



THE UNIVERSITY OF NOTRE DAME AUSTRALIA

Program Code: 2573

PROGRAM REQUIREMENTS:

Undergraduate Certificate (Exercise & Sport Science)

UGCertESS

Responsible Owner: National Head of School of Health Sciences
Responsible Office: Faculty of Medicine, Nursing, Midwifery & Health Sciences
Contact Officer: National Manager, Enrolments, Fees & Student Administration
Effective Date: 1 January 2026



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

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2 AMENDMENTS

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
5	February 2026	Changes to course structure for the Undergraduate Certificate; Discontinuation of the Diploma (Exercise & Sport Science) and related requirements	Academic Council

3 PURPOSE

These Program Requirements set out the approved requirements for the Undergraduate Certificate (Exercise & Sport Science).

4 OVERVIEW

4.1 Campus Availability

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

4.2 Student Availability

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

4.3 Australian Qualifications Framework

The Undergraduate Certificate (Exercise & Sport Science) is an accredited AQF Level 5 award.

4.4 Duration

The Volume of Learning for The Undergraduate Certificate (Exercise & Sport Science) is [0.5] 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 (Exercise & Sport Science) Award is 3 years from the date on which they were first enrolled into the program by the University.

4.6 Study Mode

The Undergraduate Certificate (Exercise & Sport Science) is offered fully online.

4.7 Professional Accreditation

There are no professional accreditation requirements applicable to this Program.

4.8 Advanced Standing

Completion of the Undergraduate Certificate (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 HLTH1007 Human Growth and Development.

5 ENTRY REQUIREMENTS

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

There are no further requirements for Admission to this program, unless specified in these requirements.

6 PRACTICUM OR INTERNSHIP REQUIREMENTS

6.1 There are no practicum or internship requirements in this Program.

7 PROGRAM REQUIREMENTS

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.

7.2 Program Learning Outcomes

Upon successful completion of the Undergraduate Certificate (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.

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, & HLTH1020 from the courses listed in Appendix A.

7.4 Elective Courses

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

7.5 Course substitutions

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

8 DEFINITIONS

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

APPENDIX A: Undergraduate Certificate (Exercise & Sport Science)

4 Core Curriculum Courses	Units of Credit	Totals
HLTH1012 Research and Academic Writing in Exercise Science	25	
HLTH1013 Human Structure and Functional Anatomy in Exercise	25	
HLTH1014 Human Growth and Exercise Performance	25	
HLTH1020 Exercise, Physical Activity and Health	25	
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