FOCUS ON SPORTS PHYSIOTHERAPY

**Sports Physiotherapists:** are qualified physiotherapists who have undertaken further specialised training and education. They assess and diagnose sports related injuries and develop a treatment plan, which may include hands-on therapies and exercise plans.

Where can I study undergraduate physiotherapy in Victoria?

- **Monash University**, Bachelor of Physiotherapy, Peninsula Campus, entry-ATAR, interview + prerequisite subjects
- **La Trobe University**, Bachelor of Health Science/Master of Physiotherapy Practice, across all campuses (only Bundoora and Bendigo have the four year program), entry-ATAR (about 95) + prerequisite subjects
- **Charles Sturt University**, Bachelor of Physiotherapy, Albury-Wodonga Campus, entry- ATAR (about 98), no prerequisite subjects

If you are concerned you won’t achieve the ATAR to gain entry into an undergraduate program, you can study physiotherapy as a graduate degree in Victoria at

- **University of Melbourne**, Doctor of Physiotherapy, 3 year program
- **La Trobe University**, Master of Physiotherapy Practice, 2 year program

You will need to complete an undergraduate degree in an area like exercise science, biomedical science or general science. You should pick a degree that will have subjects in human anatomy and physiology.

There are two ways to become a fully qualified sports physiotherapist- via an academic pathway or an experiential pathway. For information, go to [http://www.physiotherapy.asn.au/](http://www.physiotherapy.asn.au/)

FOCUS ON EXERCISE PHYSIOLOGY

**Clinical Exercise Physiologists:** develop exercise plans and services for people living with or being at risk of illnesses such as cancer, mental illness, cardiovascular disease, neuromuscular/neurological disease, respiratory disease, chronic pain and musculoskeletal pain.

From Exercise and Sports Science Australia (ESSA): Exercise Physiologists are the most qualified health professional to prescribe exercise for people with chronic disease

[Video about exercise physiology developed by Deakin University - http://www.youtube.com/watch?v=uujfvT1Jw8w](http://www.youtube.com/watch?v=uujfvT1Jw8w)

How do I become qualified in Victoria?

- You must complete an ESSA approved undergraduate degree followed by an ESSA approved Master qualification.
- Currently approved undergraduate courses- Bachelor of Exercise and Sport Science at Deakin University and Australian Catholic University.

- You must then complete the 1.5 year Master of Clinical Exercise Physiology and meet all of the required knowledge and skills criteria and have completed the required 500 hours of approved practicum, as outlined by ESSA
- Currently approved Master courses- Master of Clinical Exercise Physiology at Deakin University and Australian Catholic University
FOCUS ON OTHER SPORTS OCCUPATIONS

**Sport Management:** Is for students who have an interest in both sport and business (including management, marketing, elite athlete management, events, facilities management, tourism, accounting etc.). Different institutions offer different majors or specialisations, so make sure you do your research.

**Sports Engineers:** design and develop sports equipment and apparel; design products and develop solutions to enhance the performance of athletes; and are at the forefront of designing new sports technologies for elite athletes. Students typically study human movement sciences, and electronic, mechanical and software engineering.

**Sport and Recreation Management:** students can typically specialise in areas such as outdoor recreation, recreation management, tourism, facilities management, policy development and events management.

**Sports Development:** students learn how to promote sport in the community and increase the level of participation in sports for different cohorts such as young people and people with disabilities. Sports development officers create new and innovative sports programs or work for existing organisations to run their programs in the community (i.e., AusKick)

**Sports Journalists:** undertake research on sporting events and issues and report on them via various media mediums (e.g., print, broadcast, radio). Students generally have to complete a journalism degree with a sports specialisation within the degree or as a graduate program.

Other sports careers include Sports Psychology, Exercise Rehabilitation, Sports Coaching, Physical Education Teaching, Fitness and Personal Training, Sports Science etc.

To search for sports related courses and university prerequisites, go to Hobson's Course Finder at- [www.hobsonscoursefinder.com.au](http://www.hobsonscoursefinder.com.au/)

Or the Victorian Tertiary Admission Centre (VTAC) archived search at [http://www.vtac.edu.au](http://www.vtac.edu.au/)

**MEET SPORTS STUDENTS**

**Lucas Hutchinson**
Bachelor of Business (Sport Management & Development), La Trobe University, Bendigo

I love my course because I enjoy the different range of sports subjects that I find interesting. It also gives me a golden opportunity to break into the sporting industry, which is what I have wanted to do since I was a kid. I would like to get into player management, possibly overseas or if not, just a job in a regional town developing cricket in the area.

**Alana Carter**
Bachelor of Exercise Science and Human Movement (Clinical Exercise Science), Victoria University, Footscray

Studying this course has given me an amazing insight into what really goes on within the body when we exercise. The theoretical side of it is actually really intriguing. If you get good lecturers, they’ll make the class more interesting. We’re always doing activities that don’t require you to just sit there and write notes

For instance, we’ve had guest speakers who have come in and made us play games like, ‘run around the room and guess the right answer’ by running to the correct letter on a section of a room. I’ve experienced hypnosis by an actual hypnotist, and the labs you attend are really hands-on!

You get marked on what you do in the lab, but honestly, it’s so much fun working with blood and really cool research technology! If you’re interested in this field, I recommend to just go for it!

**Joseph Ciccone**
Diploma of Sport & Recreation, GO Tafe

I studied a Diploma of Sport & Recreation in 2013 and it was possibly the best year of my life! I studied subjects such as anatomy, recreation management, nutrition, fitness, coaching, sports psychology, and many more. I enjoyed that the course was 80% theory and 40% practical and involved five camps (canoeing, high ropes, wilderness first aid).

I was able to complete two weeks of work experience. My first week was at a high school with the sports teachers and the second week I worked at the AFL North East Border in Wangaratta and did online computer work with the Tallangatta Football League, Wangaratta Juniors League, Ovens and King League, and also the netball night competition in Wangaratta.

I also did little work with the Murray Bushrangers Physiotherapist while working at AFL North East Border
Amazing new early entry program at La Trobe University!! Aspire is a new program which takes into consideration a student's history of community service, leadership, and academic results as opposed to just the ATAR. Students who are selected into the program will be guaranteed entry into the degree of their choice with an ATAR of 50, as long as they meet prerequisite study scores. Professional degrees like physiotherapy will have a higher ATAR.

Those who are selected into the program will undertake an engagement program with La Trobe whilst they are still at school and completing their exams. Applications will open on 1 July and close 31 August. Students will know if they have been selected into the program in September. To register for updates and to find out more information, go to http://www.latrobe.edu.au/school/aspire

Are you ready to showcase your creativity? Offset, Victoria University’s creative arts journal, invites you to submit your prose, poetry, artwork, photography, music, textiles, sculptures and multimedia for inclusion in the 2014 edition. Accepted work will be published alongside this year’s feature writer – columnist, playwright and social commentator Van Badham. You also have the opportunity to be part of a two-week exhibition of artwork at the Footscray Community Arts Centre. For further information, visit www.offsetartsjournal.com

Bachelor of Education at Victoria University: At the completion of the 4 year degree, students are qualified to teach in primary and secondary schools and have the opportunity to complete their supervised teaching practice with one of the many tailored education programs including

• Country Partnership Program
• Story Writing in Remote Locations
• Bulldogs Friendly Schools Program
• Essendon Football Club
• Sports Education & Development Australia

For more information, go to www.vu.edu.au

Public relations, event management and tourism all in one! Starting in 2015, the University of Canberra will be offering a double degree combining the Bachelor of Tourism & Events Management and Communications in Public Relations. Students will develop skills in all three career areas and it will take 4 years to complete both degrees. If you aren’t interested in Public Relations, you can combine Tourism & Events Management with Sports Management, Commerce or International Studies, http://www.canberra.edu.au/

International Business at the University of Canberra: Bachelor of International Business students are now able to major in a specific country. This will involve 6 months overseas study in that country to enable the students to be able to immerse themselves in the culture and develop global knowledge of that career area, http://www.canberra.edu.au/

Careers in Legal Services: Do you know what jobs exist in the legal sector apart from becoming a solicitor or barrister? Law clerks, paralegals and legal executives may be employed by law firms, government departments, legal aid organisations, financial institutions, corporations and court registrries.

They perform legal work on behalf of clients under the supervision of a lawyer and can specialise in areas of practice such as litigation, conveyancing, personal injury compensation, criminal law, family law, probate or corporate and commercial law. To find out more about careers in legal services visit: www.rmit.edu.au/programs/ad015

Laboratory Medicine at RMIT: RMIT’s Laboratory Medicine degree includes 40 weeks of work placement during the third and fourth year. Students work in laboratories at a number of major teaching hospitals in Victoria, including the Peter Maccallum Cancer Centre, Austin Health and the Royal Children's Hospital, as well as private pathology labs.

They also have the opportunity to spend 12 weeks at an overseas laboratory. So, what is the role of a Medical Scientist and how do RMIT students benefit from work placement? Check out this fantastic video on YouTube- www.youtube.com/watch?v=4kVg9S5N2WA
### RMIT Experience Days:
Many of the seminars are now full. The following events still have places left:

- Accounting & Finance: 30 June
- Trades: 30 June
- Engineering: 1 & 3 July
- Health & Medical Science: 1 July
- Information Systems & Logistics: 2 July
- Environment: 3 July
- Science: 4 July
- Project Management: 1 October


### Experience La Trobe University:
Become a uni student for the day and undertake workshops, lab sessions and campus tours. You will be able to pick three hands on workshops in course areas you are interested in. Dates for June are:
- Shepparton – 4th
- Albury-Wodonga – 20th

Dates for July are:
- Bundoora - 8th
- Bendigo - 10th

For more information and to register, go to [http://www.latrobe.edu.au/experience](http://www.latrobe.edu.au/experience)

### A Day at Melbourne University:
You will be able to find out about courses at the University of Melbourne on Friday 11 July. You can learn about scholarships, costs, Access Melbourne, accommodation and alternative pathways. You will also be able to participate in a session focusing on the course you are interested in. To register, go to [http://futurestudents.unimelb.edu.au/](http://futurestudents.unimelb.edu.au/)

### Mid year workshops at JMC Academy:
The Academy is running intensive workshops for students in Years 10 – 12. You will be able to undertake introductory workshops in the following courses (dates are for July):

- 3: Music
- 2: Entertainment Management
- 4: Audio Engineering
- 4: Film
- 4: Animation
- 4: Game Design

To apply, fill out the online application form by 22 June at [www.futurestudents.unimelb.edu.au/uniexp](http://www.futurestudents.unimelb.edu.au/uniexp)

### UniExperience Melbourne:
If you are in Year 11 you have the opportunity to apply for the two-day UniExperience Program being held at the Parkville Campus on Thursday 12 – Friday 13 July. Cost is $100 and the program includes:

- One night accommodation and meals
- A guided campus tour
- Information on Melbourne courses
- Social activities organized by current University of Melbourne students
- Workshops on the transition to university, student support, accommodation, scholarships, and study tips

To apply, fill out the online application form by 22 June at [www.futurestudents.unimelb.edu.au/uniexp](http://www.futurestudents.unimelb.edu.au/uniexp)

### Upcoming Events - May

- **28: Deakin Parent and Student Tertiary Information Evenings**, Geelong, [www.deakin.edu.au](http://www.deakin.edu.au)
- **2: Aviation Careers Expo**, Swinburne University, Hawthorn Campus, register by 30 May, [www.swinburne.edu.au](http://www.swinburne.edu.au)