

Diploma of Sport and Exercise Science (DSES)

Program aims

The Diploma of Sport and Exercise Science (DSES) is an exit only award from either the Bachelor of Sport and Exercise Science (BSES) or Bachelor of Sport and Exercise (Honours) (BSEH) 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 this program, students should be able to:

1. Employ integrated technical and theoretical knowledge within a health, exercise and fitness and sports performance context.
2. Integrate contextual knowledge and relevant skills, associated with exercise related issues and circumstances, when working with both individuals and different client groups.
3. Apply introductory cognitive, technical and practical skills relevant to laboratory, clinical and field situations in the sport and exercise area.
4. Analyse, plan, design, prioritise and effectively evaluate different approaches to problems and effectively communicate knowledge and a range of feasible solutions to unpredictable problems within an independent or collaborative environment.
5. Display safe work practices and professional accountabilities when interacting with clients from a range of populations and within a variety of contexts.

Professional Accreditation

This program does not have any Professional Accreditation.

Requirements

Students must have successfully completed 8 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