Bachelor of Exercise and Sports Science (BESS)

COURSE OUTLINE
Exercise and sport scientists are experts in understanding how human bodies respond to exercise and how to make a difference to the quality of life for all people. Exercise and sports scientists use exercise as an intervention to improve health and fitness, enhance physical performance and prevent and rehabilitate injury in both healthy and physically challenged populations. The course is integrated with health, fitness and sporting agencies within the community and students have a variety of options for work placement as part of their study program. Delivered on campus in the Northern Territory and in external delivery mode, the course provides the opportunity to study the general principles of health and physical performance as well as in tropical hot and humid conditions. Charles Darwin University (CDU) is a partner in the Darwin based National Heat Training and Acclimatisation Centre and mainstream sports in the northern territory. Postgraduate programs are offered that include research into all disciplines related to exercise, sport, health and physical performance.

CAREER OPPORTUNITIES
Graduates have diverse employment opportunities in fitness, sport and health industries. They consult, test, prescribe and administer programs in commercial, corporate or government settings and are involved in education and promotion or in clinical settings for cardiac, pulmonary and musculo-skeletal testing and rehabilitation. Graduates coach, train and apply physiology, psychology, biomechanics and motor skill learning principles to a broad range of human physical performance settings. Graduates can also use this degree towards graduate entry programs, such as medicine or physiotherapy as well as registration with professional associations, such as Sports Medicine Australia and the Australian Council for Health, Physical Education and Recreation (ACHPER).
COURSE STRUCTURE
The Exercise and Sport Science course is designed to equip graduates as allied health professionals who use exercise as an intervention to improve health and fitness, enhance physical performance and prevent and rehabilitate injury in both healthy (including athletes) and physically challenged (such as aged and injured) populations. This course is designed to provide a pathway to the Master of Physiotherapy offered by Flinders University by undertaking specialist units.

The course consists of two common, sixteen core and six elective units. A feature of the course is an industry placement unit in which students have the opportunity to put their skills into practice and learn new skills in a workplace setting.

The Bachelor of Science (Honours) is available to eligible candidates with a Bachelor of Exercise and Sport Science.

PROFESSIONAL RECOGNITION MEMBERSHIP
Graduates who fulfil the degree requirements can submit individual applications for registration to the following associations:
Australian Council for Health, Physical Education and Recreation (ACHPER)
Sports Medicine Australia (SMA)
European College of Sports Science (ECSS)
Exercise Sports Science Australia (ESSA) - Apply as individual applicant and refer to membership criteria for graduate entry.

The course is available fully external only to commencing students. Please note external students will be required to attend residentials for three third year units, which will be during mid-semester break at Charles Darwin University new Exercise and Sport Science Laboratory.

Core Units

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<td>PSY140</td>
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Please Note: 100 level units are usually taken in 1st year, 200 level units in 2nd year and 300 level units in 3rd year.

Recommended elective units
The six (6) elective units can include any CDU undergraduate units, including other science units.

POLICE CHECK
A police check is mandatory for health professionals and is required in the case of clinical placements.