

Active Careers

A guide to careers in Health, Exercise and Sport



University of
South Australia

HEALTH SCIENCE (PUBLIC HEALTH)

- > Complete more than 200 hours of industry placements and projects
- > Tailor your degree with a minor or elective courses to your interests
- > Learn how to improve the health and wellbeing of populations and communities
- > Study content aligned to the needs of Australia's health industry



Clinical Trial Coordinator SAHMRI and Royal Adelaide Hospital

Michael Contibas
UniSA Health Science graduate

'I was always interested in healthcare and this flexible degree provided me with a well-rounded view of health as a whole, giving me a broad range of career options. It's rewarding working with patients who are benefiting from the studies we're running.'

HUMAN MOVEMENT

- > Access state-of-the-art facilities
- > Complete an industry placement giving you hands-on experience
- > Select a study stream aligned with your career goals
- > Benefit from postgraduate pathways including Teaching, Occupational Therapy and Physiotherapy



Health & Wellness Coach Conscious Movement

Kirsty Welsh
UniSA Human Movement graduate

'This degree is a perfect springboard to kick-start any career in the ever-expanding health industry. The flexibility allows you to discover your own unique place in the field.'

EXERCISE AND SPORT SCIENCE

- > Learn from Australia's leading exercise scientists and experts in the field
- > Engage with industry through more than 140 hours of placement
- > SA's only fully accredited Exercise and Sport Science degree *Exercise and Sport Science Australia (ESSA)*



UniSA PhD Candidate Port Adelaide Football Club

Daniel Rogers
UniSA Health Honours graduate

'I've always been active and enjoyed playing sport. Now, I get to work with elite athletes in a progressive sports science environment and learn from industry experts every day – things are never dull!'

CLINICAL EXERCISE PHYSIOLOGY

- > SA's only Bachelor degree qualifying you as an accredited exercise physiologist by Exercise and Sports Science Australia (ESSA) in 4 years
- > Learn in dedicated laboratories and clinic facilities on campus with a dedicated honours degree
- > Benefit from more than 600 hours of clinical placement experience



Accredited Exercise Physiologist Helping Hand

Georgia Perkins
UniSA Clinical Exercise Physiology graduate

'I always had an interest in health and exercise so this degree was perfect for me. I get to improve the health of others through exercise whilst sharing my passion with them – it's very rewarding.'

WHERE CAN MY INTEREST IN HEALTH TAKE ME?

Exercise

Sport science

Health and wellbeing

Fitness

I'M INTERESTED
IN...

Nutrition

Biology

Outdoor education

Social science

Physical activity

BROAD

SPECIALISED



BACHELOR OF HEALTH SCIENCE (PUBLIC HEALTH)

CAREER OPPORTUNITIES:

- > Public health research officer
- > Health promotion officer
- > Epidemiologist/Data analyst
- > Wellness and lifestyle coordinator
- > Community development officer
- > Women's health officer

YOU COULD:

- > Work with data to inform public health policies and health promotion programs
- > Design, evaluate and execute lifestyle programs
- > Address social and environmental factors that lead to illness or poor health in populations



BACHELOR OF HUMAN MOVEMENT

CAREER OPPORTUNITIES:

- > Outdoor education and recreation instructor
- > Physical training coordinator
- > Allied health worker
- > Sports coach
- > Sport development officer
- > Nutrition advisor

YOU COULD:

- > Advise on exercise, health, wellbeing and nutrition
- > Support and assist the work of allied health professionals
- > Plan and coordinate outdoor group activities



These degrees can be studied as double degrees with Nutrition and Food Sciences or Psychological Science (Counselling and Interpersonal Skills)



BACHELOR OF EXERCISE AND SPORT SCIENCE

CAREER OPPORTUNITIES:

- > Accredited exercise scientist
- > Physical training specialist
- > Strength and conditioning coach

YOU COULD:

- > Use biomechanics, physiology, psychology and performance analysis to increase fitness and performance
- > Coordinate individual training plans
- > Prepare athletes for high performance competition



BACHELOR OF CLINICAL EXERCISE PHYSIOLOGY (HONOURS)

CAREER OPPORTUNITIES:

- > Accredited exercise physiologist

YOU COULD:

- > Provide specialised exercise expertise to support and improve good health
- > Deliver clinical exercise, lifestyle and behaviour modification programs
- > Prevent and treat injury and disease

Study at the No.1 University in South Australia for graduate careers in health services* and:

- > Gain real-world experience through projects and placements
- > Experience state-of-the-art facilities
- > Benefit from strong industry connections
- > Learn direct from experienced experts and researchers

*QILT: Graduate Destinations Survey 2015 and Graduate Outcomes Survey 2016-17 – Full-time Employment Indicator. Public SA-founded universities only.