



THE UNIVERSITY OF NOTRE DAME AUSTRALIA

## PROGRAM REQUIREMENTS:

Program Code: 2573

### Undergraduate Certificate (Exercise & Sport Science) UGCertESS

Program Code: 2574

### Diploma (Exercise & Sport Science) DipESS

Responsible Owner: National Head of School of Health Sciences  
Responsible Office: Faculty of Medicine, Nursing and Midwifery, Health Sciences and Physiotherapy  
Contact Officer: National Manager, Enrolments, Fees & Student Administration  
Effective Date: 1 January 2025



THE UNIVERSITY OF  
**NOTRE DAME**  
A U S T R A L I A

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## 2 AMENDMENTS

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Amendments to these requirements will be made in accordance with the General Regulations.

Version	Date Amended	Amendment Details	Approved by
1	April 2022	Created	Exec Dean
2	August 2022	New and modified courses introduced. Advanced standing detail included	Head of School
3	January 2024	Addition of HLTH1022 & removal of HLTH1021	NHOS
4	April 2025	Changed to full-time offering. Addition of advanced standing for HLTH1008 and removal of HLTH1620	Academic Council
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### 3 PURPOSE

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These Program Requirements set out the approved requirements for the Undergraduate Certificate and Undergraduate Diploma (Exercise & Sport Science). The Undergraduate Certificate (Exercise & Sports Science) provides an exit point from the UG Diploma (Exercise & Sports Science) and it is not intended that the Certificate will be offered independently of an UG Diploma (Exercise & Sports Science) enrolment as a stand-alone offering.

### 4 OVERVIEW

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#### 4.1 Campus Availability

The Undergraduate Certificate and Undergraduate Diploma (Exercise and Sport Science) are approved for online delivery nationally.

#### 4.2 Student Availability

The Undergraduate Certificate and Undergraduate Diploma (Exercise & Sport Science) is available for enrolment to domestic Students.

#### 4.3 Australian Qualifications Framework

The Undergraduate Diploma (Exercise & Sport Science) is accredited by the Undergraduate as a Level 5 AQF higher education qualification.

#### 4.4 Duration

The Volume of Learning for The Undergraduate Certificate (Exercise & Sport Science) is [0.5] years of equivalent full-time study.

The Volume of Learning for The Undergraduate Diploma (Exercise & Sport Science) is [1.0] years of equivalent full-time study.

#### 4.5 Maximum Duration

The maximum period of time within which a student is permitted to complete the Undergraduate Certificate and Undergraduate Diploma (Exercise & Sport Science) Award is 4 years.

#### 4.6 Study Mode

The Undergraduate Diploma (Exercise & Sport Science) are offered fully online.

#### 4.7 Professional Accreditation

There are no professional accreditation requirements applicable to this Program.

#### 4.8 Advanced Standing

Completion of the Diploma (Exercise & Sport Science) will allow advanced standing for FOUR (4) courses upon successful entry into the Bachelor of Exercise & Sport Science (course code 3161). These courses include HLTH1150 Academic Research and Writing in Health Sciences, HLTH1000 Human Structure and Function, HLTH1001 Physical Activity and Health, and HLTH1008 Exercise Health and Disease.

*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 and Physiotherapy prior to week 1 of semester.*

### 5 ENTRY REQUIREMENTS

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#### 5.1 University Admission Requirements

To be eligible for admission to The University of Notre Dame Australia, all applicants must meet the [University's minimum requirements for admission](#). The requirements for admission are detailed in the University's Policy: *Admissions*.

## 5.2 Specific Program Requirements for Admission

To be eligible for admission to The Diploma (Exercise & Sport Science) applicants may from time to time need to meet specific requirements as expressed in the University's entry requirements.

# 6 PRACTICUM OR INTERNSHIP REQUIREMENTS

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6.1 There is no practicum or internship requirements in these awards.

# 7 PROGRAM REQUIREMENTS

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## 7.1 Program Description: Undergraduate Certificate (Exercise & Sport Science)

Improving health and wellbeing through exercise and physical activity is increasingly important in today's sedentary world. This program aims to introduce students to methods used in exercise science to assess health status, provide basic exercise delivery, and understand the beneficial effect on human physiology. It is a pathway to university study in the field of exercise and sports science at The University of Notre Dame, Australia and develops the necessary tertiary skills to succeed.

### Program Description: Diploma (Exercise & Sport Science)

Improving health and wellbeing through exercise and physical activity is increasingly important in today's sedentary world. This program aims to introduce students 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 students to key skill areas in exercise and sport science including biomechanics, exercise physiology, basic data analysis, and technology in sport. It is a pathway to university study in the field of exercise and sports science at The University of Notre Dame, Australia and develops the necessary tertiary skills to succeed.

## 7.2 Program Learning Outcomes

Upon successful completion of the Undergraduate Diploma (Exercise & 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. Understand how technology is used in sport for key areas such as biomechanics and exercise physiology and apply this to measure health and performance.
6. 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.

## 7.3 Required Courses

To be eligible to exit the Program with the award of Undergraduate Certificate (Exercise & Sport Science) students must complete a minimum of 100 Units of Credit and must include HLTH1012, HLTH1013, HLTH1014, & HLTH1015 from the courses listed in Appendix A.

To be eligible for the award of Undergraduate Diploma (Exercise & Sport Science) students must complete a minimum of 200 Units of Credit chosen from the courses listed in Appendix A.

## 7.4 Elective Courses

There are no elective courses in Undergraduate Certificate and Diploma (Exercise & Sport Science).

### 7.5 Course substitutions

Course substitutions, where permitted, must be approved by the Program Coordinator or equivalent/higher authority.

## 8 DEFINITIONS

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For the purpose of these Requirements, the following definitions are available in the General Regulations.

- Leave of Absence
- Major
- Units of Credit
- Pre-requisite Course
- Minor
- Elective
- Co-requisite Course
- Specialisation
- General Elective

## 9 LIST OF APPENDICES

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### APPENDIX A: List of approved courses:

Semester One		
Course Code	Course Title	Units of credit
HLTH1012	Research and writing in exercise science	25
HLTH1013	Functional exercise anatomy application	25
HLTH1014	Health and exercise performance testing	25
HLTH1015	Fundamentals of exercise programming	25
Total Units of Credit		100

Semester Two		
Course Code	Course Title	Units of credit
HLTH1020	Exercise and healthy living	25
HLTH1022	Chronic Disease and Exercise Management	25
HLTH1016	Performance methods in exercise and sport science	25
HLTH1018	Technology and data analysis in exercise and sport science	25
Total Units of Credit		200