Bachelor of Sport and Exercise Science

Ready today for tomorrow
Why JCU?

A STUDENT EXPERIENCE LIKE NO OTHER

• Access to world-class teachers
• Develop skills in state-of-the-art facilities
• Achieve exceptional employment outcomes
  • Benefit from small class sizes
  • Connect with professional networks
• Support through scholarships for merit and equity
  • Discover great accommodation options

GO BEYOND THE CLASSROOM

Develop professional skills in specialist facilities. Learn clinical skills at JCU’s leading Exercise Physiology Clinic. Gain experience at the JCU Exercise Testing and Strength and Conditioning Labs and the JCU Movement Analysis Lab.

STRONG NETWORKS

Get a professional head start. Build industry contacts through placements with local and regional sports teams and community-based clinics.

ACCESS EXPERTISE

Gain insight from JCU’s leading lecturers. Learn in small classes and connect with experts in biomechanics, strength and conditioning, and motor control.

SUPPORT FOR YOUR SUCCESS

Explore JCU’s range of scholarships, grants and bursaries and discover the right financial assistance to achieve your goals.
Bachelor of Sport and Exercise Science

Gain a comprehensive understanding of how the human body responds to physical activity. Be equipped with theoretical and practical skills to help individuals and athletes improve their physical performance, focussing on North Queensland’s tropical climate and cultural heritage.

Learn the scientific principles underlying the benefits of physical activity, focussing on the role of sport and exercise. Analyse and evaluate performance in JCU’s world-class technical, training and testing facilities.

Benefit from practical work experience alongside industry professionals. Assess, design, and deliver specialist exercise programs for a variety of people, from community members to elite athletes.

JCU Sport and Exercise Science graduates are highly-competent, motivated, and career-ready professionals.

COURSE DETAILS:

Locations: Townsville
Start Dates: February, July
Duration: 3 years full-time, part-time available
ATAR: 64 | English, Maths
OP: 18 | English (4,SA); Maths A, B or C (4,SA).
Recommended: one of Biology, Chemistry, Physics, Physical Education or Health Education (4,SA).

Please visit the handbook for a detailed outline of the course structure, as well as pre-placement requirements.
Note: Information is for domestic students only
Ready today for tomorrow

Looking for a rewarding career that offers variety? JCU Sport and Exercise graduates pursue careers ranging from health and wellness management to strength and conditioning coaches, sports coaches and more. Students develop a strong understanding of the processes and mechanisms underlying human physical activity. You will be able to analyse the role of exercise for the enhancement of human performance in occupational, sport, exercise and leisure settings. Study in state-of-the-art facilities including exercise physiology and movement analysis laboratories. Benefit from JCU’s strong focus on the relationship between exercise and health in rural, remote, and tropical living environments.

You can broaden your knowledge and develop further skills through a Bachelor of Sport and Exercise Science - Bachelor of Psychological Science.
“What I like about JCU is that it has small class sizes so you get to know your lecturers. The lecturers really help you and give you great opportunities in the field that help further your career, such as internships, volunteering, and participating in research.”

Josiah McCarthy
BACHELOR OF SPORTS AND EXERCISE SCIENCE
Career Opportunities

JCU Sport and Exercise Science graduates are highly-valued and are employed in a range of health-related industries.

Graduates pursue careers in various areas including health and wellness management, health promotion agencies, sports training and rehabilitation, hospital-based science, and occupational health and safety.

You could find employment as an exercise physiologist, strength and conditioning coach, sports coach, or personal trainer. Alternatively, go on to study the Bachelor of Sport and Exercise Science (Honours) or the Master of Clinical Exercise Physiology (available from 2021).

Graduates of this course are eligible for Exercise and Sports Science Australia professional membership.
Study and live in some of the most interesting places in the world. Townsville is on the doorstep of the Great Barrier Reef, magnificent rainforests, the savannah region and Outback Australia.

Living on-campus is a great way to make the most of your time at JCU. With five different accommodation options at JCU Townsville, housing over 1,200 students, living on-campus is a great place to make new friends and immerse yourself into the JCU culture. All rooms at our on-campus residences are single board, with a single bed, study desk, chair, fan, air-conditioning and Wi-Fi. Each residence is different in regards to style of living, culture and atmosphere. There are options for fully catered or self-catered housing. Find out more at jcu.edu.au/accommodation

JCU Accommodation

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