

Transcript

Title: Bachelor of Exercise and Sport Science
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[Dramatic music up]

ROSHI: The Bachelor of Exercise and Sports Science here at Swinburne is a really good course.

SUPER: *Roshi,*

Graduate,

Bachelor of Exercise and Sport Science.

ROSHI: I found it really entailed a lot of the principles of exercise science as a prescription to live a healthy and happy lifestyle.

HARRY BANYARD: Unrack, step back to where...

SUPER: *Dr. Harry Banyard, PDH*

Bachelor of Exercise and Sport Science

HARRY BANYARD: The Exercise and Sports Science degree at Swinburne it's a three year undergraduate course. One thing that's really honed in on is the practical aspect of the course.

ROSHI: We have access to so much equipment such as GymAware, treadmills and a whole lot of exercise testing and exercise prescription equipment that we can use.

TEACHER: We've got your knee, how it moves when you run.

HARRY BANYARD: Students will go out on industry placements and apply that in real world settings. And they then are job ready once they complete their degree.

STACEY: Do you have any trouble...

SUPER: *Stacey,*

Graduate,

Bachelor of Exercise and Sport Science

STACEY: The staff at Swinburne are really approachable. They're very dedicated to getting you through your course and through your subjects. They're available pretty much anytime you need anything. So that's their weight taken into account, yeah...



HARRY BANYARD: One thing we try to ensure with our degree is we have inbuilt small class sizes which builds a really good rapport between the staff and the students. Communication skills and interpersonal skills are something we really hone in on and make a real focal point of our students. So they're really personable when they go out on industry placements and they work well in team environments.

ROSHI: So Swinburne was able to set me up at two really great placements and they both gave me different perspectives on exercise science as a whole. They really presented me with the different clients and different people you're gonna work with and help me really understand how to approach different situations, not only with my technical skills but also with my soft skills and communicating with people. It's comprised of four muscles which is... We have so many resources here at at Swinburne that you are able to utilize and make yourself the best exercise scientist you can be.

End frame swipes up.

URL: swinburne.edu.au/health

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