

Victoria University Career Practitioners Forum 2019

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IHES Research Fellow

THE NEW WAY TO DO UNI



FIRST YEAR MODEL

- ◆ **The First Year Model is an Australian-first**
- ◆ **Each semester has four blocks (each of four weeks duration)**
- ◆ **Students undertake one unit per block**
- ◆ **Three x 2-3 face-to-face sessions per week**
- ◆ **Complete one block before moving to the next**
- ◆ **Support from one teacher per unit (often two, for prac classes)**
- ◆ **Practical, hands-on teaching and learning**

- ◆ **Visit <https://www.vu.edu.au/study-at-vu/why-choose-vu/experience-our-first-year-model>**

COLLEGE OF SPORT AND EXERCISE SCIENCE

- ◆ **The \$68 million Institute for Health and Sport (IHES) building is the most advanced facility of its kind in the Southern Hemisphere**
- ◆ **More than 350 employers offering placements to our 2nd and 3rd year students**

- ◆ **Partnerships with organisations such as:**
 - ◆ **Australian Institute of Sport**
 - ◆ **Western Bulldogs Football Club**
 - ◆ **Netball Victoria**
 - ◆ **Melbourne Victory Football Club**
 - ◆ **Swimming Australia**

Victoria University Course Structures 2019

College of Sport and Exercise Science

Bachelor of Exercise Science (Sports Practice) = ABHD

Bachelor of Exercise Science (Clinical Practice) = ABHE

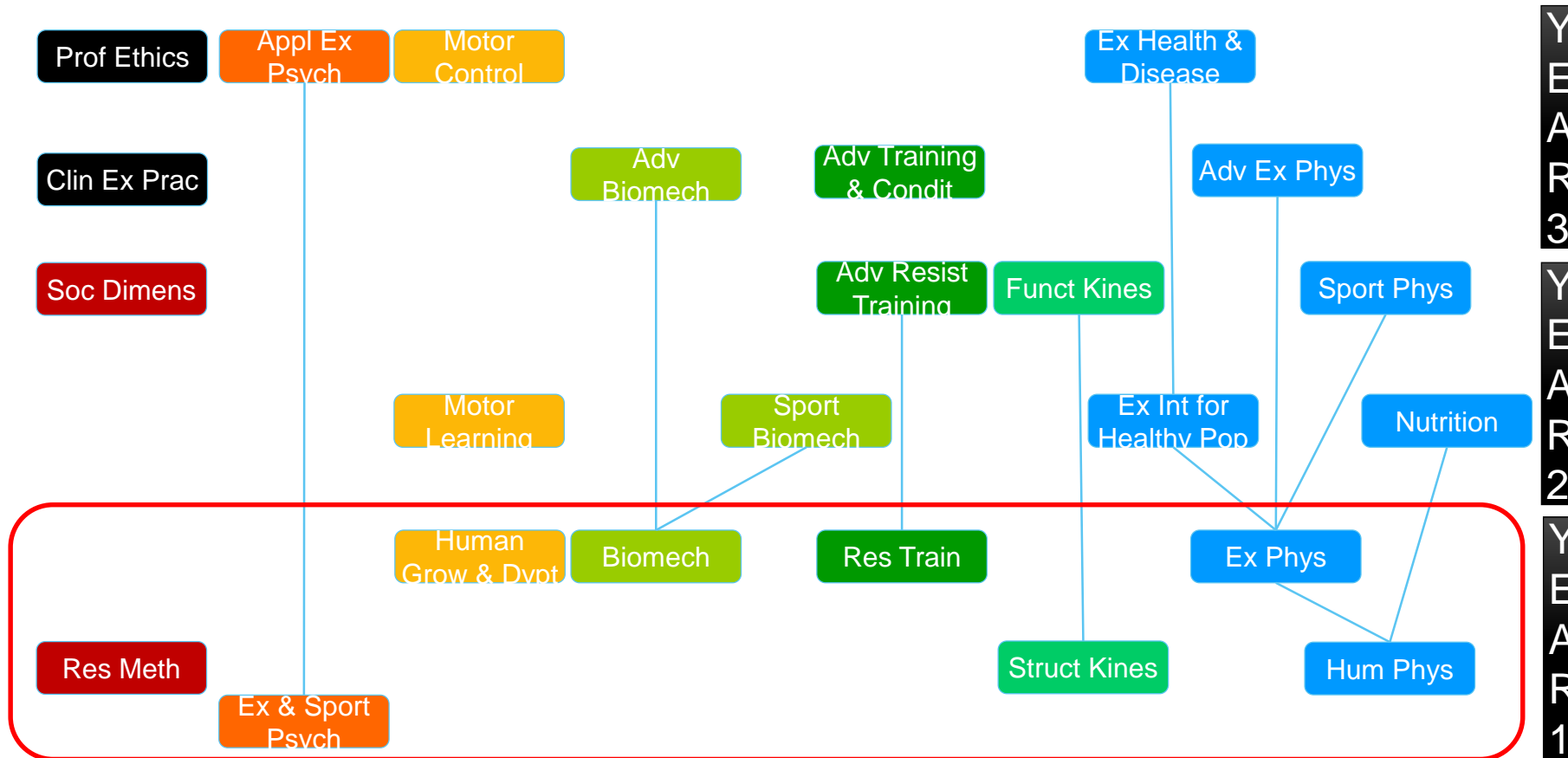
Bachelor of Sport Science = SBSA

THE NEW WAY TO DO UNI



ABHD COURSE STRUCTURE

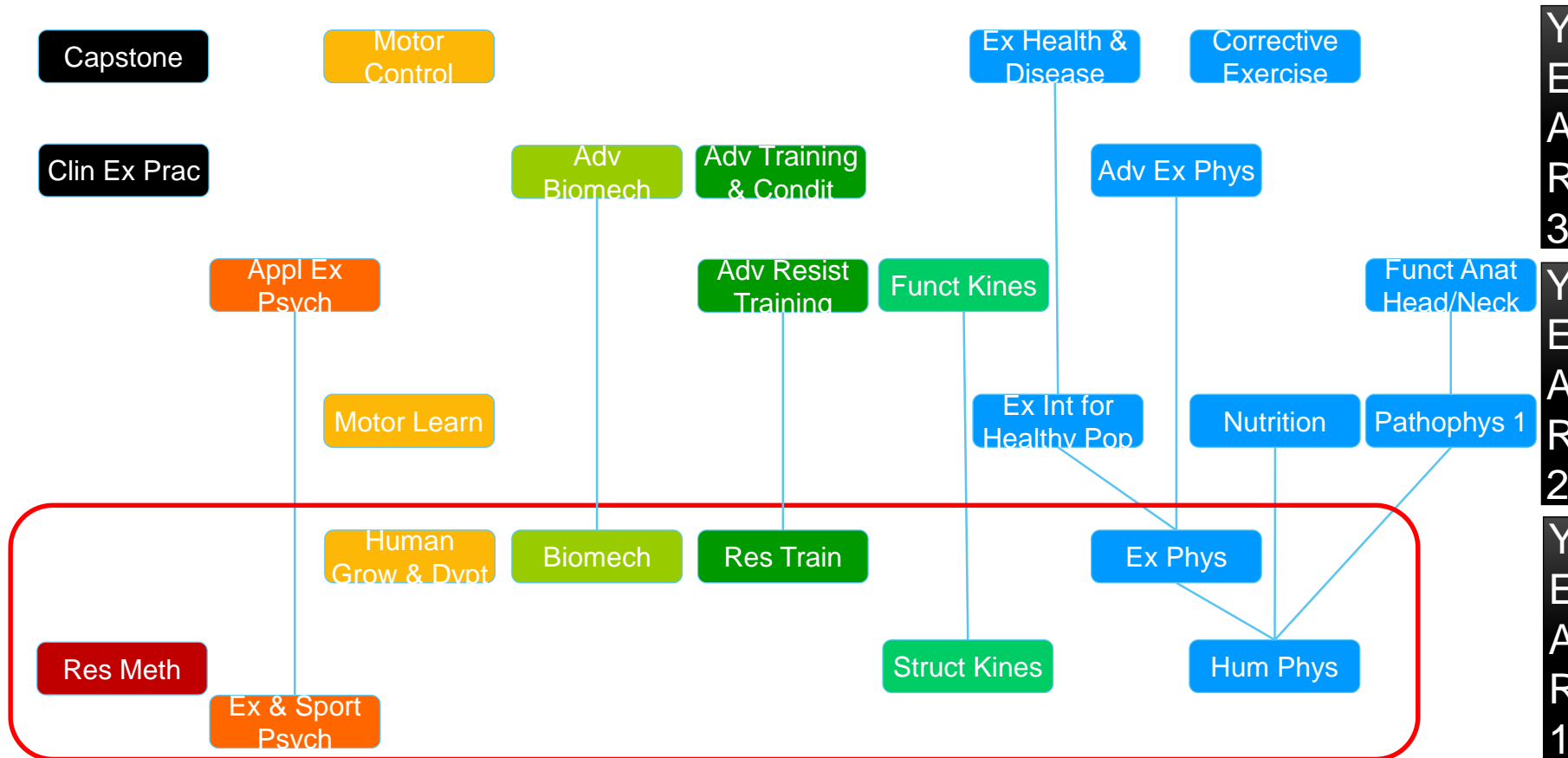
Bachelor of Exercise Science (Sports Practice) = ABHD



<https://www.vu.edu.au/sites/default/files/abhd-2019.pdf>

ABHE COURSE STRUCTURE

Bachelor of Exercise Science (Clinical Practice) = ABHE



ACCREDITATION WITH PEAK EXERCISE BODY



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EXCELLENCE IN EXERCISE AND SPORTS SCIENCE.

APPLY TODAY.

Join the peak professional organisation committed to promoting and representing exercise and sports science practitioners.

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FIND AN ACCREDITED MEMBER.

Find an AEP, AES or ASP near you.

[SEARCH YOUR AREA](#)

RESEARCH TO PRACTICE 2018.

Register now for the Southern Hemisphere's largest sports and exercise science conference. 27 – 29 March, 2018. Brisbane, Queensland.

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OVER **7000** MEMBERS & COUNTING!

 **OUR FACILITIES**

VERIFY ACCREDITATION.

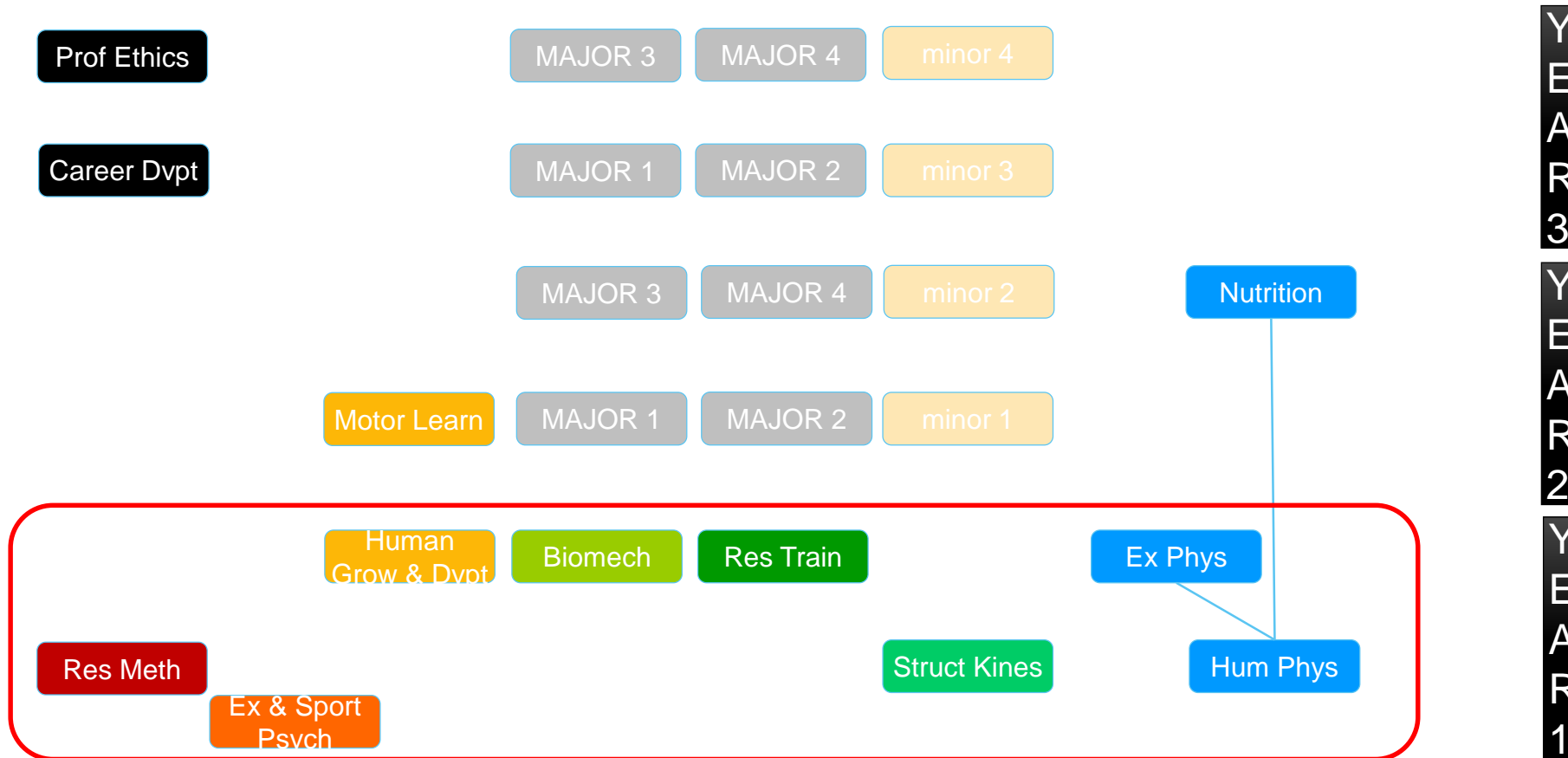
Check the accreditation of any individual.

ABHD & ABHE CAREER PATHWAYS

- ◆ **Fixed course structure (24 core units)**
- ◆ **Key point of difference – individual vs team exercise prescription & understanding**
- ◆ **Potential for a career in:**
 - ◆ **Personal training, community fitness and health**
 - ◆ **Exercise rehab, strength and conditioning**
 - ◆ **Sport data analysis, sport scientist**
 - ◆ **Accredited Exercise Scientist and Exercise Physiologist (with further study)**
- ◆ **Course info including entry requirements:**
 - ◆ **<https://www.vu.edu.au/courses/bachelor-of-exercise-science-sport-practice-abhd>**
 - ◆ **<https://www.vu.edu.au/courses/bachelor-of-exercise-science-clinical-practice-abhe>**

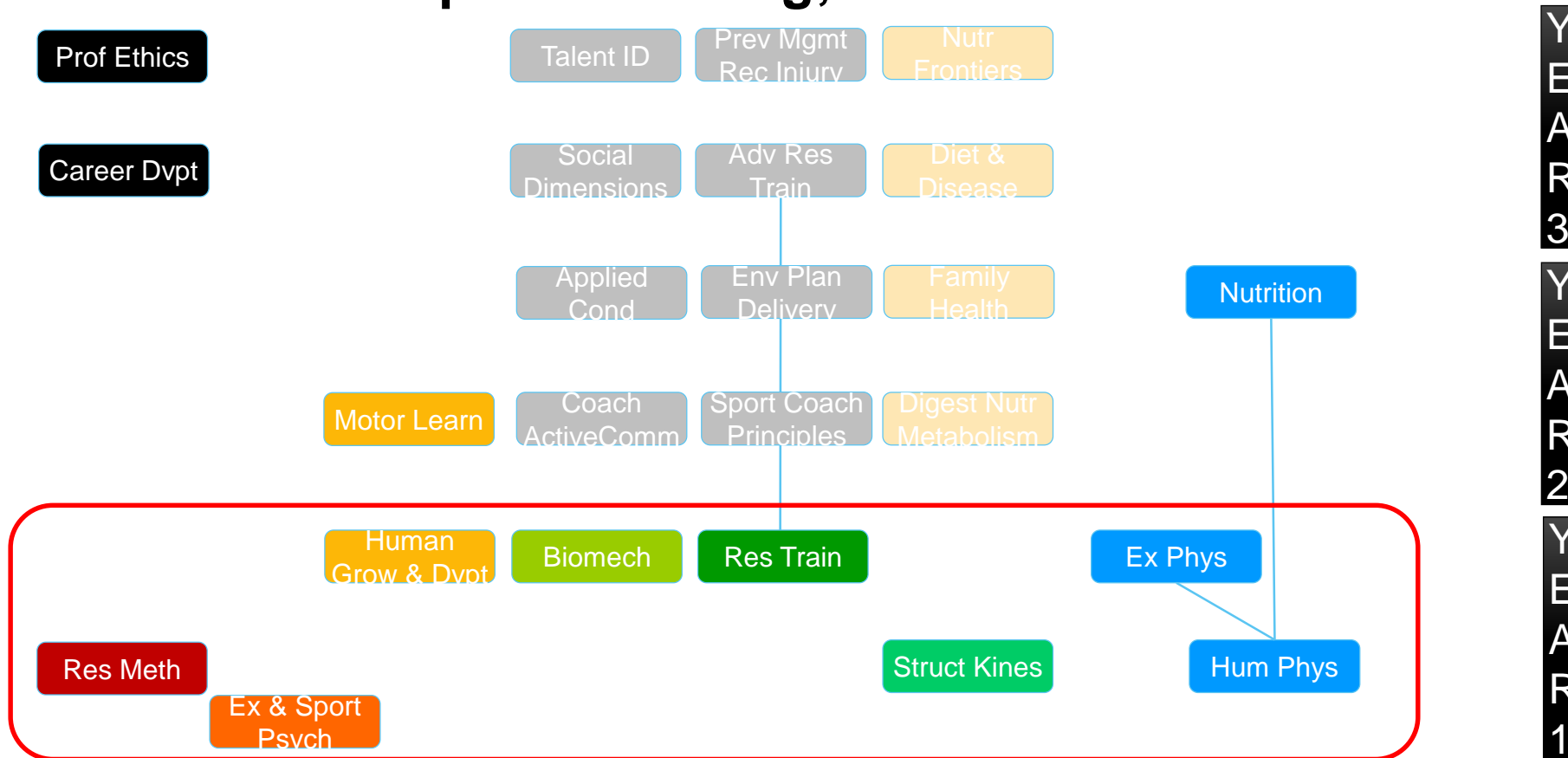
SBSA COURSE STRUCTURE

Bachelor of Sport Science = SBSA



SBSA EXAMPLE

◆ Bachelor of Sport Science = SBSA
 MAJOR = Sport Coaching; MINOR = Health & Nutrition



SBSA CAREER PATHWAYS

- ◆ **Choose your intended course structure (flexibility)**
- ◆ **Potential for a career in (depending on selected major/minor):**
 - ◆ Personal training, community fitness and health
 - ◆ Nutrition/sport nutrition
 - ◆ Sport data analysis
 - ◆ Talent ID and development
 - ◆ Coaching
 - ◆ Accredited Exercise Scientist and Exercise Physiologist (with further study)
- ◆ **Course info including entry requirements:**
 - ◆ <https://www.vu.edu.au/courses/bachelor-of-sport-science-sbsa>

FURTHER STUDY FOLLOWING UNDERGRAD

◆ Master of Clinical Exercise and Rehabilitation = AMEP

- ◆ ABHD, ABHE, potentially some SBSA students
- ◆ <https://www.vu.edu.au/courses/master-of-clinical-exercise-science-and-rehabilitation-amep>

◆ Master of Sports Science (Football Performance) = SMFB

- ◆ ABHD, ABHE, SBSA
- ◆ <https://www.vu.edu.au/courses/master-of-sports-science-football-performance-smfb>

DELIVERY PLANS, MAJORS AND MINORS

◆ UNDERGRADUATE COURSES

◆ ABHD

- ◆ <https://www.vu.edu.au/sites/default/files/abhd-2019.pdf>

◆ ABHE

- ◆ https://www.vu.edu.au/sites/default/files/abhe-2019_0.pdf

◆ SBSA (incl. Majors and Minors)

- ◆ https://www.vu.edu.au/sites/default/files/sbsa-2019_0.pdf

◆ POSTGRADUATE COURSES

◆ AMEP

- ◆ <https://www.vu.edu.au/sites/default/files/amep-2019.pdf>

◆ SMFB

- ◆ <https://www.vu.edu.au/sites/default/files/smfb-2019.pdf>