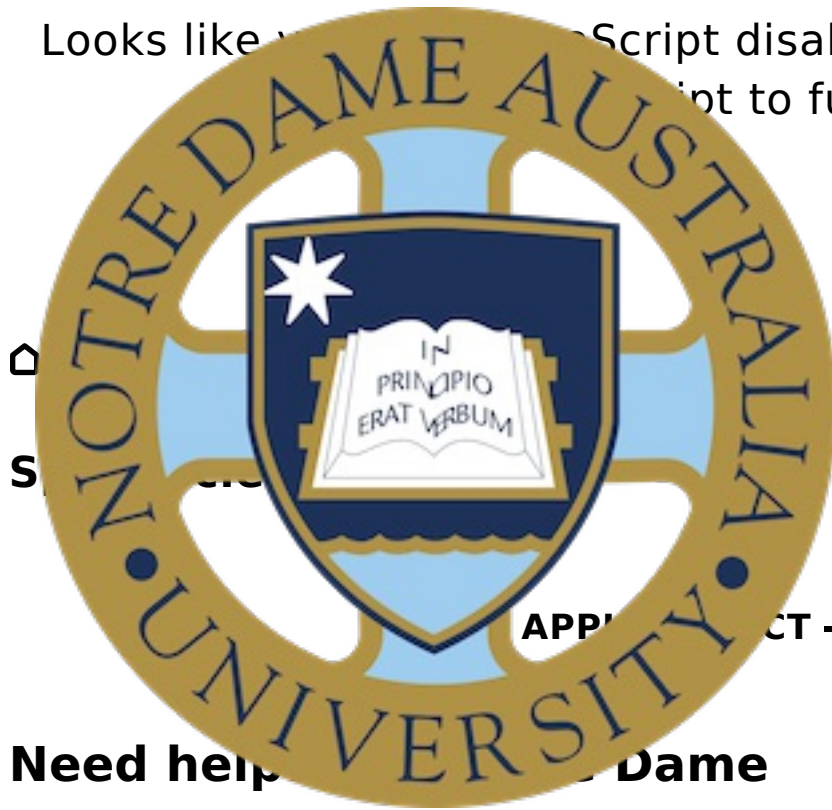


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School of Health Sciences  
Bachelor of Exercise & Sport Science

APPLIED SCIENCE

**Need help?** Contact Notre Dame

(<http://www.notredame.edu.au/home>)  
(08) 9433-0533

**Duration:** 5.5 years full-time

**Duration type:** Full time

**Campus:** Fremantle

**Study mode:** On campus

**Commencement:** Semester 1

**Program code:** 3540

**CRICOS code:** 073025J

**Loan Scheme:** HECS-HELP; CSP

**Practical Component:** 1150 hours

# Bachelor of Physiotherapy / Bachelor of Exercise & Sport Science

***Are you interested in becoming a sports physiotherapist? The University of Notre Dame Australia's Bachelor of Physiotherapy/ Bachelor of Exercise and Sports Science is the only double degree in Australia. The 5-year full-time program will prepare you to become an effective, culturally appropriate practitioner with a focus on the physiotherapist-client relationship. This double degree allows you to explore and develop advanced knowledge, skills and abilities in analysing physical activity, exercise prescription and sports health. Graduates will be eligible for registration as a physiotherapist with the Australian Health Practitioner Registration Agency (AHPRA).***

## **Why study this degree?**

Designed by highly-respected industry practitioners, our Bachelor of Physiotherapy/Bachelor of Exercise & Sport Science program is the only degree in Australia. Accredited by the Australian Physiotherapy Council, this double degree provides a pathway that incorporates two complementary health and exercise sciences programs.

Physiotherapy Exercise & Sport Science share a common bond in much of the human sciences while having specialised knowledge and application within each path. This allows you to develop profession-specific areas of knowledge and skills from both degrees.

To ensure that you graduate with the practical skills and training necessary to excel, this combined degree contains 1150 hours of workplace experience. This practicum

component comprises physiotherapy-specific clinical placements and Exercise & Sport Science practical experiences.

Your formal physiotherapy clinical education program begins with a five-week placement in Year Three and continues in Year Four. It culminates in almost full-time clinical practice during Year Five of the course. Upon graduation, you will have developed your clinical assessment, treatment skills, reflective professional practice in laboratories, and exposure to patients in physiotherapy practices, hospitals or community health settings in urban and rural locations.

The program also strongly focuses on evidence-based and reflective practice ensuring graduates will be well prepared to meet the challenge of current and future health provision across the many clinical and non-clinical areas in which Physiotherapists are employed.

## **Program summary**

### **Year One**

- Functional Anatomy for Physiotherapy A
- Aboriginal People
- Developmental Psychology and Mental Health in Physiotherapy
- Functional Anatomy for Physiotherapy B
- Therapeutic Exercise After Injury: Physiological and Practical Foundations
- Medical Sciences
- Movement Sciences for Physiotherapy

### **Year Two**

- Research and Evidence in Physiotherapy

- Principles of Strength and Conditioning
- Physiology of Training and Environmental Extremes
- Exercise Health and Disease
- Health, Fitness and Performance Assessment
- Exercise Biomechanics
- Motor Control Development & Learning
- Nutrition for Health and Physical Activity
- Psychosocial Aspects of Sport and Physical Activity
- Exercise Prescription and Delivery

### **Year Three**

- Principles of Clinical Rehabilitation
- Musculoskeletal Physiotherapy (Lower Limb)
- Applied Neuroscience
- Cardiorespiratory Physiotherapy Sciences I
- Musculoskeletal Physiotherapy (Upper Limb)
- Physiotherapy in Gerontology
- Clinical Education I
- Physiotherapy in Gender Health

### **Year Four**

- Musculoskeletal Physiotherapy (Spinal I)
- Rehabilitation for the Neurosciences
- Cardiorespiratory Physiotherapy Sciences II
- Advanced Biomechanics
- ESS Industry Internship A
- Physiotherapy in Paediatrics
- Musculoskeletal Physiotherapy (Spinal II)
- Clinical Education II and Practitioner Development
- ESS Industry Internship B

## **Year Five**

- Clinical Education III
- Clinical Education IV
- Clinical Education V
- Clinical Education VI
- Professional Issues in Physiotherapy Practice
- Complex Cases and Professional Issues

## **Core Curriculum**

- CORE I: Foundations of Wisdom
- CORE II: Elective
  - Electives in philosophy and/or theology
  - Professional embedded electives that integrate studies in a profession with philosophy and/or theology
  - An option to undertake a pilgrimage embedded in the study of the philosophy and theology of pilgrimage, e.g., World Youth Day
  - An option to undertake a course that integrates philosophy & theology with community service and charity work
  - An option to undertake an elective in philosophy, theology, and the liberal arts contained within an international experience

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More information regarding courses can be found at the [course descriptions \(https://www.notredame.edu.au/about-us/faculties-and-schools/school-of-health-sciences/fremantle/course-descriptions\)](https://www.notredame.edu.au/about-us/faculties-and-schools/school-of-health-sciences/fremantle/course-descriptions) page.

Full details of the program requirements are contained in the [Program Requirements](https://www.notredame.edu.au/_data/assets/pdf_file/0017/407of-Physiotherapy_Bachelor-of-Exercise-and-Sport-Science.pdf) ([https://www.notredame.edu.au/\\_data/assets/pdf\\_file/0017/407of-Physiotherapy\\_Bachelor-of-Exercise-and-Sport-Science.pdf](https://www.notredame.edu.au/_data/assets/pdf_file/0017/407of-Physiotherapy_Bachelor-of-Exercise-and-Sport-Science.pdf)).

## **Entry requirements**

### **Entry requirements WA**

## **Learning outcomes**

**Upon successful completion of the Bachelor of Physiotherapy, graduates will be able to:**

1. Demonstrate effective verbal and written communication skills with clients, families, carers and service providers across a range of clinical contexts
2. Practice professional and ethical behaviour, demonstrating respect and sensitivity to clients with diverse social, cultural, and spiritual beliefs
3. Recognise limitations to current knowledge, skills and abilities through reflective practice and demonstrate commitment to ongoing professional development and lifelong learning
4. Apply an evidence based approach to physiotherapy-based healthcare management developed through the use of contemporary information communication technology and management skills by accessing and critically appraising best available evidence
5. Demonstrate a broad range of theoretical knowledge and clinical skills to practice safe, effective entry-level physiotherapy-based healthcare management across a range of clinical settings
6. Conduct effective assessment and critically analyse findings to formulate and prioritise healthcare management within

the scope of practice for physiotherapy

7. Develop physiotherapy-based health promotion and management strategies based on collaborative client-centred goals and empower clients to participate in healthcare decision making
8. Contribute to healthcare delivery through effective inter-professional communication and practice
9. Articulate objective and universal truth, appreciate the intrinsic dignity of the human person, and exhibit good intellectual, moral and theological habits

**Upon successful completion of the Bachelor of Exercise and Sport Science, graduates will be able to:**

1. Interpret and apply knowledge across the sub disciplines of exercise and sport science
2. Assess health behaviours and conditions, human movement and skills to evaluate and prescribe exercise programs in healthy populations across a range of exercise settings
3. Apply research skills for evidence-based practice that enhances professional knowledge, including the ability to compile, critically evaluate and communicate the scientific rationale for professional decision making and service delivery
4. Exemplify professional and ethical standards in practical, interpersonal and theoretical contexts and conduct that is sensitive to client diversity and equity
5. Practice within the scope of exercise science training and recognise any need to refer a client to other related health professionals
6. Demonstrate capacity as an exercise sports scientist through educational engagement, self-evaluation of practice, inter-professional working relationships and advocacy for exercise science; and

7. Articulate objective and universal truth, appreciate the intrinsic dignity of the human person, and exhibit good intellectual, moral and theological habits.

## **Practical components**

You will complete a variety of formal practicum experiences within the sport and recreation and physiotherapy clinical settings as a part of these Awards commencing in Year 2 of these Awards. Physiotherapy Clinical Placements operate in accordance with the Health and Universities Agreement for Allied Health Student Clinical Placements (2005) and Schedules to that agreement or its substitute in place at the time.

## **Career opportunities**

Graduates of this program can follow diverse career paths in the private and public health sectors; career opportunities range from working in physiotherapy practices, hospitals or community health settings in both urban and rural locations in the fields of all physiotherapy clinical areas, healthcare management, industrial rehabilitation, research, academic teaching, sport.

## **Real-world experience**

You will learn from academics who are industry leaders and, through our practicum placements and internship programs, you will gain real professional experience and make valuable contacts with potential employers.

## **Professional accreditation**

The fully accredited Physiotherapy course offers a formal curriculum that contains all of the elements required for professional registration. Graduates are eligible to register as physiotherapists with the Australian Health Practitioner Registration Agency (AHPRA) allowing them to work throughout Australia and New Zealand.



Registration allows graduates to work across all states and territories in Australia, with mutual recognition also permitting registration in New Zealand. Although each country has its own registration processes the standard of Australian physiotherapy qualification is highly regarded internationally.

## **Honours**

An Honours award is available for this program. Further information can be found in the [Bachelor of Physiotherapy \(Honours\) / Bachelor of Exercise and Sport Science regulations](https://www.notredame.edu.au/__data/assets/pdf_file/0017/407/of-Physiotherapy_Bachelor-of-Exercise-and-Sport-Science.pdf) ([https://www.notredame.edu.au/\\_\\_data/assets/pdf\\_file/0017/407-of-Physiotherapy\\_Bachelor-of-Exercise-and-Sport-Science.pdf](https://www.notredame.edu.au/__data/assets/pdf_file/0017/407/of-Physiotherapy_Bachelor-of-Exercise-and-Sport-Science.pdf)) or by contacting the [School of Health Sciences](https://www.notredame.edu.au/about-us/faculties-and-schools/school-of-nursing-and-midwifery) (<https://www.notredame.edu.au/about-us/faculties-and-schools/school-of-nursing-and-midwifery>).

## **Study abroad**

A global perspective adds a valuable dimension to your university education. At Notre Dame University you can study while experiencing the world. We encourage students to become active global citizens through a range of exchange programs, professional placements, study tours and volunteer opportunities. Visit [International Opportunities](https://www.notredame.edu.au/study/international-students) (<https://www.notredame.edu.au/study/international-students>) to find out more.

## **Fees and costs**

This Program has the following loan scheme(s) available for eligible students:

## **CSP**

A Commonwealth Supported Place (CSP) is a place at university where the government pays part of your fees. This part is a subsidy, not a loan, and you don't have to pay it back.

However, this subsidy does not cover the entire cost of your study. Students must pay the rest, called the 'student contribution amount'.

In a Commonwealth Supported Place, your fees are subsidised by the Australian Government. Your fees will be split into two portions:

- The Commonwealth contribution, which is the portion paid by the Australian Government.
- The student contribution, which is the portion you pay. You may choose to pay upfront or defer your student contribution with a HECS-HELP Loan.

Eligible students will be offered a CSP – you do not need to apply.

## **HECS-HELP**

The HECS-HELP loan scheme assists eligible students with the payment of all, or part, of their tuition fees, not including additional study costs such as accommodation or textbooks. Your HECS-HELP debt will be indexed each year in line with the Consumer Price Index.

For indicative fees and information on how to pay, including Government loan schemes and our online calculator, visit our [Fees Page \(https://www.notredame.edu.au/study/fees-costs-and-scholarships\)](https://www.notredame.edu.au/study/fees-costs-and-scholarships).

## **Student profile data**

The tables below gives an indication of the likely peer cohort for new students in this Program. It provides data on all students who commenced in this Program in the most relevant

recent intake period, including those admitted through all offer rounds and international students studying in Australia.

## Fremantle Student Profile Data

**TABLE 1a - Bachelor of Physiotherapy / Bachelor of Exercise & Sports Science BASIS OF ADMISSION IN SEMESTER 1, 2022 INTAKE**

Applicant background	Semester 1 2022	
	Number of students	Percentage of all students
<b>(A) Higher education study</b> (includes a bridging or enabling course)	<5	N/P
<b>(B) Vocational education and training (VET) study</b>	N/A	N/A
<b>(C) Work and life experience</b> (Admitted on the basis of previous achievement not in the other three categories)	N/A	N/A
<b>(D) Recent secondary education:</b> <ul style="list-style-type: none"> <li>Admitted solely on the basis of ATAR (regardless of whether this includes the consideration of adjustment factors such as equity or subject bonus points)</li> </ul>	<5	N/P
<ul style="list-style-type: none"> <li>Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, interview, extra test, early offer conditional on</li> </ul>	<5	N/P

minimum ATAR)		
◦ Admitted on the basis of other criteria only and ATAR was <b><i>not</i></b> a factor (e.g. special consideration, audition alone, interview, school marks & recommendation with no minimum ATAR requirement)	<5	N/P
<b>International students</b>	<5	N/P
<b>All students</b>	<b>15</b>	<b>100.0%</b>

**TABLE 1b - Bachelor of Physiotherapy / Bachelor of Exercise & Sports Science ATAR PROFILE DATA FOR APPLICANTS ENTERING ON THE BASIS OF *RECENT SECONDARY EDUCATION* IN SEMESTER 1, 2022 INTAKE**

<b>RECENT SECONDARY EDUCATION - ATAR-based offers</b>	<b>ATAR (Excluding adjustment factors) *</b>	<b>Selection Rank (ATAR plus any adjustment factors) *[only if relevant]</b>
Highest rank to receive an offer	N/A	N/A
Median rank to receive an offer	N/A	N/A
Lowest rank to receive an offer	N/A	N/A

**Notes:**

“<5” – the number of students is less than 5

N/A – Students not accepted in this category

N/P – Not published: the number is hidden to prevent the calculation of numbers in cells with less than 5 students

In 2022, due to COVID, additional adjustment factor points were granted to applicants from NSW, ACT and VIC.

## More information

### Considering your uni options?

Talk to one of our career advisors for a personalised advice session (<https://calendly.com/d/dmr-5gg-c2h>). Our advisors provide support while choosing a program of study and completing our application process. **Book my session.** (<https://calendly.com/d/dmr-5gg-c2h>)

For more information, please call our Prospective Students Office on +61 8 9433 0533 or email [future@nd.edu.au](mailto:future@nd.edu.au) (<mailto:future@nd.edu.au>).

All international enquiries should contact the International Students Office on [international@nd.edu.au](mailto:international@nd.edu.au) (<mailto:international@nd.edu.au>).