

SPORT AND EXERCISE SCIENCE




vu.edu.au/sport-exercise-science

Victoria University CRICOS Provider No. 00124X



**VICTORIA
UNIVERSITY**
MELBOURNE AUSTRALIA



“My course helped give me the edge in attaining a full-time coaching role at the Western Bulldogs.”

“Victoria University gave me many great experiences such as working with elite-level athletes and spending a year abroad at California State University.

My course helped give me the edge in attaining employment as a full-time strength and conditioning coach at the Western Bulldogs.

I have since left the Bulldogs to start my own business, Bodyology.”

BEN GRIFFIN – BACHELOR OF EXERCISE SCIENCE AND HUMAN MOVEMENT

VU SPORT AND EXERCISE SCIENCE

Are you passionate about staying fit and healthy – and helping others do the same? Victoria University's College of Sport and Exercise Science will help you achieve this.

At VU, you will benefit from our internationally recognised teaching staff, state-of-the-art Sport and Learning Precinct, and close links with over 200 prestigious sporting organisations, including the Australian Institute of Sport, Netball Australia and Western Bulldogs Football Club.

With the largest range of sport and exercise science courses spanning the vocational education (TAFE), bachelor and postgraduate levels in Australia, at VU you will find an entry point that suits your current level of education.

We look forward to helping you take the next steps towards a successful career in sport and exercise science.

COLLEGE OF SPORT AND EXERCISE SCIENCE

Victoria University's College of Sport and Exercise Science offers over 40 sport-related courses – spanning exercise science, physical education and sport management – at TAFE, undergraduate and postgraduate levels.

You will learn from expert coaches, consultants and scientists at world-class facilities such as our new \$68 million Sport and Learning Precinct at Footscray Park.

With biomechanics and exercise physiology labs, heat chambers and a high-altitude hotel at your disposal, plus work placements with elite local and global partners like the Australian Football League, Australian Sports Commission and Universidad Europa Madrid, you will gain the practical skills needed to get a head-start in the world of sport and exercise science.

vu.edu.au/sport-exercise-science

STUDY ABROAD

We have an extensive international network of partners in China, Singapore, Malaysia, India, Hong Kong, Germany, the USA and France – so you can choose to study in another country as part of your degree.

vu.edu.au/study-overseas

POSTGRADUATE SPORT AND EXERCISE SCIENCE

Pursue stimulating and rewarding graduate studies in your chosen field – sport and recreation, exercise science or physical education – within the supportive setting of the College of Sport and Exercise Science.

Thanks to our rich and vibrant research culture, we have attracted a highly motivated group of academic research scholars, postdoctoral fellows, and postgraduate and honours students.

Our Master of Clinical Exercise Science and Rehabilitation is accredited by Exercise and Sports Science Australia (ESSA) enabling graduates to work as registered allied health professionals with their own Medicare Provider Number.

The College's research in the fields of sport science, exercise science and active living is internationally recognised, and our enthusiastic and passionate staff engage in innovative research projects, teaching programs, and industry and community services.

We welcome enquiries from prospective research students. If you are unsure which course is right for you or are interested in pursuing a new research project, please call 1300 VIC UNI to speak with one of our course advisers.

vu.edu.au/postgraduate-study

SPORT AND EXERCISE SCIENCE COURSE AREAS

Courses are offered across a broad range of Sport and Exercise Science specialisations, at vocational training (TAFE), undergraduate and postgraduate levels. Our range of specialisations include:

- Clinical Exercise Practice
- Clinical Exercise Science and Rehabilitation
- Exercise Science
- Fitness
- Human Movement
- Leisure and Health
- Massage Therapy Practice
- Myotherapy
- Outdoor Recreation
- Physical Education (Secondary)
- Remedial Massage
- Sport Administration
- Sport and Exercise Science
- Sport Development
- Sport Science
- Sport and Recreation Management
- Sport Management

For detailed information about all courses visit vu.edu.au/sport-exercise-science

INDUSTRY CONNECTIONS

At Victoria University you will gain the practical skills and experience needed to get a head start in the competitive world of sport.

We have built strong partnerships with elite local and global sporting organisations, including the Australian Sports Commission, CSIRO, Netball Australia, Universidad Europa Madrid (in collaboration with Real Madrid Football Club) and Western Bulldogs Football Club.

These partnerships inform the curriculum of our courses – providing joint research opportunities and giving you access to industry contacts, work placements and career opportunities upon graduation.

SPORT AND EXERCISE SCIENCE PLACEMENTS

Everything you learn with us has direct links to the workplace and your future career.

We place a strong emphasis on hands-on learning in clinical and real-world settings. For example, if you study exercise science or remedial massage, you might spend time with the Western Bulldogs Football Club.

The College of Sport and Exercise Science's Career and Professional Development (CPD) program facilitates compulsory work placements for second and final-year undergraduate students.

With mentoring and support along the way, you'll complete industry placements that will advance your career maturity and dramatically improve your employability. Nationally recognised by the Australian Learning and Teaching Council as a leader in the university sector, the program has connections with more than 350 sport, exercise, physical education, clinical exercise and recreation organisations.

www.vu.edu.au/ses-placements

WESTERN BULLDOGS

Our partnership with the Western Bulldogs is unique among Australian universities and AFL clubs. The Bulldogs' training ground – Victoria University Whitten Oval – is a venue for work and practical placement, and postgraduate research for our students.

VU BASKETBALL ACADEMY

In 2013, VU launched the VU Basketball Academy in partnership with basketball legend Andrew Gaze (a Victoria University alumnus and former NBL player) and Nigel Purchase of the Australian Basketball Management Team. The Academy delivers premium education and training, and outstanding coaching from the Gaze Group to help aspiring elite players and coaches reach their sporting and academic potential.

NETBALL VICTORIA

In 2014, we partnered with Netball Victoria as a major sponsor of Victoria's professional netball team, Melbourne Vixens. The partnership brings together our world-class sports education and research with a sporting organisation that actively engages with communities and players from grassroots through to elite levels.

MARIBYRNONG SECONDARY COLLEGE

Locally, we have a key partnership with Maribyrnong Secondary College, Victoria's first high-performance government sports school. The school has access to our staff for expert advice for their specialist sport curriculum, including exercise physiology, biomechanics, exercise prescription and rehabilitation.

ELITE ATHLETE PROGRAM

We have around 90 elite athletes in our Elite Athlete Program, which offers highly specialised support for students to achieve their academic and sporting best.

BE THE EMPLOYER'S CHOICE

"Victoria University graduates are recognised throughout the sport and active recreation industry as high achievers. My experience with VU students – whether they're on placement or entering the workforce – is that they're able to quickly adapt to a professional environment and excel in a fast-paced, results-driven industry."

CAMERON MCLEOD – COMMUNITY ENGAGEMENT MANAGER, INTERNATIONAL CRICKET COUNCIL

“There’s a proven track record of VU graduates successfully working in the sporting industry.”

“The practical component of VU’s sport courses really sets its graduates apart from the rest. Through work placements, students gain valuable industry experience which prepares them for employment.

That’s why VU is always the first preference and on top of the Melbourne United Basketball Club’s consideration when hiring new staff. There’s a proven track record of VU graduates successfully working in the sporting industry.”

LEE DI SIPIO – MEMBERSHIP AND TICKETING MANAGER,
MELBOURNE UNITED BASKETBALL CLUB



“As part of my course I worked alongside the sport scientist at Melbourne Victory Football Club.”

“VU’s focus on sport science and connections with elite sporting teams was the biggest drawcard for me. In the third year of my bachelor degree, as part of my Career and Professional Development hours, I worked alongside the sports scientist at Melbourne Victory Football Club.

I’m now undertaking my PhD in joint scholarship with Melbourne Victory and VU, looking at the impact of training and competition load on fatigue, performance and injury occurrence.”

AMBER ROWELL – BACHELOR OF SPORT SCIENCE (HUMAN MOVEMENT), BACHELOR OF APPLIED SCIENCE (HONOURS) (HUMAN MOVEMENT), DOCTOR OF PHILOSOPHY

FLEXIBILITY

THE VU MODEL OF TERTIARY EDUCATION

The VU Model provides opportunities for students from a wide range of backgrounds to achieve success on their own terms.

The VU model features work-integrated learning options, tailored learning support, plus flexible pathways and various entry and exit points between a tailored range of courses, including:

- largely accessible Bachelor degrees aimed at students who may be unsure about which study specialisations to follow, or require additional support while transitioning from vocational education
- specialist/professional degrees
- vocational education programs
- undergraduate degrees across a wide range of subject areas
- industry-relevant postgraduate programs.

SPORT AND EXERCISE SCIENCE PATHWAYS

Victoria University is one of the few institutions in Australia to offer both vocational training (TAFE) and higher education.

Our study pathways connect courses between vocational training and higher education, including postgraduate studies. Students can start their education journey at certificate level and proceed to a diploma, degree or PhD, exiting the pathway when they achieve their immediate study goal, and re-entering if and when they choose to further their studies.

Pathways are designed to suit all types of students, whether you are just out of secondary school, are looking for career advancement, want to develop your skills, are seeking a career change or looking for personal development.

vu.edu.au/pathways

ACCESS FOR EVERYONE

Victoria University is renowned for providing educational opportunities for a wide range of students of all ages, cultures, and socioeconomic and educational backgrounds. With flexible entry and exit points into our courses, academic and personal support, and one of the broadest range of scholarships of any university in Australia, we can help you succeed.

CREDIT FOR SKILLS AND PAST STUDY

We are committed to recognising previous studies and the life and work experiences that students bring with them when they decide to study with us. Students can receive credit by matching their previous experiences and studies with the skills and knowledge covered in course units, allowing them to complete their studies sooner.

SCHOLARSHIPS

UNDERGRADUATE

We offer the most comprehensive suite of undergraduate student scholarships of any university in Victoria.

vu.edu.au/scholarships

POSTGRADUATE COURSEWORK SCHOLARSHIPS

Visit our website for Victoria University and externally-funded postgraduate scholarships.

vu.edu.au/scholarships
researchscholarships@vu.edu.au

POSTGRADUATE RESEARCH SCHOLARSHIPS

We offer many living stipend scholarship programs for postgraduate research students.

vu.edu.au/research-scholarships
gradresearch@vu.edu.au

EQUAL OPPORTUNITY

We offer a range of special entry schemes for applicants who have been unable to reach their full educational potential or who may have restricted access to the courses of their choice because of their life circumstances.

vu.edu.au/access
03 9919 6100

We aim to ensure that students with a disability or medical condition are able to actively participate in all aspects of University life.

vu.edu.au/disability
disability@vu.edu.au
03 9919 5400

We encourage Indigenous Australians to apply for any of our courses. Our Moondani Balluk Academic Unit provides Indigenous students with support services.

vu.edu.au/moondani-balluk
moondani.balluk@vu.edu.au
03 9919 2836

SAMPLE PATHWAYS

Below are three examples of our many sport and exercise science pathways to give you an idea of how they work.

SPORT COACHING PATHWAY



SPORT MANAGEMENT PATHWAY



APPLIED SCIENCE PATHWAY



“Our research led to performance improvements for Australia’s elite cyclists.”

“Our research led to performance improvements of one per cent for Australia’s top cyclists, including Anna Meares and Shane Perkins, who won sprint gold and sprint bronze respectively at the 2012 London Olympic Games.

These improvements are massive for elite sprint cyclists. The gap between the third and fourth times for the men’s sprint qualifier in London was 0.8 per cent – our work can be the difference between winning a medal or not.”

DR DAVID ROUFFET – RESEARCHER AND LECTURER, ISEAL



SPORT AND EXERCISE SCIENCE RESEARCH

Research excellence at Victoria University means you have access to the latest knowledge and facilities while you undertake your degree.

Our researchers enjoy international reputations for excellence. Through partnerships and collaborations, the work of our dynamic and enthusiastic research community benefits the whole university – as well as industry, the community and government.

vu.edu.au/graduate-research

THE INSTITUTE OF SPORT, EXERCISE AND ACTIVE LIVING

All research by the College of Sport and Exercise Science is undertaken by the Institute of Sport, Exercise and Active Living (ISEAL). ISEAL's vision is to be a world-leading research institute in sport, exercise science and active living by making important contributions to society through innovative research.

The Institute's research is supported by the most comprehensive range of sport and exercise science facilities in the southern hemisphere.

Our excellence in research, high-quality analysis, and collaborations with academic institutions, government organisations, private industry partners and community associations, means we deliver pioneering outcomes. ISEAL's research projects permeate global sporting events like the Tour de France.

MULTIDISCIPLINE RESEARCH

ISEAL researchers and postgraduate students undertake multidisciplinary research in:

- high performance sport
- community and grassroots physical activity and active living
- exercise sciences
- social and management sciences.

The Institute also makes significant contributions to exercise science beyond the landscape of sport by leading the field when it comes to understanding the relationships between exercise, physical activity and chronic disease prevention.

ISEAL is at the forefront of research into how to engage individuals and communities in more active lifestyles. Its main research focus in this field is on the psychosocial and environmental factors that might explain health behaviour change and community participation in sport, exercise and physical activity.

vu.edu.au/iseal

STRATEGIC PARTNERS

- Australian Sports Commission
- Western Bulldogs
- Australian Institute of Sport

STRATEGIC COLLABORATIONS


Our strategic collaborations include organisations such as the Beijing and German Sports Universities, Sport Australia Hall of Fame, National Heart Foundation, Brazil Olympic Committee, Tennis Australia, University of Melbourne, Florey Neuroscience Institute, VicHealth, National Ageing Research Institute, Maribyrnong Sports Academy and Western Health.

We have multifaceted research agreements with many other national and international professional sport organisations to enhance athlete training and performance. Our prestigious international partners include the Fédération Internationale de Football Association (FIFA) and the Union of European Football Associations (UEFA).

We assisted curriculum development for the Real Madrid Graduate School at the Universidad Europea Madrid, the research organisation for Real Madrid, the largest football (soccer) club in the world. We also contributed expertise for the 2012 London Olympics and have been collaborating with the Brazilian Olympic Committee.

In 2012, VU received an Excellence in Research for Australia (ERA) rating of 5 – the highest possible ranking that places us well above world standard in human movement and sports science.

SPORT AND EXERCISE SCIENCE FACILITIES



VU's Sport and Learning Precinct is located at Footscray Park Campus and houses the most comprehensive range of sport and exercise science facilities in the southern hemisphere. These facilities are complemented by those at Victoria University Whitten Oval and the Western Centre for Health, Research and Education at Sunshine Hospital.

SPORT AND LEARNING PRECINCT

Our \$68 million Sport and Learning Precinct at Footscray Park meets international standards for best practice and is designed with multiple integrated spaces to facilitate interdisciplinary teaching, research and engagement. All our research is supported by the latest technologies and equipment, including:

- exercise physiology labs
- altitude hotel
- biomechanics laboratories
- motor learning and skilled performance laboratories
- sport and exercise biochemistry
- motor control and biofeedback.

VICTORIA UNIVERSITY WHITTEN OVAL

Our \$8 million Sport and Recreation Learning Centre at Victoria University Whitten Oval Stadium – a joint initiative with the Western Bulldogs Football Club – allows students to learn alongside a range of sport and recreation professionals and access leading-edge sport science technologies. Our Diploma of Remedial Massage students also manage and run the massage services at the Whitten Oval Clinic, which is open to the public.

WESTERN CENTRE FOR HEALTH RESEARCH AND EDUCATION

VU established the Western Centre for Health Research and Education, a world-class teaching, research and development precinct along with Western Health and the University of Melbourne. The Centre is the first purpose-built research and training facility for medicine and the health sciences in Melbourne's west.

CLASSROOMS OF THE FUTURE

Victoria University's classrooms are being transformed into creative and technologically-rich environments.

The multi-platform learning space at Footscray Nicholson Campus – known as the Terrain Room, is one of a growing number of the University's rejuvenated physical spaces that have transformed classrooms, libraries and lecture theatres into creative learning and teaching environments.

LIBRARIES

Our campus libraries are known as 'learning commons' – integrated hubs that offer career advice, learning and IT support, and academic resources all in a relaxed, lounge-like setting. Our learning commons' provide students with access to photocopying, computing and printing facilities, electronic and print resources, and a comprehensive information skills training program.

vu.edu.au/library

COMPUTER FACILITIES

We have nearly 4000 computers spread across all our campuses and in all campus libraries. PCs and Apple Macs are provided in teaching laboratories and open access facilities. A central IT helpdesk is available to answer all queries and provide assistance.

Students have access to a rich collection of online resources, 24 hours a day, seven days a week. These include databases or material housed within the library, student email, e-learning content for courses, student software packages and innovative social networking tools.

vu.edu.au/student-tools

SPORT AND FITNESS

Our sport services and facilities include:

- sport clubs, campus sport programs and representative sport opportunities
- quality fitness centres at Footscray Park, St Albans and Werribee Campuses
- a heated 25-metre swimming pool at Footscray Park Campus multi-purpose sports halls at Melton, Footscray Park and Footscray Nicholson Campuses
- tennis courts at Werribee, Footscray Park and St Albans Campuses.

vu.edu.au/sport

CHILDCARE

We operate multi-purpose childcare centres at Footscray Park Campus **03 9919 4578**, Footscray Nicholson Campus **03 9919 8698** and Werribee Campus **03 9919 8098**.

ACCOMMODATION

We own and operate a range of student accommodation, including Victoria Place, a modern apartment complex, and Student Village, a vibrant living environment for approximately 500 students located near Highpoint Shopping Centre and about 2 km from our Footscray Park Campus.

vu.edu.au/residences

HOUSING SERVICES

Our Student Housing Service provides free advice and assistance to students looking for housing as well as general tenancy advice.

housing@vu.edu.au

FEES AND ASSISTANCE

IMPORTANT FEE INFORMATION

Victoria University course fees will remain at pre-Commonwealth Government 2014 Budget levels for all students who enrol prior to 31 December 2014, before fee deregulation begins on 1 January 2016. This ensures that all students who have, or will enrol in a VU course in 2014 will be able to complete their undergraduate course at the same pre-budget fee level.

VOCATIONAL EDUCATION/TAFE FEES

As a vocational education (TAFE) student at Victoria University, the fee you pay will depend on what course you enrol in and the units you study.

VE/TAFE students may be eligible for a government subsidy as well as a concession to help with their tuition fees. The University also offers eligible students the option to pay their tuition fees via instalments.

vu.edu.au/fees

HIGHER EDUCATION FEES

COMMONWEALTH SUPPORTED PLACES

Course fees for all domestic undergraduate students are shared between students and the Australian Government. The Government portion is called a Commonwealth Supported Place (CSP).

The following table shows the maximum student contributions for 2014 admissions for a year of full-time study. These amounts are indexed each year, but the actual amount will depend on the units a student enrolls in.

studyassist.gov.au

and click on 'HELP Paying My Fees'.

2014 STUDENT CONTRIBUTION BAND AND RANGE (PER EFTSL)

Band 3: Law, accounting, administration, economics, commerce	\$0–\$10,085
Band 2: Mathematics, statistics, computing, built environment, other health, allied health, science, engineering, surveying	\$0–\$8,613
Band 1: Humanities, behavioural science, social studies, education, clinical psychology, foreign languages, visual and performing arts, nursing	\$0–\$6,044

Note: Students are required to pay additional amenities fees annually. This information was extracted from the Australian Government's Study Assist website: studyassist.gov.au

POSTGRADUATE COURSEWORK DEGREE FEES

The University does not receive any government funding for postgraduate coursework student places, and students pay the full cost of their course. This is called a fee-paying place. Tuition fees are based on the units studied, rather than a fixed price for each course. Different units have different costs.

You can calculate your own individual course fees at vu.edu.au/fees

POSTGRADUATE RESEARCH STUDENT FEES

Research degree students who are Australian citizens or permanent residents of New Zealand DO NOT pay any tuition fees.

ASSISTANCE

There are many options available to help students with the costs involved in studying at university.

HECS–HELP is the Australian Government's Higher Education Loan Program for students studying in a Commonwealth Supported Place. It allows Australian students to borrow the amount of their course fee contribution and then pay back the loan once they are in the workforce. Students can also pay their contribution up-front and receive a discount.

FEE–HELP is a government loan program that enables eligible students to defer the payment of their tuition fees.

studyassist.gov.au

FINANCIAL ADVICE

We offer free financial advice and information on all costs related to studying at university. This includes information about government assistance (such as HECS–HELP, Centrelink Youth Allowance and Austudy), household expenses, financial planning, student loans and tax.

vu.edu.au/financial-assistance

HOW TO APPLY

UNDERGRADUATE AND TAFE

Most applications for undergraduate and vocational education (TAFE) courses are made through the Victorian Tertiary Admissions Centre (VTAC). Information about all Victoria University courses offered through VTAC can be accessed on the VTAC website.

vtac.edu.au

Applications for courses not available through VTAC are made directly to the University. These include some undergraduate degrees, and vocational and further education (TAFE) programs. Details on how to apply for these courses are provided on our website.

vu.edu.au/apply

POSTGRADUATE

Applications for most postgraduate research and coursework programs are made direct to the University. Course indexes and hardcopy Direct Entry Application forms can be downloaded from our website.

vu.edu.au/apply

WANT TO KNOW MORE?

COURSE INFORMATION

Phone **+61 3 9919 6100** or **1300 VIC UNI**
Email **student.recruitment@vu.edu.au**
vu.edu.au/courses

The Victorian Tertiary Admissions Centre (VTAC) website provides information on courses and how to apply for them.

vtac.edu.au

VU OPEN DAY

Come to VU Open Day at Footscray Park Campus on Sunday 24 August 2014, 10am – 4pm

vu.edu.au/openday

POSTGRADUATE COURSEWORK AND RESEARCH

vu.edu.au/postgraduate

COURSES FOR INTERNATIONAL STUDENTS

vu.edu.au/courses/international

QUESTIONS?

Ask us a question by visiting **vu.edu.au/gotovu**

ASKVU gives answers to common questions on anything from admission to graduation, including applications, enrolment, fees, exams and all other aspects of student life.

askvu.vu.edu.au

CAREER ADVICE

Email **student.recruitment@vu.edu.au**



DISCLAIMER: The information in this publication was current at the publication date, July 2014. It is provided as information only and does not form any part of a contract between any person and Victoria University. The content is relevant to Australian citizens, Australian permanent residents and New Zealand citizens. Please check the Victoria University website vu.edu.au for the most up-to-date detailed information.

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