

2016 Student Guide

SCHOOL OF HUMAN MOVEMENT AND NUTRITION SCIENCES UNDERGRADUATE



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Welcome from the Head of School

Welcome to what I hope will be a journey of discovery as you embark on your undergraduate career.

The School of Human Movement and Nutrition Sciences (HMNS) is internationally renowned as one of Australia's leading education and research centres in the human movement and nutrition sciences. You are joining a vibrant and friendly community of highly awarded teaching staff and dedicated students.

The HMNS Student Guide, in addition to important information regarding your specific program and our School on our UQ and HMNS websites, are excellent reference sources for information regarding your program and university policy and procedures and I encourage you to peruse them both at your convenience.

Best of luck for your studies in 2016.

Regards



Andrew Cresswell



The University of Queensland
Head of School, Professor Andrew Cresswell

Our School

The School of Human Movement and Nutrition Sciences offers a range of high quality undergraduate, postgraduate and research programs in the interdisciplinary areas of human movement and nutrition, which includes, but is not limited to, clinical exercise physiology, exercise science, health sport and physical education, dietetics and coaching.

Our School provides world leading staff and state-of-the-art facilities which provide our students with a world-class education.

We take an interdisciplinary approach to research which is critical to allow effective translation of research outcomes for policy and practice. We pride ourselves on translating knowledge into action.

Our research is diverse and focuses on addressing multi-dimensional questions related to how and why humans move and obtain nutrition. We focus on areas critical to health and disease prevention across the lifespan - including exercise, physical activity and health, dietetics and nutrition, sensorimotor neuroscience, sport, physical and health education.

The School Human Movement and Nutrition Sciences is located within the Faculty of Health and Behavioural Sciences which offers the widest range of health study areas of any Australian University, featuring more than a dozen disciplines. The Faculty has a reputation for research discoveries with local and global impact.

Undergraduate Programs

The purpose of this booklet is to provide new and continuing students with general information about the programs and courses offered by the School of Human Movement and Nutrition Sciences and to acquaint students with the philosophy, organisation and internal policies of the School.

This Student Guide is intended as a guide only and as such does not constitute an official document of The University of Queensland. The information in this booklet should therefore be read in conjunction with The University of Queensland's Policies & Rules and Courses & Programs Information. The University of Queensland Program Information Handbook is available for purchase from the University Bookstore on the St Lucia campus and all students are encouraged, in the strongest possible terms, to acquaint themselves with the rules relevant to their particular program of study.

Bachelor of Exercise and Sport Sciences (Honours)

From the Program Convenor, BExSS (Hons)

The BExSS (Hons) degree is designed to prepare students for careers in health, exercise, fitness and sports industries. The program comprehensively prepares students for professional practice in clinical exercise physiology, exercise science, sports science and related areas. Students will learn and gain practical experience across a variety of professional settings.

Major in Clinical Exercise Physiology

As a Bachelor of Exercise and Sport Sciences (Honours) student you will have the choice after your second year of study (on successful completion of all Part A courses) to continue to study **Exercise and Sport Sciences** or enrol in the **Clinical Exercise Physiology (CEP)** major.

The CEP major covers all aspects required for graduates to be eligible for a Medicare provider number to practice as an accredited Clinical Exercise Physiologist. Entry to the major will be determined by cumulative GPA.

Professional Membership: Exercise and Sports Science Australia

Regards,

Tina Skinner



The University of Queensland
Program Convenor, BExSS (Hons), Dr Tina Skinner

First Year Enrolment - BExSS (Hons)

Semester 1

BIOM1050	Biology for Health Sciences
BIOL1900	Biophysical Development, Measurement & Assessment
NUTR1023	Health & Fitness through Diet & Exercise
SPCG1000	Sport Coaching: Learning, Talent and Performance

Semester 2

ANAT1005	Anatomical Basis of Human Movement
HMST1910	From Bradman to Freeman: Mythic Qualities of Australian Sport
HPRM1000	Physical Activity & Health
PHYL1007	Physiology for Human Movement Studies

Bachelor of Health, Sport and Physical Education (Honours)

From the Program Convenor, BHSPE (Hons)

The BHSPE (Hons) degree is designed to prepare students for careers in junior science, health and physical education. It also prepares students for professional practice in sport education and related areas.

The program provides students with an integrated education in the discipline of human movement studies as well as a comprehensive preparation for professional practice in education and related areas such as sports coaching, health promotion and recreation management.

Graduates of the Bachelor of Health, Sport and Physical Education (Honours) program can undertake further study to gain qualifications as a Clinical Exercise Physiologist or Sports Coach.

Professional Memberships:

- Queensland College of Teachers
- Australian Council for Health, Physical Education and Recreation

Regards,

Eimear Enright



The University of Queensland
Program Convenor, BHSPE (Hons), Dr Eimear Enright

First Year Enrolment – BHSPE (Honours)

Semester 1

BIOM1050	Biology for Health Sciences
BIOL1900	Biophysical Development, Measurement & Assessment
NUTR1023	Health & Fitness through Diet & Exercise
SPCG1000	Sport Coaching: Learning, Talent and Performance

Semester 2

ANAT1005	Anatomical Basis of Human Movement
HMST1910	From Bradman to Freeman: Mythic Qualities of Australian Sport
HPRM1000	Physical Activity & Health
PHYL1007	Physiology for Human Movement Studies

Bachelor of Exercise and Nutrition Sciences

From the Program Convenor, BENS

The BENS program is a versatile degree that recognizes not only the influence of exercise and nutrition on the development of a number of diseases, but also the relationship between nutrition and human performance.

The program provides students with a broad understanding of scientific principles as well as integrating key areas of exercise and nutrition sciences. Students will be given the foundations to enter a diverse range of fields, continue on to postgraduate study in specialisations such as clinical exercise physiology, dietetics, sports coaching, medicine or physiotherapy, or move into an honours program to pursue a research area of interest.

The degree's flexibility allows students to tailor their program to meet their interests and career aspirations.

Graduates in BENS Program can work in/as:

- Sport and recreation officer
- Community nutritionist
- Delivering corporate health and wellness programs
- Promotion of nutrition and physical activity in schools
- Careers in the fitness industry
- Providing nutrition communication for the food industry

Regards

Michael Leveritt



The University of Queensland
Program Convenor (BENS), Dr Michael Leveritt

First Year Enrolment – BENS

Semester 1

BIOM1050	Biology for Health Sciences
BIOL1900	Biophysical Development, Measurement & Assessment
NUTR1023	Health & Fitness through Diet & Exercise
[CHEM1090	Introductory Chemistry
or	
[CHEM1100	Chemistry 1

Semester 2

ANAT1005	Anatomical Basis of Human Movement
PHYL1007	Physiology for Human Movement Studies
HPRM1000	Physical Activity and Health
[CHEM1200	Chemistry 2
or	
[CHEM1221	General, Organic & Biological Chemistry

Bachelor of Exercise and Nutrition Sciences (Honours)

The Bachelor of Exercise and Nutrition Sciences (Honours) is offered to students with a generalist background in the exercise sciences and nutrition sciences who wish to gain honours qualification. This one-year program offers students the opportunity to undertake research studies in a range of fields such as human movement studies (e.g. biomechanics, motor control, exercise physiology, sport and exercise psychology) and nutrition (e.g. food science, food and society, nutrition and disease). The degree will serve as an important entry point into postgraduate research higher degree programs.

Class of Honours

The class of honours for BExSS (Hons) & BHSPE (Hons) and BENS (Hons) programs will be calculated on the basis of the GPA of the results obtained by a student across the 16 units of courses identified in the [course list](#).

Course Outlines

The Electronic Course Profile (ECP) is used to publish course “profiles” which includes information about course coordinators, course content, resources, activities and assessment. <https://www.courses.uq.edu.au>

Courses are a distinct unit of study within a program, normally undertaken over one semester for which a result is given. Each course is identified by its alphanumeric code, a title and fixed unit value. Courses are administered within the individual academic schools of the University.

UQ students who wish to view Electronic Course Profiles (ECP) of courses in which they are enrolled can do so via mySI-net. All published profiles are accessible from the Programs and Courses website www.uq.edu.au/study. The course profile is to be made available to students in both electronic and hard copy form no later than the first scheduled learning activity for each offering of the course. Schools have the option of setting an earlier date for the release of course profiles to facilitate student learning.

Learn.UQ

Learn.UQ uses the learning management system Blackboard. Every undergraduate course offered at UQ has a Learn.UQ course for its students.

Blackboard is an educational, teaching and learning framework providing electronic delivery of coursework material. Online course information is provided to you to enable them to access course information and communication in an interactive environment.

Important Dates

Please note there are several key dates affecting students throughout the year. All of the important key dates can be found in the UQ Enrolment Guide 2016 and also at the following website: <http://www.uq.edu.au/startingatq/important-dates>

Course Prerequisites & Requirements

Immunisation

Before commencing a course in which, in the opinion of the Executive Dean, the student may be at risk of contracting or passing on a blood-borne virus or other disease, the student must complete a schedule of immunization approved by the executive dean.

The requirements under sub-rule (1) may be waived only if (a) the student provides evidence of his or her status with respect to immunity against blood-borne viruses or other diseases prescribed in the schedule; or (b) approved by the Executive Dean.

Permission to Enrol

Enrolment in some courses will not be permitted until permission is gained from HMNS Administration. This will involve courses for which, in the opinion of the Executive Dean, the student is required to prove attainment of specific prerequisites which may include immunization, First Aid Certificate, Blue Card, GPA Requirement or particular course(s) being passed. For permission to enrol, please contact hmns@uq.edu.au

Blue Card

BExSS (Hons) students are required to have a valid Blue Card before the commencement of Year 2 of their program. BHSPE (Hons) students are required to have a valid Blue Card Before commencing a course in which children or young people may be involved.

To receive a Blue Card a compulsory screening process is conducted based on your criminal history, to determine your suitability to work in child-related employment (Commission for Children and Young People Act 2000). All Blue Card information and forms are available from <http://www.bluecard.qld.gov.au/applications/applications.html>

Pre-filled School of Human Movement and Nutrition Sciences forms are also available from HMNS reception.

First Aid and CPR Certificate

BExSS (Hons) students must provide evidence of a valid first aid and CPR certificate before the commencement of Year 2 of their program and thereafter hold a current first aid and CPR certificate for the duration of the program. BHSPE (Hons) students must provide evidence of a valid first aid and CPR certificate before the commencement of year 3 of the program and thereafter hold a current first aid and CPR certificate for the duration of the program.

Placement Courses

Students on a placement course – also known as a work placement, internship, industry study, industry experience, clinical practice, clinical placement, practical work, practicum, fieldwork, teaching practice – should refer to the University policy, Placement Courses (link to: <https://ppl.app.uq.edu.au/content/3.10.04-placement-courses>) for information on course administration, assessment, dispute resolution, expectations and responsibilities.

For information about BExSS (Hons) and BHSPE (Hons) practicums <http://www.hms.uq.edu.au/current-students/undergraduate-students/practicum-information/>

BExSS (Hons) students can apply for the Clinical Exercise Physiology major at the end of year one. Entry is by competitive selection based on GPA.

International Exchange Program

As a HMNS student, you have the opportunity to apply to undertake 1-2 semesters of your program at an overseas university as part of the UQ Abroad international exchange program. Full credit towards your program may be obtained for these studies. In addition to the 130 participating universities worldwide, several of which offer HMNS-related courses, four exchange programs also exist specifically for HMNS students: Loughborough University (UK), University of Michigan (USA), University of Saskatchewan (Canada), and University of Tsukuba (Japan).

Students contemplating exchange need to firstly visit the UQ Abroad Resource Room, Open Monday-Friday (during semester only) from 11:00am to 2:00pm, Room 220, Level 2, Student Union Complex (building 21C) St Lucia. Students can also visit the [UQ Abroad website](#) and the HMNS [website](#) for more information about Study Abroad and Incoming Exchange.

School Equipment and Rooms

Student Learning Centre

The Student Learning Centre is a purpose-designed premise which is for the exclusive use of students enrolled with the School of Human Movement and Nutrition Sciences. Students from a wide range of degree programs will benefit from the new facility.

The Centre is designed to improve student learning experiences and services and has the capacity to accommodate 100 students. Located on the ground floor (level 1) of the Connell Building, it provides teaching and learning space with a special focus on a technology-rich environment and flexible learning spaces that enhance experiential learning.

The centre includes:

- open space with semi-closed and private booths enabling students to use the spaces for independent personal study and formal or informal group collaboration
- five flat-screen TVs/video/DVDs for learning support and entertainment
- new bathrooms and change rooms
- Wi-Fi and internet connectivity
- laser printing
- food preparation amenities.

Laboratories

Laboratories are not open to general student use outside of scheduled class times and are not to be used as study areas. The laboratories are for teaching and research and their use must be authorised by the lecturer concerned and supervised by a member of the lecturing or tutorial staff.

Requests for use of laboratory space should be made at least 24 hours prior to the time required and bookings are normally handled by the HMNS Receptionist.

All laboratory areas must be left clean and tidy after use. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. The storage and/or consumption of food and drink in the laboratories is strictly forbidden. Used electrodes, blood sampling items, and any other pathological waste material must also be disposed of in the appropriate manner. Signs located in all laboratories provide instructions for the disposal of specific material.

Any faulty or damaged equipment must be immediately reported to the School Attendant or another member of the Technical Support staff.

Gymnasiums and School-Controlled Rooms

The same basic rules that apply to laboratories also apply to these areas. Priority usage is for School classes and activities. The gymnasiums are NOT for general usage. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. Use is restricted to the teaching and research activities of the School and select outside groups with authorised bookings. People wishing to book School-controlled rooms need to contact the HMNS Reception.

After Hours Use of Facilities

Most laboratories will normally be locked afterhours. Occasionally, laboratories may be open outside normal working hours but access is restricted to authorised staff and students involved in formally scheduled laboratory and/or tutorial classes.

Students who need to use laboratories afterhours or on weekends, other than for scheduled classes, must have written authorisation to be on the premises, signed by their supervisor. Authorisation should be obtained by the student at least 24 hours prior to the time the laboratory is required. This is a University of Queensland OH & S guideline and a School of Human Movement and Nutrition Sciences requirement. The authorisation form, Working After Hours Form – Students is Appendix A, and also page 4 of the OH & S Guideline – Working after hours or in isolation (Students) and is available on the University of Queensland OH&S webpage <http://www.uq.edu.au/ohs/> or through reception. A member of the technical staff will arrange for door and alarm access after appropriate written permission has been obtained.

Scientific Equipment & Sporting Equipment

NO equipment will be lent to students for use other than those directly related to class activities.

The usage of sporting equipment and specific scientific equipment is coordinated by the School Attendant and/or a member of the Technical Staff team. Students wishing to borrow equipment for projects or practicals should complete an Issue Record form (available from the School Attendant). Unless a previous arrangement has been negotiated, these forms should be submitted to the Technical Support Group at least 24 hours prior to the time the equipment is required.

When students borrow equipment, they may be required to surrender their Student Card as a deposit. This Card is then returned to its owner when the equipment is returned. Equipment must be returned in its original condition on or before the return date shown on the Issue Record form. Any faulty equipment should be reported immediately. Borrowers may be charged the replacement cost of any lost items.

Equipment ordered using an Issue Record form is to be collected from the School Attendant. When there is a requirement to have the equipment set up or located by the Technical Support Group, further written instructions (e.g. email) detailing this requirement must be submitted to the School Attendant. All requests for technical support from students must have the written approval of their course lecturer. The School Attendant may be contacted by emailing to SchoolAttendant@uq.edu.au.

Any requests for scientific equipment to be used off campus must be approved by the relevant lecturer and the Head of School.

Photocopying

The School copying machines are for the use of staff and postgraduate students only. Card operated machines have been installed on the campus for undergraduate student use, the nearest machines being at the Social Science and Humanities Library and the Student Union complex.

Computing Equipment

Independent use of the School's computing facilities is restricted to staff and suitably trained postgraduate students and is controlled by a password system. Undergraduate students may only use computing equipment other than that located in the Student Learning Centre on level 1 of the Connell building, under the direct supervision of a staff member. Please note that it is a strict requirement that any removable media brought into the School, MUST be checked with a virus scanner. All school (HMNS) computers have virus scanners installed for this purpose. No computing equipment may be connected to the School's network without first being checked UQ IT staff. Please note that wireless network connection is available throughout the HMNS buildings as well as most of the UQ St Lucia campus.

Prizes and Awards

The following prizes are presented annually to outstanding Human Movement and Nutrition Sciences students.

The Reginald Capps Memorial Prize - Established to perpetuate the memory of Reginald Capps, the first technician appointed to the Department of Human Movement Studies, awarded to the undergraduate student who completes, with distinction, a project which, in the opinion of the Head of School, makes the best use of the technical resources of the School.

The Kent Pearson Memorial Prize - Established in 1986 in recognition of and to commemorate the contribution made to the School and the University by the late sport sociologist Dr Kent Pearson, awarded to the undergraduate student who obtains the best results in the sociology of sport course.

The Patricia Mary Poacher Prize - Established in 1994 in honour of Patricia Mary Poacher, a past member of the Queensland State Vigoro team, awarded to the undergraduate student who, undertakes either *History of Sport & Physical Activity in Australian Society* or the *Olympic Movement and Society*, and writes the best essay relevant to the course.

The Warren Walsh Memorial Prize - Established in 1994 in memory of Warren Walsh a former student and staff member of the Department of Human Movement Studies, awarded to the student completing a PhD within the field of Human Movement Studies, who achieves the most outstanding performance, based primarily on the contribution made to the student's academic discipline but also on the contribution made to teaching, research and the life of the School generally.

The P.A. Hastie Prize - Awarded to the graduating BHSPE student who has the highest grade point average in compulsory courses within years 3 and 4 of the BHSPE degree. To be eligible for this award the student must have received outstanding reports for EDUC4005.

Proscribe Prize - Awarded in recognition of an outstanding honours paper in health sciences from students enrolled in the Bachelor of Exercise & Sport Sciences or Bachelor of Health, Sport & Physical Education program.

The Patrick Cuskelly Memorial Prize - This prize was established as a memorial in 2008 to Patrick Cuskelly, a 4th year Exercise Science student. Awarded to the graduating student who, like Patrick, performed outstandingly on all aspects of their major practicum in Exercise Science. The award is donated by the HMNS Student Society and the Cuskelly Family.

The School of Human Movement and Nutrition Sciences Exercise and Sport Sciences Prize - Awarded in recognition of academic excellence for Bachelor of Exercise and Sport Sciences graduating student. Highest cumulative GPA.

The School of Human Movement and Nutrition Sciences Health, Sport & Physical Education Prize - Awarded in recognition of academic excellence for Bachelor of Health, Sport and Physical Education graduating student. Highest cumulative GPA.

The School of Human Movement and Nutrition Sciences Exercise and Nutrition Sciences Prize - Awarded in recognition of academic excellence for Bachelor of Exercise and Nutrition Sciences graduating student. Highest cumulative GPA.

Postgraduate Coursework

At the postgraduate level the School offers Graduate Certificate and Masters level programs in Clinical Exercise Physiology, Dietetics, Sports Psychology, Sports Medicine and Sports Coaching. The School also contributes courses into the Master of Physiotherapy (Sports Physiotherapy) program, offered by the School of Health and Rehabilitation Sciences and the postgraduate coursework suite for Rural Health Practitioners.

For more details about Postgraduate Coursework Programs offered by the School of Human Movement and Nutrition Sciences please to the School website <http://www.hmns.uq.edu.au/>

Research

Research masters (MPhil) and doctoral (PhD) studies are available within the School in all fields of Human Movement and Nutrition Sciences. These research degrees are administered through the University's Graduate School. Research programs within the School cover a broad spectrum of areas in (i) movement science/exercise science, (ii) socio-cultural perspectives on sport and physical activity, (iii) the pedagogical aspects of health and physical activity and (iv) the health aspects of physical activity and movement and (v) dietetics. In the movement/exercise sciences, active research programs exist in exercise physiology and biochemistry, nutrition, motor control, biomechanics and sport and exercise psychology.

Research degrees prepare graduates for full-time careers in research and development in both academia and industry, pathways to teaching careers in tertiary institutions and valuable skills for management positions more broadly.

For more information on the entry requirements of the Master of Philosophy (MPhil) and the Doctor of Philosophy (PhD) should visit <http://www.uq.edu.au/grad-school/our-research-degrees>. The MPhil thesis provides evidence of significant research as the culmination of 1–2 years full-time equivalent study and research training.

The PhD thesis provides evidence of a contribution to knowledge with a level of originality consistent with 3–4 years of full-time study and research training.

Student Society

The Human Movement and Nutrition Sciences Student Society is responsible for the interests of the students and for the planning of a number of social events in the University year. It is responsible for ensuring that there is a student representative who attends staff meetings and various other academic committees. Should a student/group of students have any grievance they should seek counsel from the individual staff member, Course Coordinator, Student and Academic Administration Manager, or make representation, through the Student Society, to the Head of School.

The Student Society meets at a mutually convenient time in the Student Learning Centre, which is located on Level 1, of the Human Movement Studies Building. The Student Learning Centre is available for general student use, however any activities (such as ball games), which may lead to damage to the buildings and fittings, are not permitted in the near vicinity of this space. To contact Student Society, email hmns.studentsociety@uq.edu.au

Support Services

Students who may experience personal problems that are affecting their study can contact the School or Student Services <http://www.uq.edu.au/student-services/>

School Contacts

School of Human Movement and Nutrition Sciences
Level 5, Human Movement Studies Building (26B), Blair Drive
The University of Queensland
St Lucia QLD 4072

Telephone: +61 7 3365 6240
Facsimile: +61 7 3365 6877
Email: hmns@uq.edu.au

For a list of our Academic and Professional staff, and Academic Title Holders please go to the HMNS website www.hmns.uq.edu.au/our-staff/