Bachelor of Applied Exercise Science/ Master of Clinical Exercise Physiology

Expectations of Students in the Program

Summary

The following list of expectations have been developed to help prospective students make informed choices about future study and professional requirements. UNSW Sydney encourages applications from students with disabilities and from diverse backgrounds.

Students with disabilities or health conditions are encouraged to register with Equitable Learning Services (ELS). This will enable them to have a learning plan with reasonable adjustments to support their learning/studies.

1. Legal, ethical and behavioural requirements

Exercise Scientists and Exercise Physiologists play a critical role in the provision of healthcare to Australian communities. As such, the practice of Exercise Science and Exercise Physiology are governed by state and federal legislation, a code of conduct, standards, guidelines and policies, in which Accredited Exercise Scientists and Accredited Exercise Physiologists are both responsible and accountable for ensuring professional and safe behaviour in all contexts. As a student enrolled in the UNSW Exercise Science/Exercise Physiology Program, you will be required to comply with the regulations outlined by Exercise and Sport Science Australia (ESSA). As such you will be required to:

- demonstrate knowledge and compliance with relevant national and state laws, professional regulation and scope of practice.
- meet ongoing immunisation requirements, including those introduced after the commencement of the program.
- understand and appropriately manage ethical issues in both academic and clinical environments.
- demonstrate self-awareness and ensure that your personal opinions, attitudes and behaviours do not adversely affect others; and
- comply with requirements relating to informed consent, confidentiality, and privacy with patient information in academic and clinical environments.

2. Communication requirements (verbal, written and non-verbal)

Effective communication is a core competency for practice as an Exercise Scientist or Exercise Physiologist. You will be expected to:

- communicate effectively in spoken English and comprehend spoken English delivered at conversational speed.
- understand and respond to English verbal communication accurately, appropriately and in a timely manner.
- comprehend and communicate effectively in written English in a timely manner.

- interpret non-verbal communication from others and respond appropriately with regard to the circumstances.
- communicate respectfully regardless of gender, sexuality, age, cultural, religious, socio-economic and educational background; and
- utilise a range of information technology platforms.

3. Cognitive and intellectual requirements

The role of an Exercise Scientist or Exercise Physiologist can be mentally challenging. As an Exercise Science or Exercise Physiology student and as a registered Exercise Scientist or Exercise Physiologist, you will be required to:

- acquire knowledge, process information, analyse, think critically and synthesise information to apply theory to the practice of exercise science/physiology.
- utilise numeracy and literacy skills to solve problems which require several cognitive skills including focus, memory and have attention to detail; and
- demonstrate mental capacity to work constructively in diverse and changing academic and clinical environments, which may at times be challenging and unpredictable.

4. Sensory abilities

The practice of Exercise Science or Exercise Physiology may require sensory abilities with high acuity. As such, it is expected that you can:

- accurately gather and interpret information provided through touch.
- demonstrate adequate hearing/auditory ability (with or without hearing aids or other similar assistance) and respond accurately and comprehend auditory information and instructions; and
- demonstrate adequate visual ability (with or without visual aids or similar) to assess patient appearance, behaviour, posture, movement, and your physical surroundings in a timely manner acceptable for patient safety.

5. Physical strength and mobility

Exercise Science and Exercise Physiology are professions that are physically demanding and require gross motor function, manual dexterity as well as fine motor skills. Practitioners are expected to be able to:

- apply fine motor and gross motor skills to undertake required learning, assessment, patient examination and professional tasks such as demonstration of exercise; and
- provide basic life support as required.

6. Sustainable performance

The practice of Exercise Science or Exercise Physiology can require consistent and sustained level of mental as well as physical performance over time. Therefore, it is expected that you can:

- perform repetitive activities with a high level of concentration in an assigned period to provide safe and effective care.

Support for students

- Academic Skills and Support: https://student.unsw.edu.au/academic-skills

- Student Wellbeing, Health and Safety: https://student.unsw.edu.au/wellbeing
- Equitable Learning Service: https://www.student.unsw.edu.au/els
- Mind Hub (Online Mental Health Support): https://www.student.unsw.edu.au/mind-hub
- Student Support Advisors: https://www.student.unsw.edu.au/study-support-and-education-support-advisors
- Special Consideration: https://www.student.unsw.edu.au/special-consideration