



Exercise Science

Key transferable skills

Skills you will obtain in this degree that are transferable across many career options.



COMMUNICATION



PROBLEM SOLVING



INTERPERSONAL SKILLS



TEAMWORK



RESEARCH



PROFESSIONAL ETHICS

La Trobe's Exercise Science course gives you access to cutting edge education and training facilities. You will also gain practical and professional experience through industry placements and benefit from our strong industry links with major sporting organisations.

Career pathways

Graduates will be well placed to find employment in a range of roles directly or after further study. Common roles include:

- Exercise scientist
- Sport scientist
- Sport development officer
- Health promotion officer
- Community recreation officer
- Corporate health and wellness officer
- Gym manager
- Personal trainer
- Injury prevention and rehabilitation coach
- Strength and conditioning coach
- High performance manager
- Educator

Discipline specific/technical skills

Technical skills that you will develop as part of your course.

- Apply human movement principles
- Conduct health assessments and evaluations
- Determine appropriate intervention techniques
- Design physical activity programs
- Apply lifestyle assessment theories
- Appraise emerging developments in exercise science
- Communicate effectively with clients

Major employers

Graduates have found jobs in a range of organisations including:

- Amateur and professional sports teams
- Sports organisations
- Fitness centres
- Olympic Park Sports Medicine Centre
- Melbourne Football Club
- Victorian Institute of Sport
- Melbourne Rebels
- Disability Sports Australia
- Back in Motion Health Group
- Jets Gymnastics
- Fernwood Fitness
- Universities

Source: LinkedIn Live Alumni, Burning Glass Technologies

Boost your employability



BROADEN YOUR SKILLS



CONNECT WITH INDUSTRY



MANAGE YOUR CAREER



GAIN EXPERIENCE