

Associate Degree of Sport and Exercise Science (ADSE)

Program aims

The Associate Degree of Sport and Exercise Science (ADSE) is an exit only award from the Bachelor of Sport and Exercise Science (BSES) program. Students who receive this award will have developed or extended their knowledge and expertise to meet personal achievement goals or provide for career opportunities within the health, exercise, sports and fitness industry such as sports coaches, personal trainers, sports and recreation development officers, exercise physiologists, sports performance directors or a range of other roles. This award does not qualify a graduate for ESSA accreditation as an exercise scientist.

Program objectives

On completion of the program graduates should be able to:

1. Display broad technical and theoretical knowledge with some depth of understanding in the underlying principles and concepts within a health, exercise and fitness and sports performance context.
2. Identify, analyse and evaluate information associated with exercise related issues and the various conditions of individuals and different client groups.
3. Apply a broad range of practical skills to interpret and transmit solutions to problems relevant to laboratory, clinical and field situations in the sports and exercise area.
4. Act with autonomy, responsibility and accountability when working independently and in collaboration with others within a professional and scholarly context.
5. Interact and communicate effectively with different cultural and ethnic populations in a variety of contexts.

Professional Accreditation

This program does not have any Professional Accreditation.

Program structure

The program comprises of 16 core units within the specialised field of sport and exercise science.

Requirements

Students must have successfully completed 16 units from the Sport & Exercise list.

Courses
BIO1203 Human Anatomy and Physiology 1
BIO1206 Human Anatomy and Physiology 2
EDH2152 Health and Wellbeing
EDH3256 Sports Administration, Coaching and Officiating
NSC2500 Pharmacology and Pathophysiology in Health
PSY1010 Foundation Psychology A
PSY3250 Sport and Exercise Psychology
SES1002 Introduction to Sport and Exercise
SES1101 Growth, Development and Lifespan
SES1103 Nutrition and Exercise
SES2102 Motor Control and Learning
SES2103 Functional Anatomy
SES2104 Exercise Physiology
SES2105 Introduction to Research Methods and Statistics
SES2201 Health, Exercise and Sport Assessment
SES2202 Biomechanics

SES2203 Physical Activity and Health
SES2205 Exercise Program Delivery
SES3101 Exercise Prescription and Practice
SES3102 Principles of Sports Medicine and Rehabilitation
SES3202 Clinical Practice Skills 1
SES3205 Independent Study in Sport and Exercise
SES3206 Strength Training and Conditioning
SES1299 Professional Placement 1, SES2299 Professional Placement 2 and SES3299 Professional Placement 3 OR SES3399 Sport and Exercise Science Professional Placement