



THE UNIVERSITY OF NOTRE DAME AUSTRALIA

Diploma of Exercise & Sport Science

Diploma of Exercise & Sport Science

School of Health Sciences

Are you curious about sports science? The Diploma of Exercise & Sport Science at The University of Notre Dame Australia will introduce you to methods used in exercise science to assess health status, provide basic exercise delivery, and understand the beneficial effect on human physiology. The program also introduces you to key skill areas in exercise and sport science, including biomechanics, exercise physiology, foundation data analysis, and technology in sports. Get in contact today to start your learning journey.

Why study this degree?

The Diploma of Exercise & Sport Science program allows you to work at your own pace online. To help manage progress, an Exercise & Sport Science faculty member will

provide some direct teaching and supports your learning. The program is an excellent choice for candidates; from school-leavers to mature students looking to upskill as well as enter university through an alternative pathway,

This program provides a pathway to a Bachelor of Exercise & Sport Science degree and an upskill option for current industry professionals. By completing this program, you will have the opportunity to continue your studies and obtain advanced standing in the Bachelor of Exercise & Sport Science program, along with current trends and methods in exercise science that can be applied by those currently working in the industry to enhance client service.

Program summary

Successful completion of all 8 Diploma of Exercise & Sport Science courses meets the minimum entry requirements for study in the Bachelor of Exercise & Sport Science.

Completion of the first 4 courses HLTH1012, HLTH1013, HLTH1014, & HLTH1015 will allow students to exit the Diploma qualification with an Certificate in Exercise & Sport Science award, on the provision that the student relinquishes their place in the Diploma and cannot re-enter for the Diploma Award at a later date.

Students should consider carefully, with advice from the Program Coordinator, exit pathways either during or after progression through the full program as there are specific benefits to completing the Diploma including the potential for advanced standing in the Bachelor of Exercise & Sport Science.

As the Bachelor of Exercise & Sport Science is an Exercise & Sport Science Australia (ESSA) accredited degree, in order to meet advanced standing requirements students

will be required to complete intensive tutorials and laboratories arranged by the School of Health Sciences prior to week 1 of semester.

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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 \(https://www.notredame.edu.au/_data/assets/pdf_file/0023/300/and-Sport-Science-Programs.pdf\)](https://www.notredame.edu.au/_data/assets/pdf_file/0023/300/and-Sport-Science-Programs.pdf).

Entry Requirements

Admission into the Diploma of Exercise & Sport Science is assessed on an individual basis. Applicants who do not meet the minimum entry requirements for their intended undergraduate degree will need to demonstrate potential for success within the Diploma of Exercise & Sport Science.

Learning outcomes

Upon successful completion of the Diploma of Exercise & Sport Science graduates will be able to:

1. Interpret and apply knowledge across the subdisciplines 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. Understand how technology is used in sport for key areas such as biomechanics and exercise physiology and apply this to measure health and performance; and
5. Apply valuable basic data analysis skills in Excel to record and understand how health and performance can be improved and monitored.

To qualify to exit from the Diploma with the Undergraduate Certificate (Exercise & Sport Science) students must successfully meet Program Learning Outcomes 1-4 as set out above.

Career opportunities

The Diploma of Exercise & Sport Science is an upskill option for current industry professionals and a pathway to further study of higher awards, such as a Diploma or Bachelor's degree.

Real-world experience

You will learn from our academics, who are leaders in their field. There are no practicum requirements for this program.

Fees and costs

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

Domestic Fee-Paying

A domestic fee-paying place is a place at university where the student is responsible for the full cost the program.

Eligible domestic fee-paying students may apply for the FEE-HELP loan scheme

(<https://www.studyassist.gov.au/preview-link/node/108/a39069a0-c0d9-4ed5-ad8e-1df4d43a987a>)

which assists eligible fee-paying students with the payment of all, or part, of their tuition fees, not including additional study costs such as accommodation or textbooks. Your FEE-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, costs and scholarships page (<https://www.notredame.edu.au/study/fees-costs-and-scholarships>).

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 contact our Prospective Students Office.

Fremantle and Broome

Phone: +61 8 9433 0533

Email: future@nd.edu.au
(<mailto:future@nd.edu.au>)

Sydney and Melbourne

Phone: +61 2 8204 4404

Email: sydney@nd.edu.au
(<mailto:sydney@nd.edu.au>)

For more information, please
email studyonline@nd.edu.au.
(<mailto:studyonline@nd.edu.au>)

APPLY DIRECT ↗

Need help? Ask Notre Dame

Duration: 1 year equivalent full-time study. Only available
rt-time.

Duration type: Part time

Campus: Fremantle; Sydney; Broome

Study mode: Online

Commencement: Semester 1; Semester 2

Program code: 2574

Fee: Domestic Full Fees

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