

SPORT AND RECREATION



OUR VISION

Victoria University's vision for Sport and Recreation is to be the leading Australian provider of education and research in sport performance, exercise science and active living. We aim to prepare work ready graduates by providing excellence in teaching and learning that is supported by innovative research. It is our vision to bring together the disciplines underpinning sport performance, exercise science and active living in a custom-designed, world class research facility and establish Australia as an international leader in this area. The research precinct will complement world-class training and research facilities for elite athletes.

WWW.VU.EDU.AU
CRICOS Provider No. 00124K



**VICTORIA
UNIVERSITY**

**A NEW
SCHOOL OF
THOUGHT®**

EXPERTISE IN EDUCATION AND RESEARCH

HISTORY OF SPORT AND RECREATION

Sport and Recreation has a 30 year history of teaching, research and community service in:

- community and outdoor recreation
- exercise and sport science
- exercise rehabilitation
- fitness
- physical education
- sport and recreation management

SPORT AND RECREATION STRENGTHS

Sport and Recreation strengths in education and research are in:

- sciences in sport
- sport management, tourism, education and law
- society, culture and sport
- exercise sciences
- physical activity for all
- physical activity in health, disability and disease via active transport, active design, and home and work environments
- coaching science and management
- outdoor recreation, ecotourism / adventure tourism
- recreation management
- sport and recreation
- sport medicine and athlete development

SPORT AND RECREATION STUDENTS

Approximately 28% of Sport and Recreation students are female, and 72% are male with 45% of all Sport and Recreation students living in the Western region of Melbourne.

Only 2% of students are located offshore, and 12% of local students speak languages other than English.

SPORT AND RECREATION COURSES

Sport and Recreation offered 32 courses in 2009. Courses were delivered by:

- School of Sport and Exercise Science
- School of Sport and Science

SPORT AND RECREATION PATHWAYS

We offer learning pathways to enable students to design their own career. Students can move from secondary school to courses at a Certificate level through to Diploma, Degree and PhD. Pathways include transitions from:

- Certificate II in Community Recreation to Certificate III in Fitness
- Diploma of Fitness and Diploma of Sport and Recreation to Bachelor of Sport and Recreation Management
- Diploma of Fitness and Diploma of Sport and Recreation to Bachelor of Exercise Science and Human Movement
- Bachelor of Sport and Recreation Management to Graduate Diploma in Secondary Education
- Diploma of Sport Coaching to Bachelor of Sport and Recreation Management (under development)

SPORT AND RECREATION RESEARCH

Sport and Recreation, via the newly created Institute of Sports, Exercise and Active Living, undertakes multi-disciplinary research in sport performance, exercise science and active living.

SPORT PERFORMANCE

Research in sport performance is focused on sport as a major aspect of Australian and global societies. Research in this area is integrated with management, tourism, education, law, society and culture, which brings together the many disciplines underpinning research in sport. The sport performance program focuses on three key areas:

- sciences in sport
- sport management, tourism, education and law
- society, culture and sport

This multi-disciplinary approach and expertise in this area gives Sport Performance research and education a unique focus that enables us to provide national and international leadership in sport science.

EXERCISE SCIENCES

Research on exercise science is critical to societal health, cohesion and economic growth. Research in this area focuses on the fundamental disciplines involved in exercise knowledge, and in many respects overlaps with and acts as a bridge between, sport and active living.

Exercise Sciences specialises in basic and applied research, as well as clinical exercise sciences in sport and exercise rehabilitation. Research in this area includes anatomy, biomechanics, biochemistry, metabolism, nutrition, molecular biology, motor learning, motor control, nutrition, physiology, psychology, sociology, rehabilitation.

ACTIVE LIVING

Active living is becoming an important social driver of severe adverse health, and the economic and social consequences of a lack of physical activity. Research in this area focuses on two key areas: 'physical activity for all' and 'communities and environment'.

PHYSICAL ACTIVITY FOR ALL

Sport and Recreation has expertise in research on grassroots participation in community and individual sporting and physical activities. This research focuses on physical activity in:

- 'at risk' populations
- disability and chronic disease
- healthy populations

COMMUNITIES AND ENVIRONMENT

Sport and Recreation specialises in research focused on identifying factors affecting opportunities for increased physical activity in health, disability and disease in all age groups via:

- active transport
- active design
- home and work environments

SPORT AND RECREATION INDUSTRY PARTNERS

Sport and Recreation is part of an extensive network of experts committed to excellence in teaching, learning and research. These partnerships provide opportunities for learning in the workplace and have been developed around research projects that deliver real benefits to sport and recreation. Current industry partners include:

- AFL Players Association
- AFL Sports Ready
- Australian Football League
- Australian Institute of Sport
- Lifesaving Victoria
- Maribyrnong College (first elite sport school in Victoria)
- Melbourne Storm
- Netball Victoria
- Sport and Recreation Victoria
- Victorian Institute of Sport
- Western Bulldogs Football Club
- Western Jets

The Sports Triangle is a collaborative partnership with the Western Bulldogs Football Club and Maribyrnong College, the first elite Sports School in Victoria. The Sports Triangle will provide a precinct for excellence in elite sport education, research and performance at school, post-school and at club levels.

Sport and Recreation also has links with community health organisations in the areas of ageing services, children's health and diabetes.

SPORT AND RECREATION INTERNATIONAL LINKAGES

Programs including long-term students and staff exchange programs, and research with leading international universities including:

- Beijing Sports University (China)
- German Sports University
- Indiana University (USA)
- Leeds Metropolitan University (UK)
- University of Western Ontario (Canada)

SPORT AND RECREATION FACILITIES

Sport and Recreation will be supported by new infrastructure including a \$68.5 million Learning Commons Exercise Science and Sport building at Footscray Park, a multi-million dollar sport and exercise applied research and education centre at Whitten Oval, and a new Teaching, Training and Research facility at Sunshine Hospital. These facilities are due to be finished by mid-2010.

CAMPUSES FOR SPORT AND RECREATION

The majority of courses are taught at Footscray Park and at industry locations.

CONTACT DETAILS

Telephone 03 9919 4000
www.vu.edu.au/industry-sectors

