Overview

The focus of this course is on the effects of exercise on apparently healthy populations and those with increased cardiovascular risk across the lifespan. Psychological aspects of exercise, including the application of behaviour change and self-management strategies, comprise a significant component of this course. The literature addressing the impact of physical activity on cardiovascular risk reduction and the prevention of disease will be discussed in detail through examining the mechanisms by which exercise alters metabolic, vascular, muscular and cognitive function, both chronically and acutely. Health-based screening and intervention techniques (including basic nutrition assessments) will be applied with students undertaking a supervised lifestyle change project.

This course is restricted to students enrolled in the Bachelor of Exercise Physiology 3871.
<table>
<thead>
<tr>
<th><strong>Faculty</strong></th>
<th>Faculty of Medicine</th>
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<tr>
<td><strong>School</strong></td>
<td>School of Medical Sciences</td>
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<tr>
<td><strong>Study Level</strong></td>
<td>Undergraduate</td>
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<tr>
<td><strong>Offering Terms</strong></td>
<td>Term 2</td>
</tr>
<tr>
<td><strong>Campus</strong></td>
<td>Kensington</td>
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<tr>
<td><strong>Delivery Mode</strong></td>
<td>Fully on-site</td>
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<tr>
<td><strong>Indicative contact hours</strong></td>
<td>5</td>
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<tr>
<td><strong>Timetable</strong></td>
<td>Visit timetable website for details</td>
</tr>
</tbody>
</table>
Conditions for Enrolment

Prerequisites: HESC2501, HESC1511 and HESC3511
Course Outline

To access course outline, please visit:

HESC3504 Course Outline
Fees

Commonwealth Supported Students  $1191
Domestic Students  $6060
International Students  $6060

DISCLAIMER
Please note that the University reserves the right to vary student fees in line with relevant legislation. This fee information is provided as a guide and more specific information about fees, including fee policy, can be found on the fee website.

For advice about fees for courses with a fee displayed as "Not Applicable", including some Work Experience and UNSW Canberra at ADFA courses, please contact the relevant Faculty.

Where a Commonwealth Supported Students fee is displayed, it does not guarantee such places are available.
Pre-2019 Handbook Editions

Access past handbook editions (2018 and prior)

Pre-2019 Handbook Editions
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Authorised by Deputy Vice-Chancellor (Academic)
CRICOS Provider Code 00098G
ABN: 57 195 873 179