, and

| @I ropb | Vb^o l c mo l do^ j ^ka pb j bpqbo fk t ef^ e `l ropb fp klo j ^iiv pqrafba | | | | | | Obpfabkqf^i p`e l i | Bk o l i j bkq obnr fob j bkq p`e l i |
|--|--|------|-------------------|------|------------------|------|------------------------|--|
| | Lk*^ ^ j m r p %LK@& | | Buqbok^i %BUQ& | | L kifkb %LKI& | | | |
| | Vb^o | Pb j | Vb^o | Pb j | Vb^o | Pb j | | |
| | | | | | | | | obnr fob j l o @ l *obnr fob j PBP . /66 |
| PBP0 . - . Bubo` fpb Mobp` ofmqf l k ^ka Mo^` qf` b | 0 | . | 0 | . | | | J | Mob*obnr fob j ?FL . / -3 ^ka PBP / . -0 ^ka PBP / / -2 ^ka PBP / / - / ^ka PBP / . -1 |
| Year 3 / Semester 2 | | | | | | | | |
| Bib` qf sb %Pbib` q co l j qeb ^mmo l sba bib` qf sbp ifpq& | 0 | / | | | 0 | / | | |
| PBP / / - / ?f l j b` e^kf` p ⁽ | 0 | / | 0 | / | | | J | Mob*obnr fob j ?FL . / -0 ^ka PBP . - - / Mob*obnr fob j l o @ l * obnr fob j ?FL . / -3 ^ka PBP . /66 |
| PBP0 / -3 Pqobkdqe Qr^fkfd ^ka @ l kaqf l kfd ⁽ | 0 | / | 0 | / | | | J | Mob*obnr fob j PBP / . -0 ^ka PBP / . -1 |
| PBP0 / - / @ifk` ^i Mo^` qf` b Phfiip . ' | 0 | / | 0 | / | | | J | Mob*obnr fob j l o @ l *obnr fob j ?FL . / -3 ^ka PBP / . -1 ^ka PBP / / - . ^ka PBP / /66 ^ka PBP0 . - . |
| Year 4 / Semester 1 | | | | | | | | |
| PBP0 /66 Mo l cbppf l k^i Mi^` b j bkq 0 ^q | 1 | . | 1 | . | | | | Mob*obnr fob j PBP / /66 ^ka PBP / . - / ^ka PBP / . -0 ^ka PBP / . -1 ^ka PBP / / - . ^ka PBP / / - / ^ka PBP / / -2 Mob l o @ l *obnr fob j PBP / . -2 ^ka PBP0 . - . |
| KP@ /2 - - Me^o j ^` l i l dv ^ka M^qe l mevpl i l dv fk Eb^iqe | 1 | . | | | 1 | . | | Mob*obnr fob j ?FL . / -0 |
| PBP / . -2 Fkq lar` qf l k q l Obpb^o` e Jbqe lap ^ka Pq^qf p` p ⁹ | 1 | . | | | 1 | . | | |
| PBP0 . - / Mofk` fmibp l c Pm loqp J baf` fkb ^ka Obe^` fiftq` qf l k ['] | 1 | . | 1 | . | | | J | Mob*obnr fob j PBP / . -0 ^ka PBP / . -1 ^ka PBP / / - . ^ka PBP / / -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