Sport science, sport studies or nutrition

Study Abroad & Incoming Exchange

If you are passionate about sport or have an interest in the sciences behind sport, exercise or nutrition; then The University of Queensland (UQ) is an excellent choice for your study abroad experience.

At UQ you can study a variety of high-quality courses in kinesiology (human movement), exercise and sport sciences, nutrition sciences and the sociocultural aspects of sport from award-winning teachers.

Best of all, you will experience UQ’s world-class sporting facilities and be part of the School of Human Movement and Nutrition Sciences which is ranked #1 in Australia and #3 in the world for sports-related subjects.

Discover the exceptional opportunities studying sport and nutrition at a top 50 university can offer you!
Why choose UQ?

When you choose UQ you are choosing a truly world-class university

Global reputation
Ranked in the world’s top 50, UQ is one of Australia’s leading research and teaching institutions.

Vibrant campus
UQ St Lucia campus is a great place to study, make new friends, take part in sporting and cultural activities or just relax in a diverse environment.

Excellent teachers
UQ’s academics have won more national awards for teaching than any other Australian university.

Student Support
Free and accessible academic and personal support services to help you settle in and enjoy your stay.

Choice of courses
UQ offers a comprehensive range of sport and nutrition courses. The courses included here are some of our most popular courses for study abroad and incoming exchange students. For more information on what you can study visit: uq.edu.au/studyabroad

Choice of courses

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Nutrition and Exercise (NUTR3000)
Are you interested in the biochemical and physiological foundations underpinning the relationship between nutrition and exercise performance? In this course you’ll 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’ll develop independence, creativity and critical thought in the evaluation of research relating to nutrition and exercise to health and exercise performance.

Physical Activity & Health (HPRM1000)
Want to develop an understanding of the interrelationships between physical activity and population health? In this course you’ll explore the relationship between physical activity and public health, especially for the prevention of obesity and chronic disease. You’ll 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?
Health and Fitness through Diet and Exercise (NUTR1023)

When it comes to eating foods to fuel your exercise performance, it’s not as simple as choosing vegetables over doughnuts. This course examines the influence of diet and exercise on health, fitness and well-being, exploring 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 put theory into practice by developing an exercise program to improve your own health.

Psychology of Sport & Exercise (PSYC2000)

Success or failure in sport and exercise often depends on mental factors as much as physical ones. In this introductory course you’ll study the impact of psychological factors 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 different individuals. If you are interested in gaining theoretical and practical knowledge and skills in basic sport and exercise psychology, then this is the perfect course for you!

Sport Coaching: Learning, Talent and Performance (SPCG1000)

Sport can help young people develop competence, confidence, connection, and character; and the sports coach plays a central role. In this introductory course you’ll examine learning and development through sport participation. You’ll explore the coach’s role in fostering learning and development, and look at different approaches to promote Positive Youth Development. You’ll also gain an understanding of young people as learners which will contribute to an understanding of psychosocial development through sport participation, and implications for coaching.

Sociology of Sport (SOCY2280)

Interested in sport from a sociological perspective? This course explores the social and cultural aspects of sport with a focus on gender, sexuality, race, violence, commodification, deviance, nationalism, globalisation and the mass media. You’ll gain skills to look critically at sport in Australia and beyond, and to make informed decisions about your relationship to sport as a participant, or through your career. It covers issues of crucial importance to sportspeople, coaches, physical education instructors, media producers, policy makers, researchers, and sociologists of sport.
The course provides students with an introduction to the world of research, equipping them with the practical skills needed to generate a scientific hypothesis and test it. There are numerous methods covered, ranging from interview techniques to human behavioural testing, including application of the appropriate statistical tests in each case.

Are you fascinated by the human body’s responses to physical activity? In this course you’ll examine the biophysical bases of human movement (kinesiology) with a focus on the growth and development of musculoskeletal, cardiorespiratory and neural systems in response to physical activity; and adaptations to exercise and physical activity as a result of exercise. You’ll develop foundation knowledge in physiology and how it relates to sport and physical activity undertaken for health. You’ll also gain hands-on experience in assessing physical fitness and performance during laboratory work and field tests.

Want to gain an understanding of the Australian health system including healthcare practices, services, trends and priorities? This course will provide you with a foundational learning experience that is focussed on perspectives on health in Australia, the health system within a global context, and collaborative healthcare practices and services. The course has a multidisciplinary approach which will give you a beginning understanding of the range of roles within Australia’s health system and how they contribute to the health and wellbeing of individuals and communities.

Dr Emma Beckman
Universitas 21 Teaching Excellence Award recipient

Studying at UQ for part of your home degree is a once in a life time experience! The St Lucia campus is one of the most beautiful university campuses in the world and is just seven kilometres from Brisbane’s city centre. If you love sports, UQ offers a huge range of sports and recreational activities, as well as incredible sports facilities. As a student of the School of Human Movement and Nutrition Sciences you’ll also be part of a lively and supportive community of students and staff whose aim it is to help you enjoy the best possible study experience here at UQ.

For more information about UQ’s Study Abroad and Incoming Exchange program:

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