### Bachelor of Exercise Science (Sport Practice) (ABHD) (~60 students S1, 2015)

- The unit is undergoing ESSA (Exercise and Sport Science Australia) accreditation
- No electives
- Students need to use ESSA practicum log book to record placement hours

### Bachelor of Sport Science (Exercise Science) (ABHF) (~120 students S1, 2015)

- Students **are not** eligible for ESSA Exercise Science accreditation
- The course is more flexible – with 4 electives

### This course could lead to a career as:

- exercise physiologist
- personal fitness trainer
- strength and conditioning coach
- exercise and sport scientist in professional sporting group
- sport nutritionist
- exercise rehabilitation
- special populations training - elderly, people with a disability, young
- community fitness and health services.

### Suitable Host Organisation Supervisors include:

- An accredited exercise physiologist (AEP)
- An ESSA exercise science member (ES)
- A degree qualified exercise and sports science professional
- A personal trainer with a Certificate IV in Fitness with a minimum of 10 years industry experience
- A degree qualified physical education teacher
- A bachelor degree qualified-trained allied health professional with experience in exercise delivery (e.g. physiotherapist)
- A state, national or international level sports coach
- An Australian Strength and Conditioning Association (ASCA) level 2 or 3 coach

### Suitable Host Organisation (HO) Supervisors include:

- There are no limitations as to the qualifications HO Supervisors must possess.

### The following are examples of placements that can be counted towards the required **140 hours of practicum**.

Students **ARE NOT** permitted to cold call organisations.

- Exercise Delivery for Apparently Healthy Clients (AHC) **
- Conduct client assessments for AHC
- Exercise prescription for AHC
- Leadership (e.g. client exercise session monitoring and program management) for AHC
- Exercise plan evaluation for AHC

### The following are examples of placements that can be counted towards the required **140 hours of practicum**.

- Exercise Delivery for Apparently Healthy Clients **
- Conduct client assessments
- Exercise prescription
- Leadership (e.g. client exercise session monitoring and program management)
- Exercise plan evaluation
Students applying to become an accredited exercise physiologist (AEP) and use their exercise science practicum hours for your AEP application, the hours must be completed in ‘apparently healthy practicum’ only. They must meet the breakdown of hours required for the AEP application – See below for examples that can be accredited towards the 140 hour practicum.

<table>
<thead>
<tr>
<th>Sports Science/Sports Performance</th>
<th>Apparently Healthy Clients</th>
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<td>- Coaching – teams and or individuals, from ‘grass roots’ community levels to elite sports competition&lt;br&gt;- Strength training and conditioning for sport teams, athletes etc.&lt;br&gt;- Physiological assessments and/or athlete profiling (e.g. body composition)&lt;br&gt;- Performance testing and/or talent identification&lt;br&gt;- Biomechanical assessment and analysis&lt;br&gt;- Sports first aid/ sports trainer (for sporting teams/events)&lt;br&gt;- Match/ performance analysis&lt;br&gt;- Sports drug testing (ASADA)/anti-doping&lt;br&gt;- Sports camps – for player/athlete or skill development</td>
<td>Apparently healthy clients are defined by the Australian Pre-Exercise Screening System.&lt;br&gt;Apparently healthy practicum hours are accepted if:&lt;br&gt;- Clients have no known pathologies&lt;br&gt;- Clients are not participating in an exercise intervention for a specific purpose (e.g. to manage a condition or injury)&lt;br&gt;- Services can be focused on prevention of chronic conditions&lt;br&gt;- Fitness coaching or strength and conditioning coaching are accepted&lt;br&gt;Activities <strong>not accepted</strong> include:&lt;br&gt;- Sports coaching (skills based coaching)</td>
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<tr>
<th>Exercise and Sports Science Research</th>
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<td>- Exercise testing/physiological assessment&lt;br&gt;- Laboratory assistant&lt;br&gt;- Data collection and analysis&lt;br&gt;- Calibration of equipment&lt;br&gt;- Haematology, biochemistry&lt;br&gt;- Athlete drug screening</td>
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<td>- Health risk appraisal and risk management (e.g. lifestyle management programs)&lt;br&gt;- Recruitment fitness testing and/or training for emergency services (e.g. Fire Brigade or Police Force)&lt;br&gt;- Occupational/workplace injury risk assessment and risk management&lt;br&gt;- Workplace health programs/ corporate fitness&lt;br&gt;- Blood tests/ Anthropometry</td>
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