

# Diploma of Exercise Studies

*includes:*

## **Diploma of Exercise Studies**

**The course includes the following awards:**

Diploma of Exercise Studies *DipExStud*

## **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)

Part-time 2.0 years (4.0 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**

### **Current Students**

For any enquiries about subject selection or course structure you will need to contact your Course Director. You can find the name and contact details for your Course Director in your offer letter or contact your School office.

### **Prospective Students**

For further information about Charles Sturt University, or this course offering, please contact info.csu on 1800 334 733 (free call within Australia) or [enquire online](#).

*The information contained in the 2017 CSU Handbook was accurate at the date of publication: May 2017. The University reserves the right to vary the information at any time without notice.*

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