



School of Sport Science, Exercise and Health

## Graduate Diploma in Science (Exercise Rehabilitation)

The therapeutic effects of exercise are becoming well established in the allied health field as recent research provides an evidence base for current and future practice. In the past 15 years, under the guidance of our professional body – The Australian Association for Exercise and Sports Science (AAESS), accredited Exercise Physiologists (AEPs) have gained national recognition as the allied health professional with the knowledge and experience to prescribe exercise for people with chronic and complex medical conditions. AEPs now have provider status with the Health Insurance Commission (Medicare), as well as many private and government health and compensable insurance schemes.

### Course overview



This Diploma will develop your knowledge and skills in preparation for work in the allied health industry. The course has been accredited by AAESS so that the majority of graduates (see Admission Requirements) will gain automatic accreditation status as an Exercise Physiologist (EP). Students

may structure a course which is best tailored to their future requirements and area of specialisation. The course is designed to provide a holistic understanding of the use of exercise as a modality in the treatment of musculoskeletal, cardiovascular, metabolic and other chronic and complex conditions.

### Where will the Graduate Diploma in Science (Exercise Rehabilitation) take you?

The course will prepare students for work in the following areas:

- Clinical Practice – e.g., Rehabilitation practitioner within the private sector or hospital clinics.
- Corporate – e.g., Company in-house rehabilitation specialist or injury management coordinator.
- Government – e.g., Case manager, Insurance Commission.

Graduates from this program will be eligible to proceed to a 1-year Master of Science degree.

### Admission requirements

The Diploma is intended to build on existing knowledge and skills that applicants bring to the course from their undergraduate degree. You will be eligible for admission into the program if you possess:

- An undergraduate degree in Sport and Exercise Science, or equivalent, with a weighted average mark of at least 60%. or
- An undergraduate degree in Physiotherapy with a weighted average mark of at least 60%. (Note: Physiotherapy graduates will not be eligible for EP accreditation through AAESS).

Plus

- Completed units within the undergraduate degree that cover a majority of the following material, being equivalent to (these UWA units of study):
- Health assessment and exercise prescription for apparently healthy adults (SSEH3301)
- Movement disorders and dysfunctions (SSEH3385)
- Exercise rehabilitation (SSEH3389)
- Work experience/professional practice (SSEH3390/91)



*“The UWA course in Exercise Rehabilitation provides students with relevant, well organised coursework that is founded on evidence-based clinical practice, exposure to cutting edge research, and an exceptional work integrated learning program. In my experience as the Managing Director of an Australia-wide company, students from other courses throughout the country do not have the preparation that UWA students are provided via this course. They are work-ready and hit the ground running.”*

Robert Gordon  
CEO, WorkFocus Group



*"This course at UWA leads the field for quality instruction, extensive practical experiences and industry relevance, with exposure to cutting-edge research that underpins evidence-based clinical practice. Senior staff at HFRC are past graduates of this course and we are delighted to continue our association through support of the clinical placement program. Regardless of your eventual career path as an accredited EP, this course will provide you with the knowledge and skills to improve your employment prospects in this exciting industry."*

Dr Brendan Joss BSc (hons), PhD, MAAESS  
Director, Hollywood Functional Rehabilitation Clinic

## Course duration

This course can be completed in 1 year of full-time study or part-time equivalent. You may commence the program in either February or July. Both intakes are subject to quota restrictions.

## Extra information for international students

International students should also visit:  
[www.international.uwa.edu.au](http://www.international.uwa.edu.au)

which gives more information about the study environment, course fees and refund policy, support services, and schooling obligations for dependent children.

## Course content

The course consists of 8 units, comprising 7 units from the following table:

Semester	Unit code	Unit name
S1	SSEH7645	Workplace Injury Prevention and Management
S1	SSEH7646	Exercise Rehabilitation for Chronic and Complex Conditions
S1	SSEH7651	Musculoskeletal Rehabilitation
S1	SSEH7691	Research Practicum 1
S2	SSEH7643	Cardiac Rehabilitation
S2	SSEH7664	Exercise and Health Psychology
S2	SSEH7692	Research Practicum 2

Plus 1 unit from the following list:

S1, S2	SSEH7606	Special Topics *
S2	SSEH7634	Neuromuscular Biomechanics
S2	SSEH7654	Advanced Concepts in Motor Control and Learning
S2	SSEH7685	Worksite Health Promotion

\* This unit may only be taken with the approval of the Course Coordinator or Head of School



## How do I apply for the course?

Complete the application form for the course using the appropriate web link below, and attach all relevant documentation. The course code is 50300. Support documents must include (for non-UWA graduates only):

- A certified academic transcript (even if your degree is not yet completed);
- Unit outlines that demonstrate coverage of the prerequisite knowledge (see Admission Requirements);
- A personal statement giving details of your personal aims and reasons for wishing to undertake this course;
- Referee contact details, or written reference(s).

### Australian Students:

[www.studyat.uwa.edu.au](http://www.studyat.uwa.edu.au)

Follow the links for Postgraduate Diploma courses in the Faculty of Life and Physical Sciences. Completed application forms and relevant support documents should be submitted to:

The Senior Administrative Officer  
School of Sport Science, Exercise and Health  
The University of Western Australia  
M408, 35 Stirling Highway  
Crawley, Perth  
Western Australia 6009

### International Students:

[www.studyat.uwa.edu.au](http://www.studyat.uwa.edu.au)

Follow the links for International Students and go to Graduate Diploma courses. Completed application forms and relevant support documents should be submitted to:

The Associate Director (Postgraduate)  
International Centre  
The University of Western Australia  
M353, 35 Stirling Highway  
Crawley, Perth  
Western Australia 6009

For further information please contact:

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