WHY STUDY AT NOTRE DAME?

The University of Notre Dame Australia is proud of its postgraduate coursework offerings and caring community atmosphere. Committed to excellence, social justice and the pastoral care of students and staff, the University offers a uniquely personal approach to teaching and learning. Notre Dame empowers students to build on their knowledge and experience, sharpen their skills and challenge them to succeed in their chosen field. Notre Dame’s academic staff are specialists in their field and provide students with best practice content and a practical approach to teaching and learning.

INTRODUCTION

Researchers have identified that physical inactivity is a critical risk factor contributing to ill health in Australia and that exercise and lifestyle behaviour modification plays an important role in preventing, rehabilitating and managing both chronic diseases and injuries.

The Graduate Diploma and Master of Exercise Science aim to provide highly trained Accredited Exercise Physiologists to be part of the allied health team supplying exercise services. These services may be in the clinical setting, workplace or sporting environment for people with chronic health conditions such as obesity, cardiovascular disease, insulin intolerance, diabetes, long-term sports injuries, osteoporosis and joint disorders.

Acquiring in-depth knowledge and research skills in the exercise sciences will allow graduates to work with clients to improve their health and wellbeing through exercise or rehabilitation contexts.

Both the Graduate Diploma of Clinical Exercise Physiology and Master of Exercise Science are accredited with the professional registration body - Exercise and Sports Science Australia (ESSA). Graduates are eligible to ascertain qualification as Accredited Exercise Physiologists.

Exercise Physiology services are now officially recognised under Medicare as an allied health service. Patients, for whom exercise is important for treatment of chronic health problems and injuries, are referred by their GP to an ESSA Accredited Exercise Physiologist (AEP), and will be able to claim a Medicare rebate. AEPs are also eligible to register with the Department of Veterans Affairs and WorkCover.

The philosophical approach of the program at Notre Dame includes a strong commitment to developing best practice in promoting healthy lifestyles through physical activity across the lifespan. It also explores the importance of early intervention in avoiding costly medical treatment and rehabilitating those with chronic conditions and musculoskeletal injuries.

COURSE STRUCTURE

The course comprises the advanced study of clinical exercise physiology, motor control and learning, biomechanics, exercise rehabilitation, counselling and research skills in clinical contexts. The degree incorporates 360 hours of supervised clinical practicum.

The School of Health Sciences aims to develop professionals with the highest level expertise in exercise sciences and a strong commitment to the promotion of health and wellbeing.

Graduate Diploma of Clinical Exercise Physiology

UNDA Course Code: 4143
CRICOS Code: 085831B
Duration: One year full-time

Semester One
- Advanced Research Methods, Statistics and Ethics in Health Science
- Cardio Respiratory Exercise Rehabilitation and Training
- Musculoskeletal Exercise Rehabilitation and Training
- Clinical Exercise Physiology Industry Practicum (360 hours total for the year)

Semester Two
- Advanced Motor Control and Learning
- Advanced Exercise Biomechanics, Gait Analysis and Ergonomics
- Exercise and Lifestyle Counselling
- Ethical Issues in Professional Life
- Clinical Exercise Physiology Industry Practicum

Master of Exercise Science

UNDA Course Code: 5081
CRICOS Code: 055393A
Duration: Two years full-time

Year One
- Units comprising the Graduate Diploma in Clinical Exercise Physiology

Year Two
- Reading and Conference
- Supervised Dissertation Human Movement
MODE OF STUDY AND ASSESSMENT
Students may undertake study as a part-time or full-time student, commencing in first Semester (February). The assessment of competency in each unit consists of tutorial performance, research reports and assignments during the semester and a final examination. Practicum performance is graded by the workplace supervisor against required industry competencies. Students enrolled in the Master of Exercise Science will submit a dissertation of around 20,000 words that is subject to external examination by leading academics in the field.

CAREER OPPORTUNITIES
Career opportunities for graduates of this course are diverse depending on the focus of practicum and research projects and include the following:

- Exercise Physiologist in health or exercise industry
- Sport Exercise Physiologist
- Clinical Cardio-respiratory exercise rehabilitation
- Clinical Musculoskeletal exercise rehabilitation
- Workers compensation rehabilitation
- Casework manager

ADMISSION REQUIREMENTS
Eligible applicants will have successfully completed an undergraduate degree in Exercise and Sports Science or Human Movement that meets the accreditation requirements specified by Exercise & Sport Science Australia (ESSA) (NUCAP course).

Prospective students who have completed a NON-NUCAP (Non ESSA Accredited) degree of Exercise and Sport Science or who graduated more than two years previous must attain a Graduate assessment through ESSA prior to admission into the course. Additionally, international students or prospective students who have completed a degree related to the exercise and sport science field and are applying to undertake postgraduate university studies in the field of clinical exercise physiology must also attain a Graduate assessment through ESSA prior to admission into the course. http://www.essa.org.au/membership-types/

FURTHER INFORMATION
The information contained in this publication is designed as a basic course description. Further information pertaining to admissions, fees or the University itself can be found in the Notre Dame Course Guide. International students refer to the International Course Guide.

For more information please contact the Prospective Students Office on (08) 9433 0533 or at future@nd.edu.au

Visit the website at www.nd.edu.au