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2020 Undergraduate Student Guide

School of Human Movement and Nutrition Sciences



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Welcome from the Head of School

Welcome to what I hope will be a journey of discovery and learning as you embark on an undergraduate career in your field of choice.

The School of Human Movement and Nutrition Sciences (HMNS) is internationally renowned as one of Australia's leading education and research institutions in the human movement and nutrition sciences and has been ranked consistently by several World University Ranking agencies to be in the Top 5 of more than 300 Universities worldwide.

You are joining a vibrant and friendly community of highly awarded teaching and research staff and dedicated students. Our broad range of programs provide plenty of opportunities for careers in health as Accredited Exercise Physiologists, Accredited Sport and Exercise Scientists, Physical Education, Health and Junior Science Teachers, Dieticians, Nutritionists, Sports Nutritionists, Sport Coaches and Specialists in Sports Medicine. The School is proud of the fact that a high percentage of our graduates achieve full-time employment after their studies.

The HMNS Student Guide is an excellent reference for information regarding your specific program and some of UQ's policies and procedures. The UQ and HMNS websites also provide important information regarding your program, our School and UQ more generally. I encourage you to study the guide and websites closely and contact our HMNS student advisory team or UQ's student services if you have any questions.

Best of luck for your studies in 2020.

Regards



Murray Phillips



The University of Queensland
Acting Head of School,
Professor Murray Phillips, BA (Hons) PhD

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 include, but are not limited to, clinical exercise physiology, exercise science, sport science, health sport and physical education, nutrition and dietetics, sports coaching, sports medicine and sports psychology.

Our School of world leading staff and state-of-the-art facilities gives our students the opportunity of a world-class education.

We take an interdisciplinary approach to research, which is critical to allow effective translation of research outcomes for both policy and practice. We pride ourselves on translating knowledge into action and preparing you for future employment or continued studies.

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

The School of Human Movement and Nutrition Sciences is part of 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 training world leading health professionals as well as research discoveries with local and global impact.

Undergraduate Programs

The purpose of this guide 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 and University.

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 & Procedures and Courses & Programs Information.

Bachelor of Clinical Exercise Physiology (Honours) (BClinExP (Hons))

From the Program Convenor, BClinExP (Hons)

The Bachelor of Clinical Exercise Physiology (Honours) degree will prepare you for an exciting career as an Accredited Exercise Physiologist (as well as an Accredited Exercise Scientist). Accredited Exercise Physiologists or AEPs are recognised allied health professionals who design and deliver exercise interventions for the prevention and management of a range of musculoskeletal, cardiovascular, metabolic, neurologic, cancer and mental health conditions. They also provide advanced health and physical activity education, advice and support to promote a healthy and active lifestyle. Medicare and most private health insurers recognise and subsidise services supplied by Accredited Exercise Physiologists.

This degree covers all aspects required for graduates to be eligible for a Medicare provider number to practice as an Accredited Exercise Physiologist.

Professional Membership: Exercise and Sports Science Australia

Regards,

Dr Emma Beckman



The University of Queensland
BClinExP (Hons) Program Convenor
Dr Emma Beckman, PhD.

First Year Enrolment - BClinExP (Hons)

Semester 1

BIOM1050	Biology for Health Sciences
BIOL1900	Biophysical Dev, Measurement & Assessment
NUTR1023	Health & Fitness Through Diet & Exercise
SPCG1000	Sport Coaching: Learning, Talent & Perf.

Semester 2

ANAT1005	Anatomical Basis of Human Movement
BIOL1630	Biomechanics
HLTH1000	Professions, People and Healthcare
PHYL1007	Physiology for Human Movement Studies

Bachelor of Exercise and Sport Sciences (Honours) (BExSS (Hons))

From the Program Convenor, BExSS (Hons)

The Bachelor of Exercise and Sports Science (Honours) degree will ignite your interest in the complexities of maintaining an active, healthy human body and allow you to make an essential contribution to wellbeing and performance. This program focuses on understanding how to enhance human performance, how the body responds to exercise and physical activity and how to conduct research, which could help build healthier communities and stronger athletes.

As a graduate you will be eligible for professional membership and accreditation with Exercise and Sports Science Australia (ESSA) as an Accredited Exercise Scientist (AES). Students who complete practicum that is consistent with the relevant professional standards may also meet the requirements for accreditation as a Level 1 Sport Scientist (ASpS)*.

You will study at one of the best human movement and nutrition sciences schools in Australia that is known around the world for its research and expert staff. You will also have access to the latest industry equipment in the School's own specialist biomechanics, motor control, exercise physiology and strength conditioning laboratories and health clinics, and UQ's Olympic-standard recreational and sporting facilities.

* Graduates will also be required to address the Level 1 ASpS Professional Standards (Standards 1 to 6) to fulfil accreditation requirements.

Professional Membership: Exercise and Sports Science Australia

Regards,

Professor Tim Carroll



The University of Queensland
BExSS (Hons) Program Convenor
Professor Tim Carroll, PhD

First Year Enrolment - BExSS (Hons)

Semester 1

BIOM1050 Biology for Health Sciences
BIOL1900 Biophysical Dev, Measurement &
 Assessment
NUTR1023 Health & Fitness Through Diet &
 Exercise
SPCG1000 Sport Coaching: Learning, Talent &
 Perf.

Semester 2

ANAT1005 Anatomical Basis of Human
 Movement
BIOL1630 Biomechanics
HLTH1000 Professions, People and Healthcare
PHYL1007 Physiology for Human Movement
 Studies

Bachelor of Health, Sport and Physical Education (Honours) (BHSPE (Hons))

From the Program Convenor, BHSPE (Hons)

Welcome to the **Bachelor of Health, Sport and Physical Education (Honours)**. This degree will prepare you to teach young people from all backgrounds to understand and enhance health and wellbeing – both at a personal and a community level. As a prospective Health and Physical Education teacher, you will learn how to foster knowledge, understanding and skills that support young people to develop physical skills, self-esteem, resilience, social skills, satisfying relationships, and healthy and active lifestyles. Within the BHSPE (Hons) program, you will gain a comprehensive understanding of both the biophysical (e.g., anatomy, physiology) and sociocultural (e.g., sociology, history) foundations of human movement.

During your BHSPE (Hons) program, you will undertake more than **100 days of practical teaching experience** in a variety of settings including kindergarten, primary, secondary and special needs. Your professional experience will culminate with an entire school term at a secondary school during your fourth year. You will graduate with a **highly respected honours degree** and qualify with the Queensland College of Teachers as a **specialist teacher in Junior HPE, Senior PE, Senior Health and Senior Biology**. In recent years, BHSPE (Hons) graduates have achieved **100% employment**.

Graduates of the BHSPE (Honours) program can undertake further study to gain qualifications in Exercise and Sports Science, Clinical Exercise Physiology, Coaching and other sport or health related fields.

UQ's School of Human Movement and Nutrition Sciences proudly boasts the longest history of Physical Education teacher education in Australia, as well as an international reputation for leading research and expert staff across all disciplines of human movement. UQ also has world-class teaching and sports facilities.

We look forward to you joining us in 2019.

Professional Memberships:

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

Regards,

Dr Michalis Stylianou



The University of Queensland
BHSPE (Hons) Program Convenor
Dr Michalis Stylianou, PhD

First Year Enrolment – BHSPE (Honours)

Semester 1

BIOM1050	Biology for Health Sciences
BIOL1900	Biophysical Dev, Measurement & Assessment
NUTR1023	Health & Fitness Through Diet & Exercise
SPCG1000	Sport Coaching: Learning, Talent & Perf.

Semester 2

ANAT1005	Anatomical Basis of Human Movement
BIOL1630	Biomechanics
HLTH1000	Professions, People and Healthcare
PHYL1007	Physiology for Human Movement Studies

Bachelor of Exercise and Nutrition Sciences (BENS)

From the Program Convenor, BENS

Whether you're interested in exercise and nutrition, or a broader career in health, this program recognises the strong link between good nutrition, regular exercise and optimum health, so you can make a meaningful difference to the well-being of others.

You will learn about the human body across a broad range of study areas, including the science of exercise, nutrition and food, physical activity and preventative health, and understand how nutrition and exercise behaviours can be changed at an individual and population level.

You will study at one of the best human movement and nutrition sciences schools in Australia that is known around the world for its leading research and expert staff. You will have access to world-class facilities, which include state of the art biomechanics, motor control, exercise physiology, nutrition and strength conditioning laboratories.

The flexible nature of the program means that your degree can be tailored to meet the pre-requisite requirements for further postgraduate study in clinical or non-clinical areas including medicine, dietetics, clinical exercise physiology, public health, physiotherapy, occupational therapy, speech pathology and sports coaching. 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 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



The University of Queensland
BENS Program Convenor
Dr Michael Leveritt, PhD

Regards

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	Intro Chemistry* (only if high school Chemistry or equiv not completed)
[OR	
[CHEM1100	Chemistry 1

Semester 2

ANAT1005	Anatomical Basis of Human Movement
HLTH1000	Professions, People and Healthcare
PHYL1007	Physiology for Human Movement Studies
[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 an honours qualification. This one-year program offers students the opportunity to undertake research studies in a range of exercise and sports science fields (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 serves as an important entry point into postgraduate research higher degree programs (i.e. PhD and MPhil).

Class of Honours

The class of honours for BClInExp(Hons), 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 each program's specific [course list](#).

Course Outlines

The ECP (Electronic Course Profile) contains information on courses including administrative details, aims, objectives, learning resources required, course learning and teaching activities, assessment tasks and policies.

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 (usually #2). While many of the courses you take in your degree are administered by HMNS, some courses will be administered by other Schools or Faculties 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, the Learn.UQ Blackboard site or the Programs and Courses [website](#). The course profile is made available to students in electronic form no later than one week before the first scheduled learning activity for each offering of the course.

Learn.UQ

Learn.UQ uses the learning management system Blackboard. Every undergraduate course offered at UQ has a Blackboard site for its students and you should become familiar with its functions, which includes tools like Turnitin for assignment submission, the Grade Centre for reporting of your ongoing results and Echo360 for the posting of lecture recordings.

Blackboard is an educational, teaching and learning framework providing electronic delivery of coursework material. Online course information is provided to you to enable you to access course information and communicate 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 via the [UQ Academic Calendar](#).

Course Prerequisites & Requirements

There are a range of course prerequisites and requirements set by the School and University that students may be required to meet prior to commencing a course, which include but are not limited to:

Vaccinations and 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.

#NB - Students undertaking the BHSPE(Hons) program, in the first instance, are not required to evidence a schedule of immunisation. However, if a student wishes to undertake a placement in a remote Indigenous community, they will be required to provide evidence of appropriate immunisation prior to the placement.

Blue Card

BClinExp(Hons) and 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 the Blue Card Services website. The completed form will need to be brought to HMNS Reception on level 2 of the HMS Bldg (#26B).

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

First Aid and CPR Certificate

BClinExp(Hons) and BExSS(Hons) students must upload 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 upload evidence of a valid first aid and CPR as part of their enrolment in EDUC2005 Contemporary Approaches to Teaching Movement.

Students are required to submit all finalised documents through UQ's placement management system, InPlace.

You can access InPlace via your my.UQ dashboard, or through the my.UQ Manage My Program page.

Check 'Staff and Students' on the InPlace homepage and log in using your UQ student login details.

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 Placements in Coursework Programs Policy and Procedures (3.10.04) for information on course administration, assessment, dispute resolution, expectations and responsibilities.

For information about BClinExp(Hons) and BExSS(Hons) and BHSPE(Hons) practicums, reference should be made to the HMNS Website.

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 Massachusetts (USA), 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 space that is for the exclusive use of students enrolled with the School of Human Movement and Nutrition Sciences.

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
- bathrooms and change rooms
- Wi-Fi and internet connectivity
- food preparation amenities.

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.

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 teaching activities. The gymnasium is **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

Laboratories will 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: 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 research higher degree 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.

Postgraduate Coursework

At the postgraduate level the School offers Graduate Certificate and Masters level programs in Dietetics, Sports Psychology, Sports Medicine and Sports Coaching.

For more details about Postgraduate Coursework Programs offered by the School of Human Movement and Nutrition Sciences please refer to the School [website](#) or to the UQ Future Students [website](#).

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 exercise science, sports science, socio-cultural perspectives on sport and physical activity, the pedagogical aspects of health and physical activity and the health aspects of physical activity and movement and nutrition and dietetics. In the exercise and sports sciences, 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 the UQ Graduate School [website](#). 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. To contact Student Society, email hmns.studentsociety@uq.edu.au

Support Services

UQ provides a range of services to support students, [click here to access the UQ Student Support Referral Chart](#).

The following key services are available to students to assist them with study related or personal issues:

[UQ Student Services](#) provides services such as counselling, disability, faith, accommodation and help with studying, assignments and exams.

[Student Advocacy and Support \(SAS\) site](#) provides services to assist students with education and equity issues, employment, gender & sexuality, legal, migration and welfare.

[UQ Library](#) provides information and services such as computer access, research skills, software training and 24/7 study spaces.

School Contacts

School of Human Movement and Nutrition Sciences
Level 2, 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@enquire.uq.edu.au

For a list of our Academic and Professional staff, and Academic Title Holders please go to the HMNS [website](#).