



BACHELOR OF EXERCISE AND SPORT SCIENCE

(WITH SPECIALISATION)

> **Why study CSU's Bachelor of Exercise and Sport Science?**

The Bachelor of Exercise and Sport Science (with specialisation) is offered on campus at Charles Sturt University (CSU) in Bathurst and Port Macquarie. It prepares you to make a real difference to the health, wellbeing and performance of individuals and groups.

Discover the complex nature of movement and how the body adapts to a range of physical activities as you learn about the theoretical and practical components of physical activity, including biological, behavioural and social-cultural perspectives, with a focus on a community wellness philosophy. After one year of study, you may choose to undertake a specialisation in Sport Management.

Throughout this course you will develop the knowledge, skills and attitudes needed to practise as an exercise and sport science professional in the sport, exercise, fitness and recreation areas. The course will focus on how to improve the health of individuals and groups, and the performance of athletes and teams, through training and professional cutting-edge advice. This course also provides a foundation for postgraduate study.

The Bachelor of Exercise and Sport Science (with specialisation) will give you the preparation you need to make a real difference to the health, wellbeing and physical abilities of individuals and groups. The course will give you an understanding of the complex nature of movement and how the body adapts to a range of physical activities.

> **Facilities**

Classroom learning is supported by laboratory-based activities where you'll practise the hands-on skills and techniques you'll use during your career.

The Bathurst Campus has well established laboratories, training and aerobics areas, and testing facilities including an exercise physiology and biochemistry lab, neuromuscular testing facility, and climate control chamber.

At the Port Macquarie Campus, CSU will be investing \$0.5million towards new equipment, which will include an exercise physiology and biomechanics lab, anatomy lab, and resistance training facility.

Become job-ready and in demand with CSU's Bachelor of Exercise and Sport Science.

Learn from some of the most knowledgeable people in the sport industry, backed by current research and training.

Experience hands-on learning opportunities using a wide variety of laboratories and testing equipment on campus.

This course is accredited by Exercise and Sports Science Australia (ESSA) and provides a pathway to further study.



CSU in Bathurst is unique, offering the opportunity to get involved with the Western Region Academy of Sport internship program. Being a part of this program really developed my

PASSION

and growth as a coach. It taught me about strength and conditioning, how to build relationships with coaches, parents and athletes, and made me feel linked to the local Bathurst community.

Nyrie Atkin

CSU Exercise Science (Rehabilitation) graduate



Career opportunities

Ready to make a difference to people's lives? Discover where CSU's Bachelor of Exercise and Sport Science could take you.

- Sports coaching, sports administration, strength and conditioning, professional sporting teams.
- Health promotion and fitness industries such as corporate or community fitness programming.
- Preventive medicine (cardiac technician) and/or research, corporate health and fitness adviser, health and physical activity management.

Admission requirements

Selection for this course is based on your ATAR or equivalent. Currently no secondary school subjects are prerequisites for admission, however biology, English (Standard) and mathematics are highly recommended as providing a sound foundation for assumed knowledge. Studies in science would be desirable, in particular biology and/or chemistry. If you have already completed a relevant Certificate III or Certificate IV at TAFE, you may be eligible to receive credit into the Bachelor of Exercise and Sport Science.

Professional recognition

The course is accredited by Exercise and Sports Science Australia (ESSA), enabling you to apply for registration as an Accredited Exercise Scientist. It also provides entry into postgraduate programs leading to exercise physiology accreditation, including a master's program at CSU.

Further study

Accreditation in exercise science with ESSA is becoming the prerequisite for entry into ESSA-accredited postgraduate exercise physiology courses. Graduates of the Bachelor of Exercise and Sport Science will be better prepared for the academic demands of postgraduate study in exercise physiology.

Students who achieve a high Grade Point Average are eligible to apply for admission to a one-year Honours program.

For more information or to apply, visit:

csu.edu.au/courses/exercise-and-sport-science

About CSU

CSU is a national university focusing on excellence in education for the professions, strategic and applied research, and flexible delivery of learning and teaching. We work in close association with industry, professions and government to ensure our courses meet and support industry needs, resulting in high graduate employment levels and starting salaries. We attract more than 38,000 students from Australia and around the world and are well-known for our innovative approach to education, offering practical, hands-on courses, supported online to provide our students with accessible, world-class education.

visit
csu.edu.au



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