STUDY ABROAD & INCOMING EXCHANGE

academic opportunities in sport science, sport studies and nutrition science

Discover the exceptional opportunities that studying sport science, sport studies and nutrition science at a top-100 international university can offer you
study abroad & incoming exchange for sport science, sport studies and nutrition science students

Want to study at one of Australia’s leading education and research centres in kinesiology (human movement) and nutrition sciences?

The University of Queensland’s (UQ) School of Human Movement and Nutrition Sciences offers study abroad and incoming exchange students the opportunity to take high-quality courses in kinesiology (human movement), exercise and sport sciences, nutrition sciences and the sociocultural aspects of sport from award-winning teachers.

You will gain an international perspective on your field of study and broaden your skills and knowledge to better prepare you for your future studies back home.

Whilst you are here you will experience UQ’s world-class sporting facilities, vibrant campus lifestyle, and wide range of social and cultural activities.

Would you like to learn more about the role exercise and nutrition play in the prevention and management of chronic diseases such as obesity and type 2 Diabetes? Understand how nutrition can be used to enhance exercise performance? Acquire practical skills in developing exercise programs to improve health and fitness? Learn about Australian sport history? Or, discover the phenomenon of physical culture and how it engages (or otherwise) youth around the world? We can build a customized study plan suited to your areas of interest.

The courses included here are some of UQ’s most popular nutrition and sport sciences, and sport studies courses for study abroad and incoming exchange students. Many of these courses include hands-on laboratory work, field trips and research experiences that will help bring theory to life.

Additional courses may be available depending on previous study.

For an extensive list of available courses: uq.edu.au/study

For more information about UQ’s Study Abroad and Incoming Exchange program: uq.edu.au/studyabroad

Biophysical Development, Measurement & Assessment
BIO1900

Semester 1 (February start)
Interested in learning about the different factors that influence how and why people move? In this introductory level course you will gain an understanding of the major biological and physical concepts that are necessary to understand human movement. You will learn about the growth and development of musculoskeletal, cardiorespiratory and neural systems in response to physical activity. You will apply your learning in practical activities and laboratory work.

Health & Fitness through Diet & Exercise
NUTR1023

Semester 1 (February start)
In this course you will examine the influence of diet and exercise on health, fitness and well-being, and explore how diet and exercise can be used to maintain a healthy body weight and enhance exercise performance. You’ll learn about the functions of different nutrients in the body, how the body responds to exercise training, and how to determine if your own diet and exercise is meeting current recommendations. You’ll also have the opportunity to put theory into practice by developing an exercise program to improve your own health and fitness.
Physical Activity & Health  

HPRM1000  

Semester 2 (July start)  
Want to develop an understanding of the inter-relationships between physical activity and population health? In this course you will explore the relationships between physical activity and public health, especially for the prevention of obesity and chronic disease. You will gain an understanding of the patterns of physical activity in different populations (e.g., children, older people, Indigenous people), and on the evidence that underpins the relationships between physical activity and health – how do we know that physical activity can prevent ill health, and assist with management of health problems?

Exercise Physiology  

PHYL2730  

Semester 1 (February start)  
In this course you will examine the biophysical bases of human movement (kinesiology) with specific focus upon growth and development of musculoskeletal, cardiorespiratory and neural systems in response to physical activity. In addition, adaptations to exercise and physical activity as a result of exercise training will be examined. The course will provide foundation knowledge in physiology and how it relates to sport (e.g., performance) and physical activity undertaken for health. You will gain hands-on experience in assessing physical fitness and performance during laboratory work and field tests.

Nutrition & Exercise  

NUTR3000  

Semester 2 (July start)  
Are you interested in the biochemical and physiological foundations underpinning the relationship between nutrition and exercise performance? In this course you will learn about how diet and physical activity impact on health, examining the influence of exercise and nutrition on the development, prevention and management of diseases such as obesity, type 2 diabetes and cardiovascular disease. You will develop independence, creativity and critical thought in the evaluation of research relating to nutrition and exercise to health and exercise performance.

History of Sport & Physical Activity in Australian Society  

HIST3002  

Semester 2 (July start)  
Are you interested in the history of sport and physical activity? This course critically examines representations of Australia’s sporting past through the lenses of memorials, museums, film and the internet. As part of this approach, there is a focus on Australian sporting icons including Les Darcy, Dawn Fraser, Eddie Gilbert, Peter Norman and Michael O’Loughlin as well as the Australian Sport Museum (Melbourne), the Ration Shed Museum (Cherbourg) and the Australian Paralympic Movement.
Psychology of Sport & Exercise
PSYC2000

Semester 1 (February start)
In this introductory course you will study the impact of psychological variables on participation and performance in sport and exercise. You’ll also examine the influence that participation in sport and exercise has on the psychological characteristics of individuals. This course suits students who are interested in gaining theoretical and practical knowledge and skills in basic sport and exercise psychology.

Youth, Sport & Physical Culture
EDUC3011

Semester 2 (July start)
Sport is a particular form of physical culture that is appealing to many young people. In this course you will learn how to use social theory to analyse and critique global youth cultures and the connection of these to sport, exercise and movement cultures. You will investigate how youth are ‘positioned’ socially, politically and economically, and how these play out in terms of engagement in sport, exercise and diverse movement cultures. Finally, you will consider the idea of ‘youth voice’ and how this might be mobilised to enhance movement, sport and exercise experiences in a world of diversity.

The Olympic Movement & Society
HIST3003

Semester 1 (February start)
In this course you will learn about the historical, political, economic, cultural and educational aspects of the Olympic Games. You will examine these aspects of, briefly, the ancient Olympic Games and, more fully, the modern Olympic Games. You will learn about the emergence and significance of the modern Olympic Movement, such as issues of selected Olympiads throughout the twentieth century, and the future of the Olympic Movement in the 21st century. You may get the opportunity in this course to hear from special guest presenters including famous Olympians and Paralympians.

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*When selecting courses, students are advised to consult comprehensive information online at: www.uq.edu.au/study
- Some courses assume pre-requisite knowledge or require a co-requisite enrolment
- Students are advised to bring their academic transcripts with them
- The semester in which a course is offered may change from year to year.

Time of publication: Every effort has been made to ensure the accuracy of information in this document at the time of publication. The authoritative source of program and course information is the UQ Courses and Programs website at uq.edu.au/study. Where any conflict of information exists, the rules and associated course lists approved by the UQ Senate shall apply.