

# EXERCISE PHYSIOLOGY

University courses - Victoria



AUGUST 2021  
CAREERS DEPARTMENT

# INTRODUCTION

This document has been developed to assist domestic Year 12 students and their families in researching Exercise Physiology courses in Victoria.



## Indicative ATAR

The lowest selection rank (ATAR plus adjustment factors such as academic and equity adjustments) for the 2021 January intake. Please use indicative ATARs as a guide as they may change for future intakes.



## English prerequisite

EAL = English as an Additional Language. 'Any other English' includes English, English Language and Literature.



## Undergraduate

This is usually your first course at university. For example - bachelor's degree.



## Graduate

This is study you do once you have graduated from a bachelor's degree. For example - Graduate Diploma.

## Disclaimer

Information taken from university websites and VTAC.

Universities featured in this guide reserve the right to change course information, admissions and entry requirements at any time and without notice.

For up-to-date information, check the university websites when assessing course information.

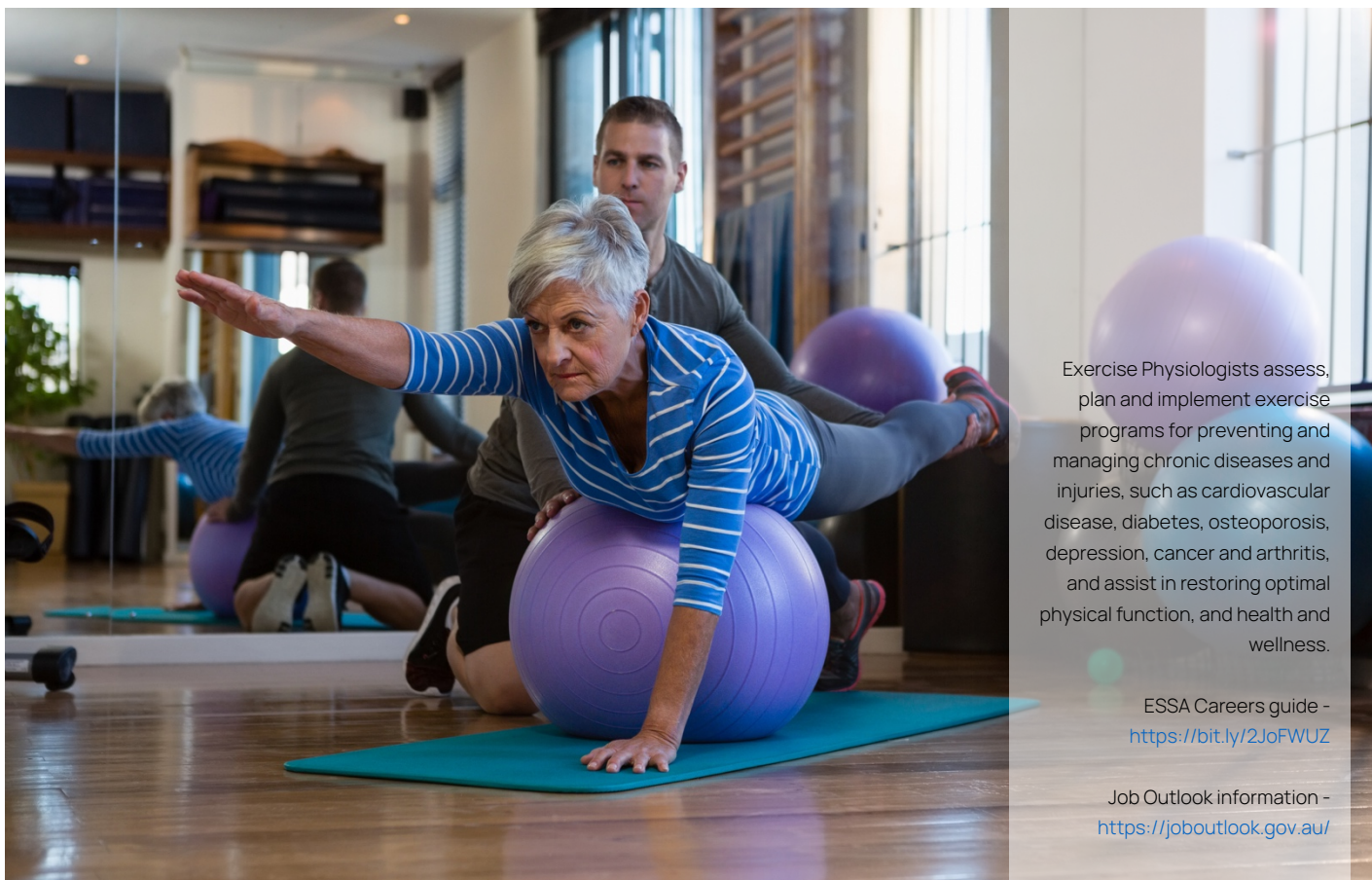
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Note: Monash University has requested to not be included in this brochure.

## COURSES

University	Course	Campus	Indicative ATAR
Deakin University	Master of Clinical Exercise Physiology	Melbourne Burwood	Graduate entry
	Bachelor of Exercise and Sport Science	Melbourne Burwood	70.75
	Bachelor of Exercise and Sport Science (Regional & Remote)	Geelong Waurin Ponds	62.00
		Geelong Waurin Ponds	61.70
La Trobe University	Master of Exercise Physiology	Bendigo	Graduate entry
	Bachelor of Exercise Science	Bendigo	61.25
	Bachelor of Sport and Exercise Science	Melbourne	60.95
Federation University	Master of Clinical Exercise Physiology	Ballarat - Mt Helen	Graduate entry
	Bachelor of Exercise and Sport Science	Ballarat - Mt Helen	50.00
		Flexible Delivery - Gippsland	50.00
Australian Catholic University	Master of Clinical Exercise Physiology	Melbourne	Graduate entry
	Bachelor of Exercise and Sport Science	Melbourne	58.50
Victoria University	Master of Clinical Exercise Science and Rehabilitation	Footscray Park	Graduate entry
	Bachelor of Exercise Science (Sport Practice)	Footscray Park	63.10
	Bachelor of Exercise Science (Clinical Practice)	Footscray Park	Not applicable





Exercise Physiologists assess, plan and implement exercise programs for preventing and managing chronic diseases and injuries, such as cardiovascular disease, diabetes, osteoporosis, depression, cancer and arthritis, and assist in restoring optimal physical function, and health and wellness.

ESSA Careers guide - <https://bit.ly/2JoFWUZ>

Job Outlook information - <https://joboutlook.gov.au/>

## DEAKIN UNIVERSITY

[www.deakin.edu.au](http://www.deakin.edu.au)

Deakin offers an accredited Exercise Physiology qualification at the graduate level. The following is a suggested study pathway at The University.

### Undergraduate

Complete the Bachelor of Exercise and Sport Science (3-years).



### Graduate

Complete the Master of Clinical Exercise Physiology (1.5-years).

## Master of Clinical Exercise Physiology

Deakin's Master of Clinical Exercise Physiology has a national reputation for teaching excellence, world-class facilities and graduate employability.

This award-winning course creates a simple pathway towards becoming an Accredited Exercise Physiologist, and the 300-plus hours of industry experience you undertake will open the door to exciting opportunities.

When you graduate, you will be able to confidently treat a diverse range of chronic conditions, injuries and disabilities.

You will also learn about the effects of acute and chronic exercise on physiological and pathophysiological processes in individuals with injury and disease.

Some of the conditions you'll cover include: musculoskeletal injury and disease, cardiovascular disease and diabetes, cancer, and mental illness.

## Professional accreditation

The Master of Clinical Exercise Physiology is accredited with Exercise and Sports Science Australia.

## Career outcomes

Your practical experience, technical knowledge and problem-solving skills will allow you to thrive in a variety of settings including: hospital and clinic rehabilitation, occupational, community and sports, rehabilitation, private practice, and case management through compensable schemes such as Medicare, Worksafe and the TAC.

Course	Prerequisites	Campus	Indicative ATAR
Master of Clinical Exercise Physiology	Selection criteria, <a href="https://bit.ly/39m6fFW">https://bit.ly/39m6fFW</a>	Melbourne Burwood	Graduate entry
Bachelor of Exercise and Sport Science	Minimum study score of 30 in English (EAL) or 25 in any other English.	Melbourne Burwood Geelong Waurin Ponds	70.75 62.00
Bachelor of Exercise and Sport Science (Regional & Remote)	Minimum study score of 30 in English (EAL) or 25 in any other English. Meet school location requirements.	Geelong Waurin Ponds	61.70

## LA TROBE UNIVERSITY

[www.latrobe.edu.au](http://www.latrobe.edu.au)

La Trobe offers an accredited Exercise Physiology qualification at the graduate level. The following is a suggested study pathway at the University.

### Undergraduate

Complete the Bachelor of Exercise Science or the Bachelor of Sport and Exercise Science (3-years).



### Graduate

Complete the Master of Exercise Physiology (1.5-years).

## Master of Exercise Physiology

Exercise physiologists specialise in designing and delivering exercise, lifestyle and behavioural modification programs for people throughout the community, including those with chronic illnesses and health conditions such as heart disease, diabetes and arthritis.

This course aims to provide the skills and knowledge to design and implement exercise programs for people with known disease.

Theory and practice are integrated through supervised clinical experience and clinically related studies. You will develop strong clinical and professional skills to prescribe and monitor exercise to assess and enhance health and function after injury or chronic disease.

## Professional Recognition

The courses listed are accredited at the levels of exercise science and exercise physiology by Exercise and Sports Science, Australia (ESSA).

## Admission pathways

Includes information on the Aspire Early Admission program, <https://bit.ly/2UPULoZ>

## Biology

Applicants who haven't studied Unit 3-4 Biology can complete a bridging course to gain entry into the Bachelor degrees.

Course	Prerequisites	Campus	Indicative ATAR
Master of Exercise Physiology	Selection criteria, <a href="https://bit.ly/3d0w417">https://bit.ly/3d0w417</a>	Bendigo	Graduate entry
Bachelor of Exercise Science	Minimum study scores of: 25 in English (EAL) or 20 in any other English; and 20 in two of Biology, Chemistry, Physical Education, Physics, or any Mathematics.	Bendigo	61.25
Bachelor of Sport and Exercise Science	Minimum study scores of: 25 in English (EAL) or 20 in any other English; and 20 in two of Biology, Chemistry, Physical Education, Physics, or any Mathematics.	Melbourne	60.95

## FEDERATION UNIVERSITY

<https://federation.edu.au/>

The University offers an accredited Exercise Physiology qualification at the graduate level. The following is a suggested study pathway at the Uni.

### Undergraduate

Complete the Bachelor of Exercise and Sport Science (3-years).



### Graduate

Complete the Master of Clinical Exercise Physiology (1.5-years).

## Master of Clinical Exercise Physiology

The Master of Clinical Exercise Physiology is designed to extend and supplement the relevant knowledge of exercise science and sport science / human movement graduates.

A thorough knowledge of health sciences is integrated with the practical ability to develop and manage exercise programs for the prevention, treatment and ongoing management of injuries, chronic disease and complex conditions.

Clinical knowledge, skills and experience is further applied to the completion of a research thesis or project.

As part of the sport facility upgrades at the Mt Helen campus, an expanded physiology clinic has just been opened to the public that is operated 7 days a week by the students.

## Professional accreditation

Graduates of the Master of Clinical Exercise Physiology will be eligible to become fully accredited exercise physiologists with Exercise and Sports Science Australia (ESSA).

## Early admission

Applicants may receive an early offer for the Bachelor degree via the Federation University Early Offer Program, <https://bit.ly/3fjJbD>

Course	Prerequisites	Campus	Guaranteed ATAR
Master of Clinical Exercise Physiology	Detailed information on selection criteria, <a href="http://bit.ly/37cvVqz">http://bit.ly/37cvVqz</a>	Ballarat – Mt Helen	Graduate entry
Bachelor of Exercise and Sport Science	Minimum study score of 20 in any English; completion of Units 1-2 (any combination) or Units 3-4 (any) mathematics.	Ballarat – Mt Helen Flexible Delivery - Gippsland	50.00

## AUSTRALIAN CATHOLIC UNIVERSITY

[www.acu.edu.au](http://www.acu.edu.au)

ACU offers an accredited Exercise Physiology qualification at the graduate level. The following is a suggested study pathway at the University.

### Undergraduate

Complete the Bachelor of Exercise and Sport Science (3-years).



### Graduate

Complete the Master of Clinical Exercise Physiology (1.5-years).

## Master of Clinical Exercise Physiology

The Master of Clinical Exercise Physiology looks at how exercise is used as a preventative, prescriptive and rehabilitative process for complex and chronic disease, work-related injuries and to promote good health.

You will develop knowledge and skills in: anatomy, physiology, biomechanics, motor control and learning, and psychology.

### Professional accreditation

The Master of Clinical Exercise Physiology is accredited by Exercise and Sports Science Australia (ESSA) upon application. The degree is fully accredited for graduates in the program to 2023.

## Industry placement

Students are required to complete 360 hours of professional clinical experience in a range of Accredited Exercise Physiologist targeted pathologies.

## Career paths

Graduates can pursue careers in areas such as: chronic disease management, musculoskeletal rehabilitation, return-to-work conditioning, primary prevention/wellness, health and fitness, strength and conditioning, workplace wellness, community health, etc.

## Admission programs

Includes information on the ACU Guarantee, <https://bit.ly/39y07e6>

Course	Prerequisites	Campus	Indicative ATAR
Master of Clinical Exercise Physiology	Detailed information on selection criteria, <a href="https://bit.ly/39fCqa1">https://bit.ly/39fCqa1</a>	Melbourne	Graduate entry
Bachelor of Exercise and Sport Science	Minimum study score of 30 in English (EAL) or 25 in any other English.	Melbourne	58.50

## VICTORIA UNIVERSITY

[www.vu.edu.au](http://www.vu.edu.au)

Victoria University offers an accredited Exercise Physiology qualification at the graduate level. The following is a suggested study pathway at the University.

### Undergraduate

Complete the Bachelor of Exercise Science – Sport or Clinical Practice stream (3-years).



### Graduate

Complete the Master of Clinical Exercise Physiology (1.5-years).

## Master of Clinical Exercise Science and Rehabilitation

You will learn to assess and prescribe exercise and physical activity for people with chronic conditions or complex care needs. This course will prepare you to work in the community and in clinical settings with people who have:

- musculoskeletal injuries
- neurological conditions
- metabolic conditions
- cardiovascular conditions
- various comorbidities.

Our program follows a strong evidence-based teaching approach to the scope of practice of clinical exercise physiology. To consolidate your theoretical learning, you will gain significant practical experience in clinical placements.

You will access our amazing sport and exercise infrastructure and facilities, the most comprehensive in the southern hemisphere.

This includes the Victoria University Clinical Exercise Rehabilitation program that operates from our Footscray Park Clinic.

## Professional accreditation

The Master of Clinical Exercise Physiology is accredited with Exercise and Sports Science Australia.

## Early admission

VU Guaranteed, <https://bit.ly/2Kw3ND6>

Course	Prerequisites	Campus	Indicative ATAR
Master of Clinical Exercise Science and Rehabilitation	Detailed information on selection criteria, <a href="https://bit.ly/2xIDPi9">https://bit.ly/2xIDPi9</a>	Footscray Park	Graduate entry
Bachelor of Exercise Science (Clinical Practice)	Minimum study score of 25 in English (EAL) or 20 in any other English.	Footscray Park	ATAR not required
Bachelor of Exercise Science (Sport Practice)	Minimum study score of 25 in English (EAL) or 20 in any other English.	Footscray Park	63.10