



• MELBA COPLAND

Health & Sports Science
Outdoor & Physical Education

Exercise Science (T/A)



UNITS

Anatomy and Physiology
of the Human Body

Factors Affecting
Performance

Preparation for Training
and Performance

The Body in Motion

Exercise science examines theories of the biological, physiological, biomechanical and psychological, the interrelationship and influences on performance and participation in physical activity. Students develop insights into the science underpinning sports performance and movement. When students undertake practical activities in Exercise Science they gain knowledge through experiential learning.

This course prepares students for further study and provides pathways into careers such as physiotherapy, sport and injury prevention, fitness training and allied health.

Contact Yasmin Noonan | yasmin.noonan@ed.act.edu.au | www.mcass.ed.act.edu.au
Ian Mongan | ian.mongan@ed.act.edu.au | www.mcass.ed.act.edu.au