

Diploma of Exercise Studies

includes:

Diploma of Exercise Studies

The course includes the following awards:

Diploma of Exercise Studies *DipExStudies*

Course Study Modes and Locations

Diploma of Exercise Studies (4115ES)

Distance Education - Bathurst

Availability is subject to change, please verify prior to enrolment.

Normal course duration

Diploma of Exercise Studies

Full-time 1.0 years (2.0 sessions)

2.0 - Part-time

Normal course duration is the effective period of time taken to complete a course when studied Full-time (Full-time Equivalent: FTE). Students are advised to consult the Enrolment Pattern for the actual length of study. Not all courses are offered in Full-time mode.

Admission criteria

[CSU Admission Policy](#)

Graduate-Entry membership assessment letter from Exercise and Sports Science Australia (ESSA);

AND

an additional applicant statement comprising of a one (1) page letter outlining reasons for wanting to undertake the course.

Eligibility for admission will be based on the capacity for the course to meet individual student needs.

Credit

[CSU Credit Policy](#)

As a 64 credit point course, no credit arrangements permitted.

Graduation requirements

To graduate students must satisfactorily complete 64 points.

Course Structure

The Diploma consists of a total of 64 credit points. The course will consist of eight (8) x 8 credit point subjects from a restrictive listing of twelve (12) subjects. It involves one (1) year for full-time study or two (2) years for part-time study and will be available by distance education. Subjects will provide the following prerequisite discipline content that will prepare students for postgraduate study in Exercise Physiology:

Exercise Physiology
Functional Anatomy
Biomechanics
Exercise Behaviour/Exercise and Sport Psychology
Motor Learning and Skill Acquisition
Motor Control
Human Growth, Motor Development, and Ageing
Health, Fitness and Performance
Exercise Programming and Prescription
Nutrition, Health, and Body Composition
Exercise Science Practicum
Exercise, Health and Disease

Enrolment Pattern

FULL-TIME ENROLMENT

Students to choose eight (8) subjects from the following restrictive listing of twelve (12) subjects, to be completed over a one year period for full-time study and may require up to three (3) consecutive academic sessions of study.

Session 1

[EHR109](#)Introduction to Sport and Exercise Behaviour
[EHR202](#)Human Exercise Physiology
[EHR211](#)Functional Anatomy & Human Performance
[EHR225](#)Growth, Motor Development & Ageing
[EHR330](#)Neuroscience of Motor Behaviour
[EHR332](#)Nutrition for Health & Performance

Session 2

[EHR214](#)Skill Acquisition
[EHR218](#)Biomechanics
[EHR221](#)Conditioning & Physical Activity
[EHR226](#)Exercise Testing & Prescription
[EHR331](#)Exercise, Health & Disease

Session 3

[EHR320](#)Work Integrated Learning (WIL) Project

PART-TIME ENROLMENT

Students to choose eight (8) subjects from the following restrictive listing of twelve (12) subjects, to be completed over a duration of two (2) years part-time study.

Session 1

[EHR109](#)Introduction to Sport and Exercise Behaviour
[EHR202](#)Human Exercise Physiology
[EHR211](#)Functional Anatomy & Human Performance
[EHR225](#)Growth, Motor Development & Ageing
[EHR330](#)Neuroscience of Motor Behaviour
[EHR332](#)Nutrition for Health & Performance

Session 2

[EHR214](#)Skill Acquisition
[EHR218](#)Biomechanics
[EHR221](#)Conditioning & Physical Activity
[EHR226](#)Exercise Testing & Prescription
[EHR331](#)Exercise, Health & Disease

Session 3

[EHR320](#)Work Integrated Learning (WIL) Project

Workplace learning

Please note that the following subjects may contain a Workplace Learning component.

EHR320 Work Integrated Learning Project

Residential School

Please note that the following subjects may have a residential school component.

EHR202 Human Exercise Physiology
EHR211 Functional Anatomy & Human Performance
EHR221 Conditioning & Physical Activity
EHR226 Exercise Testing & Prescription
EHR330 Neuroscience of Motor Behaviour

Enrolled students can find further information about CSU residential schools via the [About Residential School](#) page.

Contact

For further information about Charles Sturt University, or this course offering, please contact info.csu on 1800 334 733 (free call within Australia) or email inquiry@csu.edu.au

The information contained in the 2016 CSU Handbook was accurate at the date of publication: October 2015. The University reserves the right to vary the information at any time without notice.

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