

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

You are currently viewing the 2023 Handbook. For study in 2024, please refer to the [2024 UniSQ Handbook](#).

	On-campus*^+	External*^+
Start:	Trimester 1 (January) Trimester 2 (May)	Trimester 1 (January) Trimester 2 (May)
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)
	3 years full-time; 6 years part-time	

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.

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 UniSQ's [Adjustment Factors](#) carefully to find out what you may be eligible for.

Inherent requirements

There are inherent requirements for this program that must be met in order to complete the program and graduate. Make sure you read and understand the [requirements](#) for this program online.

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)
- UniSQ 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, external or 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 Ex

STA1003 Fundamental Statistics [^]	1,2	S2 (Spr)		S1, S2, S3
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Footnotes

- £ In Semester 3, 2023 this course will be delivered as a Transition (9 week) semester, commencing on 13 November 2023 and concluding on 12 January 2024
- § Not available on campus at Toowoomba in S1 2023
- ~ Semester 2 Ipswich offer not available in 2023.
- ^ Unavailable online in S3 2023

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

For information technology requirements please refer to 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: UniSQ'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 Clinical Exercise Physiology \(Honours\)](#)

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 [UniSQ 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

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.

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