

Sport, Health, Physical and Outdoor Education

Turn your passion into a career

If you have a talent for motivating and inspiring people – and want to pursue this as your career – our health, sport and physical education qualifications will give you the tools you need to make it happen, anywhere in the world.

At our new state of the art Health and Sports Precinct, our students develop their practical and clinical skills in a high-quality learning environment. Offering the ideal backdrop to extend our world-class research, these facilities also provide sports science students with commercial experience in the student-led clinic and community gymnasium. The updated anatomy and physiology laboratories also supports learning and teaching in health related courses such as exercise science, physical education, nursing, paramedicine and biomedical science.

STUDY TYPE		LOCATION	DURATION (YEARS)	FEES
SPORT, HEALTH, PHYSICAL AND OUTDOOR EDUCATION				
U	Bachelor of Exercise and Sport Science	★ Ballarat	3	\$31,100
U	Bachelor of Health and Physical Education	★ Ballarat ★ Gippsland	4	\$26,700
U	Bachelor of International Sport Management	★ Online	3	\$18,000
U	Bachelor of Outdoor and Environmental Education	★ Ballarat ★ Gippsland	3	\$28,500
P	Master of Clinical Exercise Physiology	★ Ballarat	1.5	\$31,100
P	Master of Strength and Conditioning	★ Ballarat	1.5	\$31,100

Bachelor of Exercise and Sport Science

Develop knowledge, instructional and practical skills with core studies in biomechanics, anatomy, physiology, exercise and health whilst pursuing an interest in either applied exercise programming, health or teaching. You will examine key aspects of sport science and learn how to plan, implement and evaluate exercise delivery for healthy and diverse populations. Apply your knowledge and skills through completing 250 placement hours within the industry.

LOCATION Mt Helen (Ballarat)		INTAKE February, July
DURATION 3 years	CRICOS 063657D	ANNUAL FEE \$31,100
ENTRY REQUIREMENTS Successful completion of Australian Year 12 with final-year mathematics courses or overseas equivalent. Academic IELTS with an overall score of 7.0 with no band less than 7.0 or equivalent.		
PROFESSIONAL RECOGNITION Exercise and Sports Science Australia (ESSA).		

Bachelor of Health and Physical Education

Specialise in health and PE education as well as another teaching method in English, history, maths, psychology, science or outdoor education. Areas of study include exercise physiology, biomechanics, motor development and learning, fundamentals and foundations of health and physical education, health and human development, nutrition, physical activity, creative movement, applied sports science, contemporary curriculum design, pedagogy and assessment for teaching and learning in health and physical education. You will also participate in 640 placement hours across 16 weeks as part of your degree.

LOCATION Mt Helen (Ballarat), Churchill (Gippsland)		INTAKE February
DURATION 4 years	CRICOS 080394C	ANNUAL FEE \$26,700
ENTRY REQUIREMENTS Successful completion of Australian Year 12 with final-year mathematics courses or overseas equivalent. Academic IELTS with an overall score of 7.5 with no band less than 8.0 in speaking and listening and no less than 7.0 in reading and writing.		
PROFESSIONAL RECOGNITION Victorian Institute of Teaching (VIT), Australian Council for Health Physical Education and Recreation (ACHPER).		



Bachelor of International Sport Management

Delivered in partnership with the World Academy of Sport, this online degree combines industry expertise with practical academic insights. Gain access to exclusive case studies and interviews from world leaders in sport management and become a future sport leader with 21st century skills. As part of your degree, second year students will complete 150 hours of placement. Students in their third and final year will complete a minimum of 280 hours of placement, or up to 560 hours in the internship course if eligible.

LOCATION Online/Off-campus		INTAKE February, July
DURATION 3 years	CRICOS Online	ANNUAL FEE \$18,000
ENTRY REQUIREMENTS Successful completion of Australian Year 12 with at least Year 11 Mathematics; or overseas equivalent. Academic IELTS with an overall score of 6.0 with no band less than 6.0 or equivalent.		

Bachelor of Outdoor and Environmental Education

Now is a great time to learn leadership, teaching and people skills to educate students about the outdoors and the environment. This course has a blend of hands-on and theoretical work, with subjects including outdoor leadership, community and bush environments, and coastal environments. You can also choose to major in tourism, human behaviour or conservation science. Perhaps you'll work in resorts, councils or community organisations. And maybe you'll start your own ecotourism company. As part of your studies you will participate in 200 hours of placement across 5 weeks.

LOCATION Mt Helen (Ballarat), Churchill (Gippsland)		INTAKE February, July
DURATION 3 years	CRICOS 085612B	ANNUAL FEE \$28,500
ENTRY REQUIREMENTS Successful completion of Australian Year 12 or overseas equivalent. Academic IELTS with an overall score of 7.5 with no band less than 7.0 or equivalent.		
PROFESSIONAL RECOGNITION Outdoors Victoria (OV), Outdoor Education Australia (OEA)		

Master of Clinical Exercise Physiology

Explore how exercise sciences integrates with the practical ability to develop and manage exercise programs for the prevention, treatment and ongoing management of injuries, chronic disease and complex conditions. Clinical knowledge, skills and experience is further applied to the completion of a research thesis or project. You will complete 540 hours of placement during your degree in the on-campus clinic and a range of external clinical settings.

LOCATION Mt Helen (Ballarat)		INTAKE February
DURATION 1.5 years	CRICOS 083032E	ANNUAL FEE \$31,100
ENTRY REQUIREMENTS Graduate Diploma of Clinical Exercise Physiology course-work component or overseas equivalent. Academic IELTS with an overall score of 7.0 with no band less than 7.0 or equivalent.		
PROFESSIONAL RECOGNITION Exercise and Sport Science Australia (ESSA).		

Master of Strength and Conditioning

Gain accreditation required to work with high achieving athletes and equip yourself with the skills to determine physical qualities such as strength, power, speed, agility and endurance. Other subject areas covered include recovery, nutrition, injury prevention and rehabilitation.

LOCATION Mt Helen (Ballarat)		INTAKE February
DURATION 1.5 years	CRICOS 096085G	ANNUAL FEE \$31,100
ENTRY REQUIREMENTS Successful completion of an Australian bachelor degree (or higher) or overseas equivalent in either exercise science, sport science, human movement, physical education or physiotherapy and at least one course in human anatomy, physiology, biomechanics, motor learning/skill acquisition, psychology, and exercise prescription. Academic IELTS with an overall score of 7.0 with no band less than 6.5 or equivalent.		
PROFESSIONAL RECOGNITION Australian Strength and Conditioning Association (Level 2 S&C coach). Note: This is dependent on the student's background on entry to the course.		

Federation University Australia

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Coursefinder study.federation.edu.au

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