

VICTORIA UNIVERSITY DISCIPLINE GUIDE 2017 SPORT AND EXERCISE SCIENCE

vu.edu.au/sport-exercise-science

Kirsten Pocock Bachelor of Sport Science (Human Movement)



"The teachers played a big part in my growth ... being inspirations, mentors and friends."

"VU helped me immensely; it helped me get from TAFE, with very little idea in what I wanted to do, to where I am now. VU made sure I had the tools needed to reach for my goals, no matter what – even if it seemed impossible to me.

During my bachelor degree, I completed 140 practical hours delivering biomechanics scientific personal training in the gym at VU. I am currently working in a clinic as a sole trader exercise physiologist. My next goal is to open up a successful multidisciplinary clinic focusing on sports and clinical rehabilitation with Rosemarie, my sister and best friend, who has just graduated in osteopathy."

BIANCA MICHETTI (RIGHT, WITH SISTER ROSEMARIE)

SIS50612 - Diploma of Sport Development Bachelor of Exercise Science (Clinical Practice)

CELEBRATING A CENTENARY OF OPPORTUNITY

In 2016, Victoria University is celebrating a Centenary of Opportunity. The University has a long, rich history as a direct descendant of Footscray Technical School, which first opened its doors to students in February 1916. With 100 years of experience in providing excellent opportunities to all our students and communities, today's VU can help you find true success through high-quality teaching and flexible study options that suit your lifestyle. Join us in 2017 and become a part of 100 years of tradition.

vu.edu.au/centenary



VICTORIA UNIVERSITY

CHOOSE SPORT AND EXERCISE SCIENCE AT VU

If you're passionate about sport and health, and have a drive to share this love for staying fit and healthy, Australia's leading sports university – Victoria University (VU) – is the place to be.

Not only do we have the largest population enrolled in sport courses and the greatest number of sport-related industry partners, we also have the highest graduate employment outcomes in Australia, and the most graduates working in the sport industry.

At VU, you will learn from internationally recognised teaching staff in our state-of-the-art facilities, and gain real-world experience through work placements and learning opportunities with over 350 sporting organisations.

As well as our high-profile industry connections, which offer you valuable network opportunities for future employment, we have an extensive range of sport and exercise science programs. Courses span the vocational education (TAFE), undergraduate degree and postgraduate levels, so you will find a course entry point that will support you achieving your career aspirations at any level.

Our expert coaches, industry consultants and sports scientists will offer you practical learning opportunities at our world-class facilities, such as our \$68 million Institute of Sport, Exercise and Active Living (ISEAL) at Footscray Park Campus.

Team VU offers you many pathways to a winning career in sport and exercise science.

vu.edu.au/leaders-in-sport vu.edu.au/sport-exercise-science

SPORT AND EXERCISE SCIENCE COURSE AREAS

Courses are offered across a broad range of sport and exercise science specialisations, at vocational training (TAFE), undergraduate degree and postgraduate levels.

Our range of sport and exercise science specialisations includes:

- 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

STUDY ABROAD

We have one of the largest international exchange programs in Victoria with an extensive international network of partners in China, Singapore, Malaysia, India, Hong Kong, Germany, the USA, Spain 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 to further your career in sport and recreation, exercise science or physical education.

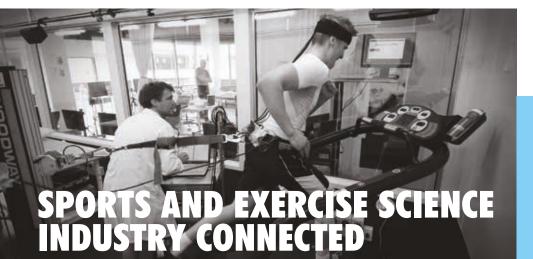
Thanks to our rich and vibrant research culture, we have attracted a highly motivated group of academic research scholars, postdoctoral fellows, and postgraduate and honours students to VU.

Our 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

2017



The Victoria University Clinical Exercise and Rehabilitation (VUCER) clinic also offers real-world experience through a range of external clinical practicums, with additional staff mentoring. This hands-on training will help you understand the role exercise can play in managing the health of clients, including those with injuries and/or chronic disease. These placements can lead directly to future employment. All training takes place under the supervision of ESSA-approved supervisors.

GAIN THE EMPLOYMENT EDGE

When you study sport or exercise science with us, you will gain the priceless practical skills and hands-on professional experience needed to get ahead in the world of sport.

We have strong partnerships and practical placement programs with sporting organisations including the Australian Sports Commission, Australian Institute of Sport, Netball Australia, Football Federation Victoria, Western Bulldogs Football Club and many more.

Our industry connections give you inside knowledge from key sporting industry bodies, access to state-of-the-art facilities, the opportunity to develop networks in the sports industry and exciting employment opportunities upon graduation.

INDUSTRY ACCREDITED

Industry accreditation is awarded to courses that best meet the needs of employers, and provide graduates with an optimum set of skills and knowledge. Many of our sport and exercise science courses are recognised by industry, including our Bachelor of Sport Management/Bachelor of Business accredited by CPA Australia, the Institute of Chartered Accountants Australia and the Australian Marketing Institute; and our Master of Clinical Exercise Science and Rehabilitation accredited by Exercise and Sports Science Australia.

WORKPLACE LEARNING

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, selected students studying exercise science or remedial massage have the opportunity to spend time with the Western Bulldogs Football Club whilst completing their studies. The College of Sport and Exercise Science's Career Development and Employability (CDE) 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 and dramatically improve your employability. Nationally recognised by the Australian Learning and Teaching Council as a leader in the university sector, VU's placement program has connections with more than 350 sport, exercise, physical education, clinical exercise and recreation organisations.

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.

You will have the opportunity to take up placements with the Bulldogs in areas including biomechanics, exercise physiology, remedial massage and exercise rehabilitation. Since 2015, this partnership has also delivered a new PhD scholarship focusing on statistical analysis and data mining of performance data collected by the club.

NETBALL VICTORIA AND THE MELBOURNE VIXENS

VU is a major sponsor of Victorian netball team, the Melbourne Vixens. Our partnership with the Vixens and Netball Victoria offers you access to professional athletes to help inform research into human movement and sports science, as well as the opportunity to undertake placements in a range of areas.

REAL MADRID

Our partnerships with the Real Madrid Graduate School and Real Madrid Foundation provide an opportunity for masters students to study at the Real Madrid Football Club in Spain. We also host soccer clinics run by Real Madrid Foundation coaches.

VU BASKETBALL ACADEMY

Under the direction of basketball legend and VU alumnus, Andrew Gaze, the VU Basketball Academy provides a world-class program for athletes to reach their basketball potential while completing an industry-focused Diploma of Sport Development.

The Academy utilises our state-of-the-art sport facilities, sport science capability and teaching expertise with basketball sporting networks and high performance coaching. The program aims to help emerging elite players reach their sporting, academic and career potential.

VU NETBALL ACADEMY

Coached by former Melbourne Vixens captain, Bianca Chatfield, the VU Netball Academy brings together state-of-the art sport facilities, sport science capability, extensive netball sporting networks and coaching experience.

The Academy was established in 2010 to address a shortage in sport development and competition opportunities for young female athletes in Melbourne's west. It is based at VU's four-court Community Stadium at Victoria University Whitten Oval.

VU VOLLEYBALL ACADEMY

The VU Volleyball Academy was developed to provide opportunities for young volleyball athletes to develop into elite players.

The Academy incorporates the best coaching directors and coaches as well as allied health professionals. It provides opportunities for athletes to play in its own franchised Australian Volleyball League (AVL) team, the Victoria Vultures (men's and women's), and also the ability to be part of a touring Victorian team playing internationally each year.

FLEXIBLE PATHWAYS TO SUCCESS

We are the University of Opportunity and Success. Our courses are designed to offer students from diverse backgrounds the opportunity to achieve success on their own terms. This includes flexible pathways and alternative entry programs to help you pursue your dream career, regardless of your prior experience.

With one of the broadest ranges of scholarships of any university in Australia, we are renowned for providing educational opportunities to a wide range of students of all ages, cultures, and socioeconomic and educational backgrounds.

We offer a range of work-integrated study options, academic and personal support programs, and various entry and exit points between courses, including:

- vocational education programs
- bachelor degrees across a wide range of subject areas for those who may be unsure about which specialisations to follow, or require additional support while transitioning from vocational education
- specialist professional degrees
- industry-relevant postgraduate programs.

SPORT AND EXERCISE SCIENCE PATHWAYS

We are one of the few universities in Australia to offer both vocational training (TAFE) and higher education. Our study pathways seamlessly connect courses between vocational training and higher education, including postgraduate studies. This means that you can start your education journey at certificate level and proceed to a diploma, degree or even a PhD. You may also exit the pathway when you achieve your immediate study goal, and re-enter if and when you choose to further your studies.

Pathways are designed to suit all types of students, including those seeking career advancement, those wanting to develop their skills, and those seeking a career change or personal development.

vu.edu.au/pathways

FROM DIPLOMA TO DEGREE

We offer a streamlined pathway from some one-year diplomas straight into the second year of a bachelor degree, with full credit for the first year of the degree.

CREDIT FOR SKILLS AND PAST STUDY

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

vu.edu.au/credit

SAMPLE PATHWAYS

Below are samples of our many sport and exercise science course pathways to give you an idea of how pathways work. Note: unless otherwise indicated, these are not guaranteed pathways but suggested study journeys.

SCHOLARSHIPS

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

vu.edu.au/scholarships

POSTGRADUATE COURSEWORK SCHOLARSHIPS

Visit our website for VU 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

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

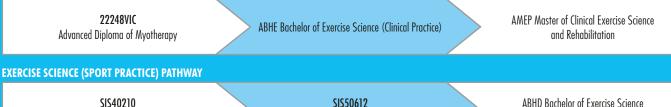
vu.edu.au/disability disability@vu.edu.au 03 9919 5400

We encourage Indigenous Australians to apply for all 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

PATHWAY EXAMPLES





Certificate IV in Fitness

SIS50612 Diploma of Sport (Development) ABHD Bachelor of Exercise Science (Sport Practice)

"The facilities, labs and technology at VU

are amazing.

"In 2012, I came to Australia for a working holiday from Milan, Italy.

I met my current co-supervisor, Dr Fabio Serpiello the following year. After I started working with him as a research assistant, he suggested I apply for a PhD scholarship. I won it and am now working on my PhD at the Institute of Sport, Exercise and Active Living (ISEAL).

The facilities, labs and technology at VU are amazing, and the people here create a great learning environment. You can pretty much do whatever you want if you have good ideas.

My UEFA project, 'The transfer of skills from futsal to football in youthplayers', was one of only six to be selected for funding.

I've always played soccer and am lucky to do a PhD on the game!"

LUCA OPPICI Doctor of Philosophy

SPORT AND EXERCISE SCIENCE RESEARCH

Our sport and exercise science researchers are worldrenowned for research excellence, which means you have access to progressive thinkers, excellent facilities, and award-winning academics when you undertake your degree.

Many of our researchers enjoy international recognition for their contribution to the field of sports and sports science. Through partnerships and collaborations, the work of our dynamic research community benefits students and staff across the University, as well as the sports industry and the wider community.

vu.edu.au/graduate-research

THE INSTITUTE OF SPORT, EXERCISE AND ACTIVE LIVING

Research in 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

RESEARCH COLLABOATIONS WITH INDUSTRY

We conduct valuable joint research projects with numerous sport, science and active living organisations such as:

- Australian Sports Commission
- Australian Institute of Sport
- Football Federation Victoria
- SPLISS (Sports Policy factors Leading to International Sporting Success) Consortium
- Tennis Australia
- Maribyrnong Sports Academy
- Netball Victoria
- Western Bulldogs
- Western Health.

VU received an Excellence in Research for Australia (ERA) rating of 5 for human movement and sports science in the latest 2015 assessment — this is the highest possible ranking and places us 'well above world standard'.



Our \$68 million 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. The precinct meets international standards for best practice and is designed with multiple integrated spaces to facilitate interdisciplinary teaching, research and engagement.

Our research is supported by the latest technologies and equipment, including:

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

These facilities are complemented by those at Victoria University Whitten Oval and the Western Centre for Health Research and Education at Sunshine Hospital.

VICTORIA UNIVERSITY WHITTEN OVAL

Our \$8 million Sport and Recreation Learning Centre at Victoria University Whitten Oval — a joint initiative with the Western Bulldogs Football Club — allows you to learn alongside a range of sport and recreation professionals, and to access leading-edge sport science technologies. Our 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.

GENERAL FACILITIES FOOD AND CAFÉS

Our city campuses have easy access to cafés and food outlets. All other campuses have on-campus cafés and food outlets for students, staff and the wider community.

CLASSROOMS OF THE FUTURE

VU's classrooms are being transformed into creative and technology-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 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 more than 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.

You will 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

CHILDCARE

We operate multi-purpose childcare centres at the following campuses:

Footscray Park 03 9919 4578 Footscray Nicholson 03 9919 8698 Werribee 03 9919 8098.

ACCOMMODATION

We own and operate a range of student accommodation, including the brand new UniLodge @ VU. This 500-bed complex offers luxury apartment living for our students. Situated across the street from the Footscray Park Campus and close to the vibrant creative arts precinct in Footscray, this complex is just a short walk to shopping and public transport that provides easy access to our other campuses.

vu.edu.au/residences unilodge.com.au/lodge/vu

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

HOW MUCH WILL MY COURSE COST?

COURSE FEES AND FINANCIAL ASSISTANCE

Course costs vary between VE/TAFE and higher education courses, depending on whether you are a government-funded student or full-fee paying student, and the units you select.

Below you will find some important information and a general guide to costs.* The latest information and a specific guide to study costs, including VU's Unit Fee Schedule, is available at:

vu.edu.au/fees

VE/TAFE FEES

The fees you pay as a VE/TAFE student depend on a number of factors, including:

- whether the course is government-funded
- your citizenship status
- when you commence the course
- your age
- your prior qualifications
- the units and course that you enrol in.

Some VE/TAFE students may be eligible for a government subsidy (such as the Victorian Training Guarantee) to support tuition fees, depending on:

- citizenship status
- age at time of enrolment
- prior study completed.

VE/TAFE students are also required to pay an annual Student Services and Amenities Fee. In 2016 this amounted to \$204 for full-time government funded students, \$102 for part-time government-funded students, \$42 for students studying off campus and \$84 for concession card holders. Students studying less than 25 hours are exempt from the fee.

Visit **vu.edu.au/ssaf** for more information on the Student Services and Amenities Fee.

VET FEE-HELP is available to assist eligible students studying higher level vocational education and training (VET) qualifications to pay their tuition fees. Higher-level VET qualifications are at the diploma level and above. VET FEE-HELP can be used to pay all or part of an eligible student's tuition fees, but cannot be used for additional study costs such as accommodation or text books.

Visit **studyassist.gov.au** for further information and to check eligibility.

HIGHER EDUCATION FEES

The options available to students enrolled in higher education courses are:

- Commonwealth Supported Place (CSP) course fees are shared between students and the Australian Government, which subsidises your course fees.
- Full-Fee Place (FFP) you must pay the full cost of your course.

All domestic undergraduate students at Victoria University are enrolled in a Commonwealth Supported Place (CSP).

This table (below) shows the maximum student contribution and full-fee amount for 2016 admissions, per year of full-time study.

STUDENT CONTRIBUTION BAND	MAXIMUM STUDENT Contribution Per 1 year of Full-time study (2016)
BAND 1 Humanities, behavioural science, social studies, education, clinical psychology, foreign languages, visual and performing arts, nursing	\$6,256
BAND 2 Mathematics, statistics, computing, built environment, other health, allied health, science, engineering, surveying, agriculture	\$8,917
BAND 3 Law, accounting, administration, economics, commerce, dentistry, medicine, veterinary science	\$10,440

*All fee information provided here was correct at the time of printing. For the latest guide to fees and payment information, please refer to our website at **vu.edu.au/fees**

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**

Higher education students are also required to pay an annual Student Services and Amenities Fee. In 2016 this amounted to \$290 for full-time students and \$145 for part-time students.

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 DEGREE FEES

If you qualify for an Australian government-funded place under the Research Training Scheme you will not be required to pay course fees.

If you are offered a full-fee paying place you can apply for FEE-HELP government assistance as outlined below.

INTERNATIONAL STUDENTS

For information on course fees as an international student, select your course from the list at:

vu.edu.au/courses/international

PAYING YOUR FEES

There are several options available to help you with the costs involved in studying at university.

HECS-HELP

The Australian Government's Higher Education Loan Program, HECS-HELP, allows Australian citizens and Humanitarian Visa holders to borrow the amount of their student contribution and pay it back once in the workforce and earning a specified amount. You also have the option of paying some or all of your student contribution up-front and receiving a discount.

FEE-HELP

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 study-related costs. 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-advice

"VU students have a leg up when it comes to making a career in the very competitive sports industry."

"The facilities in VU's College of Sport and Exercise Science are second to none and they have leading sports researchers teaching there. They also have the opportunity to complete placements with professional organisations where they get practical hands-on experience as well as networking opportunities – opportunities that people who graduate from other universities just won't have.

At Netball Victoria, we're proud to have a number of VU graduates working with us – including one of our general managers and one of our senior managers. Having practical experience has helped them be very strong performers in our industry. We find that people who come through programs such as VU's, which places a high emphasis on practical learning, are ready to work, willing to work and know how to work."

MICHELLE PLANE CEO of Netball Victoria (2012-16)





HOW TO APPLY

There are several ways to apply for courses at VU, based on:

- your chosen course study level
- your residency status
- the time of year
- whether you are a current or recent student of VU (within the last six months).

UNDERGRADUATE AND TAFE

Applications for undergraduate and vocational education (VE/TAFE) courses are either made through the Victorian Tertiary Admissions Centre (VTAC), or by direct application to the University.

Information about all VU courses offered through VTAC can be accessed on the VTAC website at:

vtac.edu.au

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

vu.edu.au/apply

POSTGRADUATE

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

vu.edu.au/apply

WANT TO KNOW MORE?

COURSE ADVICE

Phone 03 9919 6100 or 1300 VIC UNI gotovu.custhelp.com 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 28 August 2016.

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

GOTOVU 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

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Footscray Park Campus Ballarat Road, Footscray

For further course information: phone 03 9919 6100 or 1300 VICUNI gotovu.custhelp.com



vu.edu.au/sport-exercise-science

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