



The University of Sydney
Australia

**Faculty of Health Sciences
School of Exercise and Sport Science**

&

**Faculty of Science
Human Nutrition Unit**

NEW COMBINED DEGREE COMMENCING IN 2004

**Bachelor of Applied Science (Exercise and Sport Science)
and Bachelor of Science (Nutrition)**

and

NEW DEGREE COMMENCING IN 2004

Bachelor of Applied Science (Exercise, Sport Science and Nutrition)

Bachelor of Applied Science (Exercise and Sport Science) and Bachelor of Science (Nutrition)

ABOUT THE COURSE

This combined degree, Bachelor of Applied Science (Exercise and Sport Science) and Bachelor of Science (Nutrition) is unique in that students will have the opportunity to qualify both as Dietitians and Exercise Scientists. To utilise the finest teaching facilities and laboratory equipment, learning will take place on both the Cumberland and Camperdown Campuses of the University of Sydney (approximately 50% each). Graduates from this program will become qualified Dietitians with expertise in general, public health and clinical nutrition. These skills will be integrated with a comprehensive understanding of the scientific principles of human movement and the effective design, management and evaluation of exercise interventions (and related lifestyle factors) in the areas of sport and health. This program will enable graduates to design effective exercise and nutrition programs for healthy individuals and elite athletes in addition to those with lifestyle diseases (eg. heart disease, diabetes, hypertension) and disability. The combined degree Bachelor of Applied Science (Exercise and Sport Science) and Bachelor of Science (Nutrition) is designed to give students a thorough understanding of the scientific aspects of exercise and sport science, nutrition and dietetics. This combined degree will appeal to you if you have a keen interest to further studies in science, particularly in the areas of biology, biochemistry, physiology and nutrition from a human perspective. The course is also appealing to those who are enthusiastic about nutrition, sport and physical activity.

CAREERS

Students will be qualified as both Exercise Scientists and Dietitians and will be competent to forge new opportunities in roles, which require skills in both exercise science and nutrition/dietetics. This integrated training will create opportunities that will benefit both students and employers. In the research setting, this dual qualification will augment project design and methodology in relevant areas such as public health (e.g. lifestyle diseases such as obesity and non-insulin diabetes). In the clinical setting, graduates will be well placed and qualified to give comprehensive advice to clients promoting adoption of better exercise and nutrition habits within the community. Employment opportunities include: hospital, rehabilitation, public health and health promotion, the health industry encompassing elite sport, recreational exercise and the sport/fitness industry, health writing and public speaking, corporate health, private practice consulting, the food industry (manufacture, product development and public relations), research and technology, education and medical insurance.

PROFESSIONAL RECOGNITION

Graduates are eligible to apply for membership of the Australian Association of Exercise & Sport Science. Application for the course and for these graduates to be accredited as Dietitians by the Dietitians Association of Australia is in preparation.

ADMISSION REQUIREMENTS

Admission to the combined degree Bachelor of Applied Science (Exercise and Sport Science) and Bachelor of Science (Nutrition) is competitive. Most applicants are considered on the basis of the UAI obtained in the New South Wales Higher School Certificate or equivalent. A selection of students are admitted based on a tertiary record and interview, or through the Mature Age Entry Scheme.

There are no subject requirements for entry into the course, however students are assumed to possess knowledge equivalent to study of Biology, Chemistry and Mathematics at HSC level. Students would benefit from having also studied Physics and PDHPE. Students who have not recently completed studies in Biology, Chemistry and Mathematics are strongly advised to attend bridging courses prior to commencing the course.

HONOURS PROGRAM

A minimum requirement for the progression in the combined degree program (only) will be set annually and will be based on maintaining a credit average over the first four years of the course. Students passing the course but failing to meet these requirements can exit the course after four years with a Bachelor of Applied Science (Exercise, Sport Science and Nutrition) – see over leaf.

Students completing all five years of the combined degree will automatically be awarded an Honours grade at completion. There are two options for students in their fifth year of study: The first is the Honours program in Nutrition and Dietetics, which includes a clinical placement in nutrition and dietetics (approximately 6 months in duration) as designated by the Dietitians Association of Australia. Successful completion of this placement is required for dietetic qualification. The second option is an Honours program in Nutrition, which is entirely research directed.

Bachelor of Applied Science (Exercise, Sport Science and Nutrition)

This degree in exercise, sport science and nutrition is designed for those students wanting to pursue a career in Exercise Science integrated with a comprehensive understanding of biochemistry and nutrition, without the training in clinical dietetics. The integrated training provided by this program will enable graduates to design effective exercise and nutrition programs for healthy individuals and elite athletes. In addition they will be skilled at providing nutrition and exercise advice to those with lifestyle diseases (e.g. heart disease, diabetes, hypertension) and disability and be able to provide these individuals with general nutrition or lifestyle based advice to improve their dietary practices.

ADMISSION REQUIREMENTS

Students choosing to enrol in this 4-year degree program must enrol in the combined degree (over leaf) and transfer after the completion of at least two semesters. Admission requirements are therefore as stipulated for the combined degree.

ABOUT THE COURSE

The Bachelor of Applied Science (Exercise, Sport Science and Nutrition) is designed to give students a thorough understanding of the scientific aspects of exercise, sport science and nutrition. This course differs from the combined degree in that it is a single 4-year degree. This is the same program as the first 4 years of the combined degree and therefore provides an opportunity to transfer from the combined (5-year) degree to this 4-year program. Learning will take place on both the Cumberland and Camperdown Campuses of the University of Sydney.

CAREERS

In addition to students who complete the Bachelor of Applied Science (Exercise and Sport Science) employment opportunities would focus on their skills in both exercise science and nutrition. Areas of employment may include the sports, fitness, health and food industries, occupational health and safety, public health, rehabilitation, research and technology, education and medical insurance.

For graduates seeking further career development or professional accreditation, the Bachelor of Applied Science (Exercise, Sport Science and Nutrition) meets the prerequisite requirements for entry into postgraduate courses in Medicine, Physiotherapy, Occupational therapy, Public Health, Safety Science and Education.

PROFESSIONAL RECOGNITION

Graduates are eligible to apply for membership of the Australian Association of Exercise & Sport Science. Application for the course and for these graduates to be accredited with general and public health nutrition qualifications, by the Dietitians Association of Australia, is in preparation.

HONOURS PROGRAM: HONOURS IN EXERCISE AND SPORT SCIENCE

The Honours program is an additional year of full-time study in which the student conducts a research project and writes a thesis under the supervision of a member of the academic staff. Admission is competitive and based on the student's marks across all units of study. The student must be eligible for the award of a Pass degree, and be considered by the Head of School to have the aptitude to conduct a research project.

Requests for further information may be directed to:

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