Careers in

Exercise Science, Sport Science and Exercise Physiology:

Pathways and Preparation

A **Bachelor of Sport and Exercise Science** is suited to those interested in turning passion for sport, exercise and health into a career that contributes to a healthier community. Course learning is aligned with the UN Sustainable Development Goals (SDG's): Goal 3: Good Health and Wellbeing and Goal 4: Quality Education. Students become knowledgeable in human physiology, psychology, biomechanics and motor control in the context of exercise science. They are also equipped with the skills and confidence to:

- utilise the principles of evidence-based practice in developing person-centred and group exercise programs to prevent disease development, promote health and fitness or train recreational athletes
- effectively communicate to clients and with other health professionals in order to discuss appropriate referrals
- use specialised exercise assessment tools and interpret results.

In third (final) year, students apply their knowledge and skills in an industry placement ranging from community gymnasiums to competitive sporting organisations.

On entry, students can also choose to increase their career pathways by committing to an extra year of study, either by:

- combining their course with a Bachelor of Psychology *(double degree)*, allowing the option to further their studies towards becoming a Registered Psychologist
- progressing directly onto either the Master of Clinical Exercise Physiology, qualifying as an Accredited Exercise Physiologist (AEP) OR the Master of High Performance Sport (new for 2026).

Related further study options at Murdoch

Some conditions apply for further study

- Master of Clinical Exercise Physiology
- Master of High Performance Sport (with nested Grad. Cert. option)
- Master of Exercise Science (Research) / Doctor of Philosophy (PhD)
- Psychology Honours , Grad. Diploma in Psychology or Master of Professional Psychology *(following double degree)*
- Master of Teaching *(Primary or Secondary)*

Develop your career before you graduate

- Join a relevant professional association as a student member e.g. Exercise & Sport Science Australia (ESSA) and AUSactive (both currently free for enrolled students).
- Subscribe to newsletters / email updates produced by industry bodies (e.g. W.A. Dept. of Creative Industries, Tourism and Sport) and keep up-to-date with the latest Sport and Exercise Science research.
- Volunteer with a not-for-profit promoting health and fitness events (e.g. Park Run). Useful links:
  - Murdoch Guild Volunteering
  - Seek Volunteer / Volunteering WA
- Get along to industry events (on and off campus) related to your profession to further develop your knowledge and network.
- Earn and learn: once you have successfully completed the required units in the Bachelor of Sport and Exercise science (usually within the first 18 months), you can apply to AUSactive for formal accreditation as a Registered Exercise Professional (REP) and work as a qualified Personal Trainer or Gym / Fitness Instructor whilst still studying.

Careers in Exercise Science, Sports Science and Exercise Physiology

Accredited Exercise Scientist

The **Bachelor of Sport and Exercise Science** qualifies graduates as Accredited Exercise Scientists (AES) with ESSA. AES apply the science of exercise to develop and deliver programs and services aimed to improve health, fitness, well being and performance. An AES can work in a number settings.

- Sporting clubs and organisations
- Public Sector: Community advisory, recreation programs
- Education sector: School sporting programs or supporting research in universities
- Corporate sector: Health and wellbeing services e.g. mining companies and private health insurance providers
- Private practice: Business owners/operators e.g. fitness studios

Related Careers

Some may require additional training / certifications

- Public Safety and Border Control (e.g. Aust. Federal Police)
- Management and marketing / communications
- Nutrition or equipment sales
- Public health policy and projects
- Sport and recreation promotion
- Vocational training (Fitness courses) / Teaching
- Workplace assessment / pre-employment screening

Useful Links

- Allied Health Professions Australia
- ESSA Careers Guide
- Careers in Workplace Rehabilitation
- The Sustainability.Sport portal



Accredited Exercise Physiologist

The **Master of Clinical Exercise Physiology** qualifies graduates as Accredited Exercise Physiologists (AEPs) with ESSA. AEPs apply evidence-based judgment, clinical reasoning to individuals, groups, and the broader community in order to:

- prevent, treat, and manage health conditions (including diseases, disorders, traumas and injuries)
- assess and measure capacity and function for activities of daily living and work, to inform interventions
- prescribe, deliver, adapt and evaluate movement, physical activity, and exercise-based interventions.

An AEP can work in a number of settings.

- Hospitals, out-patient clinics and aged care facilities.
- Private practice.
- Occupational / Workplace injury rehabilitation providers.
- Sports Medicine teams
- University research (note: may require research qualifications)

Accredited Sports Scientist

Sports Scientists are university-qualified professionals who work with individual athletes or teams to reach their peak performance. They work with athletes all along the talent pathway, from developing to elite, in a range of roles including; as a sports scientist, strength and conditioning or rehabilitation coach, and performance analyst.

With a **Master of High Performance Sport**, you can work in a range of settings:

- High-performance sporting organisations: Sports Institutes, State/National sporting organisations, Professional sporting clubs
- Education sector: Sports specialist schools/programs, State sporting teams
- Research settings: Universities, Government institutions and Defence.