Graduate Diploma in Exercise and Sport Science
Master of Exercise and Sport Science

UNDA Course Code GD – 4049 Mast - 5081
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INTRODUCTION

Researchers have identified that physical inactivity is a critical risk factor contributing to ill health in Australia and that exercise plays an important role in preventing and rehabilitating diseases of lifestyle. This course in the School of Health Sciences aims to provide highly trained professional exercise scientists and practitioners to be part of the health team providing exercise services. These services may be in the workplace and sport and for persons with chronic health conditions such as obesity, high blood pressure, insulin intolerance, diabetes, long-term sports injuries and joint disorders. Acquiring in-depth knowledge and research skills in the exercise sciences will allow graduates to work with clients to improve their health and well being in exercise, sport or rehabilitation contexts.

The Graduate Diploma in Exercise Science and Masters degree in Exercise Science are designed to assist students to meet national accreditation standards required for full membership with the Australian Association of Exercise and Sport Science (AAESS) in the specialist areas of exercise physiology and exercise rehabilitation. As from January 2006, Exercise Physiology services are included under the Medicare Plus scheme. Patients referred by their GP to AAESS accredited Exercise Physiologists will be able to claim a Medicare rebate.

The philosophical approach of the program at Notre Dame includes a strong commitment to developing best practice in promoting healthy lifestyles through physical activity across the lifespan, in the importance of early intervention in avoiding costly medical treatment and rehabilitating those with chronic yet preventable diseases.

WHY STUDY AT NOTRE DAME?

If you already have an undergraduate degree in an allied human science discipline and are looking to extend your knowledge and research capabilities in sport and exercise research; if you want to learn how to motivate, influence, support and change behavior; learn how to assess functional capacity and improvements; and how to design and implement exercise programs for people of all ages and abilities, then this program in Exercise Science at Notre Dame is for you.

COURSE OUTLINE

The course comprises the advanced study of exercise physiology, motor control and learning, biomechanics, exercise psychology, exercise rehabilitation, counselling and research skills. The study of Ethics in professional life and research is compulsory. The degree incorporates 12 weeks of industry practicum.

The studies will span the life course and cover special groups with specific exercise needs. The School of Health Sciences aims to develop professionals with the highest level expertise in exercise sciences and a strong commitment to the promotion of health and well being. Our graduates will be reflective exercise practitioners with problem-solving skills, who enjoy working with people of all abilities and are leaders who can educate others in how to manage and maintain their health through exercise.

COURSE STRUCTURE

Graduate Diploma in Exercise Science (One Year FT)*
Advanced Research Methods
Advanced Ex Biomechanics, Gait Analysis & Ergonomics
Musculoskeletal Exercise Rehabilitation and Training
Cardiorespiratory Exercise Rehabilitation and Training
Exercise and Lifestyle Counselling Skills
Ethics in Professional Life
Clinical Exercise Physiology
Advanced Motor Control and Learning
Industry Practicum 1 (full year – 120 hours)
*Includes two cross institutional units that incur an additional cost

Master of Exercise Science (Two Years FT)
Year One
Units comprising the Graduate Diploma in Exercise Science Studies

Year Two
Reading and Conference
Industry Practicum II (240 hours)
Research Dissertation

MODE OF STUDY & ASSESSMENT

Students may undertake study as a part-time or full-time student, commencing in First Semester (February) or in Second Semester (August) subject to unit availability. The assessment of competency in each unit consists of tutorial performance, research reports and assignments during the semester and a final examination. Practicum performance is graded by the workplace supervisor against required industry competencies. Students taking the research route will submit a dissertation of around 20,000 words that is subject to external examination by leading academics in the field.

SUCCESSFUL STUDY

At Notre Dame we emphasise the value of the human person and the importance of maintaining an ethical way of life. All students undertake studies in Ethics – dealing with issues that go to the very heart of participation in public life while developing students with valuable life skills.

CAREER OPPORTUNITIES

Career opportunities for graduates of this course are diverse depending on the focus of practicum and research projects and include the following

- Exercise physiologist in health or exercise industry
- Sport exercise physiologist
- Cardiorespiratory exercise rehabilitation
- Musculoskeletal exercise rehabilitation

ADMISSION REQUIREMENTS

Eligible applicants will have successfully completed an undergraduate degree in an allied field such as Biomedical Science, Exercise Science, Health Science, Health and Physical Education, Human Movement, Nursing and Physiotherapy. Applicants whose academic preparation in specific undergraduate exercise science studies may be required to undertake additional pre-requisite units.

FURTHER INFORMATION

The information contained in this publication is designed as a basic course description of this proposed new course. If you would like further information regarding the course, or information pertaining to admissions, fees or the University itself, please consult the Notre Dame Prospectus. International students refer to the International Prospectus.

We welcome visitors to the University at any time. If you would like to view the University facilities please contact the Prospective Students Office on (08) 9433 0533 or at future@nd.edu.au.

Visit our web site at www.nd.edu.au

PROSPECTIVE STUDENTS OFFICE

For further information on The University of Notre Dame Australia, contact the Prospective Students Office
Tel: (08) 9433 0533 FREECALL: 1800 640 500 Fax: (08) 9433 0544
E-mail: future@nd.edu.au Internet: www.nd.edu.au
19 Mouat Street (PO Box 1225), Fremantle Western Australia 6959

ADMISSIONS OFFICE

For further information on the admissions process at The University of Notre Dame Australia, contact the Admissions Office
Tel: (08) 9433 0537 Fax: (08) 9433 0769
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19 Mouat Street (PO Box 1225), Fremantle Western Australia 6959