

# ADRIAN VARGHESE

## EXERCISE PHYSIOLOGY, UNSW

### Senior School Subjects

- Year 10: English, Mathematical Methods Units 1 + 2 Early Advancement, Biology Units 1 + 2 Early Advancement, P.E. for Boys, Youth Ministry/CEPD.
- Year 11: English, Mathematical Methods Units 3 + 4 Early Advancement, Biology Units 3 + 4 Early Advancement, Physical Education, Chemistry, Youth Ministry.
- Year 12: English, Further Mathematics, Biology (repeated), Chemistry, Physical Education.

**Why did you choose these subjects?** Many of the university courses that I was looking at required Mathematical Methods as a prerequisite and I mainly completed the subject to broaden the courses I could apply for. I wanted to work in the medical/health field and many of the courses suggested studying Physical Education, Biology and Chemistry in high school as it makes your time at university easier since you already know at least half of the material covered.

**What resources did you use to choose subjects?** My parents and the College Career Adviser.

**What was your course like?** Note: Adrian completed the first year of the Exercise Physiology degree at UNSW and is now studying medicine. It's really interesting, the university has a working Exercise Physiology clinic next to the campus and they take you there to shadow either the Exercise Physiologists or the 4th years from the second week of uni to learn first hand how to deal with patients and get an overall feel for the profession.

**What did you like about your course?** I loved that the students got to witness a working Exercise Physiology clinic first hand so quickly to get a feel of things. I'm really into health and fitness so everything that we learnt in class really interested me. I really enjoyed working with cadavers in anatomy also.

**How did the subjects at school prepare you for your course?** The first semester consisted of Biology, Chemistry, Exercise Science and Psychology. As I studied Biology, Chemistry and Physical Education in high school these subjects weren't so taxing in university which meant I didn't have to study as hard and had a lot more free time to go out and socialise while others in my course stressed out because they had to learn most of Year 12 in a semester.

In Semester 2 we continued learning Psychology and Exercise Science while swapping Statistics and Anatomy for Biology and Chemistry. Mathematical Methods helped with Statistics and we covered some anatomy in Physical Education, which also helped.

**Course information:** Bachelor of Exercise Physiology, UNSW, <http://bit.ly/1JM8UWn>