

# Bachelor of Sport and Exercise Science



*Ready today for tomorrow*

[jcu.edu.au](http://jcu.edu.au)



# 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
- Support through scholarships for merit and equity
  - Discover great accommodation options

## GO BEYOND THE CLASSROOM

Develop professional skills in state-of-the-art facilities. You'll gain an in-depth knowledge of sport and exercise science as you study in JCU's Movement Analysis Lab and the JCU Performance Science Hub.

## STRONG NETWORKS

Build industry contacts through placements with local and regional sports teams and community-based clinics. Graduate with confidence from the university independently ranked #1 in Australia for full-time employment\*.

## 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. JCU is rated five stars for skills development and student support, and #2 in Australia for learner engagement\*.

## SUPPORT FOR YOUR SUCCESS

Explore JCU's range of scholarships, grants and bursaries and discover the right financial assistance to achieve your goals.

\*2024 Good Universities Guide, UG Health Services and Support



# 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, including the Movement Analysis Lab and the JCU Performance Science Hub.

✔ 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:

|                       |  |
|-----------------------|--|
| <b>Locations:</b>     | Townsville   |
| <b>Start Dates:</b>   | February, July   |
| <b>Duration:</b>      | 3 years full-time, part-time available.<br>3.5 years full-time for mid-year entry      |
| <b>ATAR:</b>          | 64   |
| <b>Prerequisites:</b> | English (Units 3/4,C); General Maths, Mathematical Methods or Specialist Maths (3/4,C) |
| <b>Recommended:</b>   | One of Biology, Chemistry, Physics, Health, Psychology or Physical Education. (3/4, C) |

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.





*“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



*“Our program is a great way to learn about how to make a difference for individuals and communities. You’ll learn about the processes of human physical activity from skilled lecturers who are committed to student success. You’ll also gain practical experience in world-class training facilities throughout your studies.”*

**Associate Professor Fiona Barnett**

HEAD, SPORT 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.

Graduates of this course are eligible for Exercise and Sports Science Australia professional membership.





# JCU Accommodation

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 place to make new friends and immerse yourself in the JCU culture. JCU Townsville, Bebegu Yumba campus, Douglas, has five different accommodation options housing over 1,300 students.

All rooms at our on-campus residences are single occupancy, 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](https://jcu.edu.au/accommodation)



## Contact us

JCU Townsville: 07 4781 5255

JCU Cairns: 07 4232 1000

Freecall (within Australia): 1800 246 446

Email: [enquiries@jcu.edu.au](mailto:enquiries@jcu.edu.au)



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**JAMES COOK  
UNIVERSITY**  
AUSTRALIA