



Bachelor of Sport and Exercise Science

Dive into the processes and mechanisms of sport and exercise science. Sport and exercise science is a professional field dedicated to the assessment, prescription and delivery of exercise. Professionals apply their expertise to jobs in sport, exercise, health and fitness.

When completing this course with the Exercise Science or Exercise Therapy major, you can become eligible to apply for graduate entry into the Master of Clinical Exercise Physiology*. Alternately, completing the course with the appropriate electives enables you to apply for graduate entry courses in Physiotherapy (pathway# or guaranteed pathway^). You will also have the option to undertake postgraduate studies in High Performance Sport at UTS.

Learn from the best

Our leading academic experts are internationally recognised and well connected researchers in the sport, exercise and rehabilitation industry.

Industry-connected

At UTS, you'll benefit from our industry connections with organisations such as the Australian Football League (AFL), Sydney Swans, the National Rugby League (NRL), Rugby Australia and Cricket NSW.

Purpose-built spaces

Study in state-of-the-art laboratories and access high-tech sport science facilities and equipment at our Moore Park precinct.

uts.edu.au/moore-park

Professional recognition

When completed with the Exercise Science or Exercise Therapy major, this course is accredited with Exercise and Sports Science Australia (ESSA).

Practice-focused

A 140-hour professional practicum (or internship) within your realm of interest is a vital part of the degree. You'll develop industry contacts and gain practical experience at an organisation such as:

- Community and high performance sport organisations
- Health and fitness centres
- Allied health centres

A career for life

If you're looking to work within health, sport and exercise, or clinical settings, we'll get you there. This degree leads to careers within sport, health, physical activity, exercise rehabilitation, clinical exercise physiology (pathway*), physiotherapy (pathway# or guaranteed pathway^), or various corporate sectors.

Key information

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| Intake: | Autumn |
| Duration: | 3 years (full-time) |
| UAC Code: | 606020 606021 (Exercise Therapy major) |

Combine this degree with:

International Studies
internationalstudies.uts.edu.au

Creative Intelligence and Innovation
cii.uts.edu.au

Go further: A Bachelor of Sport and Exercise Science (Honours) may be available to you as an additional one year full-time or two years part-time course.

What will I study?

You'll gain the knowledge and skills needed to manage and plan physical activity, sport and exercise services to all sectors of the community.

Complete a total of 24 subjects, made up of core sport and exercise subjects, a major and electives (depending on your program).

Sample subjects

Anatomy, Strength and Conditioning, Exercise Prescription, Sport and Exercise Psychology, and Nutrition for Health and Physical Activity

Sport and Exercise Science Majors

- Exercise Science: Gain a strong understanding of the processes and mechanisms underlying sport and exercise science.
- No specified major: Tailor your degree to your career aspirations through four electives.
- Exercise Therapy major: Gain the knowledge and skills needed to manage and plan sport and exercise services to all sectors of the community. This major provides a guaranteed* pathway into the UTS Master of Physiotherapy.



Find out more, visit the **course web page**

* Pathway to Clinical Exercise Physiology (606020 with Exercise Science major or 606021 with Exercise Therapy major): students who complete this course are eligible to apply for graduate entry courses in this area.

Pathway to Physiotherapy (606020): students who complete this course, with the appropriate electives, are eligible to apply for graduate entry courses in this area.

^ Guaranteed pathway to Physiotherapy (606021): the Bachelor of Sport and Exercise Science (Exercise Therapy major) provides a guaranteed pathway into the UTS Master of Physiotherapy, subject to maintaining a credit average (GPA of 5.0 and above) and a successful internal interview.



“Studying Sport and Exercise Science has exposed me to a level of high-performance sport that I’d never seen before. I’ve had some incredible opportunities like interning for the Penrith Panthers and the NSW Institute of Sport. These experiences allowed me to trial different areas of the industry to see what I enjoy most.”

Alana Leabeater
Bachelor of Sport and
Exercise Science

Applying to UTS

How to apply

Ready to apply for a UTS degree? Start by choosing your preferred course and checking the eligibility requirements to make sure it’s a good fit. Next, submit your application via the Universities Admissions Centre – you can list up to five course preferences, so make sure you use them all!

[📍 uts.edu.au/ug-apply](https://uts.edu.au/ug-apply)

Admissions schemes

Boost your chances of receiving an offer with admission schemes like our Early Entry Program or Schools Recommendation Scheme. We’ll consider your ATAR plus criteria like your academic performance in certain HSC subjects, identification as an Aboriginal and/or Torres Strait Islander, and any disadvantageous circumstances that you’ve experienced.

[📍 uts.edu.au/admission-schemes](https://uts.edu.au/admission-schemes)

Admission pathways

Our admission pathways provide an alternative route into your preferred UTS course – from internal programs (e.g. Jumbunna Pathways Program) to external options (e.g. STAT, limited ATARs or vocational diplomas), there’s more than one way to get into UTS.

[📍 uts.edu.au/admission-pathways](https://uts.edu.au/admission-pathways)

English language requirements

There are English language proficiency requirements for all courses. If you have studied overseas you may need to demonstrate your English proficiency.

[📍 uts.edu.au/english-language-requirements](https://uts.edu.au/english-language-requirements)

Scholarships

Whether you’re a high achiever, need a financial boost, or want to get your hands on some amazing professional opportunities, we offer millions of dollars in coursework scholarships that have the potential to enhance your UTS experience. Make sure you get in quick.

[📍 uts.edu.au/scholarships](https://uts.edu.au/scholarships)

Fees and financial assistance

As a domestic student, you’ll study in a Commonwealth Supported Place – the Australian Government will fund some of the cost of your study, while you’ll pay a student contribution and other fees direct to UTS. The good news? The HECS-HELP loan scheme lets you defer the cost of your student contribution until you reach a set income threshold. What’s more, the UTS Financial Assistance Service can help you get on top of your personal finances, giving you more time to focus on study.

[📍 uts.edu.au/csp](https://uts.edu.au/csp)

Contact us

Tel: 1300 ASK UTS (1300 275 887)

[📍 ask.uts.edu.au](https://ask.uts.edu.au)

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This flyer is for local students. International students should refer to the International Course Guide or uts.edu.au/international

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