



University of
South Australia

Online

Your career in **Nutrition** **and Exercise**

With the prevalence of obesity, diabetes, cardiovascular disease, as well as an ageing population – health practitioners who have expertise in both nutrition and exercise are highly sought after.

Careers in health are on the rise. In fact, healthcare and social assistance is Australia's largest and fastest growing industry, employing more than 1.5 million workers*.

Health practitioners play an important role in educating the public about healthy habits and behaviours and empower people to take control over their health. We've collated the most in-demand skills health practitioners need to succeed.

*Australian Government, National Career Institute, 2023.

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Top five essential skills for a career in nutrition and exercise

1.

Health promotion

From anti-smoking campaigns to national programs like cervical and breast screening, as well as 'awareness weeks' that draw attention to a range of health issues - there are many health promotion activities that aim to help people live stronger and healthier lives.

Health promotion is much more than simply telling people how to live – it can sway public opinion, shift norms and change behaviour.

Planning and delivering health promotion campaigns requires knowledge and skills in applying marketing strategies using social media and other mass media, for a social benefit rather than commercial gain.

2.

Understanding the evidence base

Health practitioners must keep up-to-date with the latest research in nutrition and exercise.

People working in this field are expected to have expert knowledge on national physical activity and dietary guidelines, as well as current and emerging trends in the industry.

The ability to interpret scientific research, analyse quantitative and qualitative data, and translate science into practical eating and exercise advice are vital skills.

With the proliferation of health and fitness trends and fads, it's important to analyse the validity of information and conduct research using credible sources. Sources can include published articles, systematic reviews, population health data or project evaluations.

TOP FIVE

TOP FIVE ESSENTIAL SKILLS FOR A CAREER IN NUTRITION AND EXERCISE:

1. Health promotion
2. Understanding the evidence base
3. Effective leadership and advocacy skills
4. Project management
5. Effective communication



3.

Effective leadership and advocacy skills

Organisations are looking for leaders who can inspire, empower and educate others. But leadership roles aren't just for people who make big decisions or manage staff – there are many ways health practitioners can show leadership in the workplace.

Health practitioners work with a range of stakeholders to lead change and improve health and reduce health inequities. The ability to come up with new solutions, fresh ideas and new strategies to improve practices and respond to emerging challenges is extremely important.

Effective leaders are also strong advocates. Strong advocacy skills are used on the local, state and federal level to fight for existing programs, create new programs, or revise outdated policies.

4.

Project management

Project management is a skill adopted in almost every industry, including the health sector.

The ability to develop goals and objectives, identify and manage risks, as well as evaluate progress, are all really important skills in delivering successful projects.

People with good project management skills ensure projects are tracking along according to plan. You'll play an important role in coordinating all activities, tasks, resources and workers to make sure the project finishes on time, on budget and within required quality standards.

People who are organised, are good problem solvers, enjoy working with a wide range of people, and thrive on meeting deadlines are highly sought after.

5.

Effective communication

Effective communication is an essential skill regardless of where your career takes you. Health practitioners may communicate with the public by delivering presentations, running workshops in the community, or developing pamphlets and posters on health-related topics.

Tailoring your language to the people you're speaking to is critical in getting your message across. When you're communicating with members of the community and the general public, it's important to use non-scientific language to clearly explain concepts and theories. Similarly, research publications or public health journals are important when presenting scientific-based concepts to your peers.

Employers are also looking for people with the skills to communicate well in the workplace. This can include anything from writing reports and developing grant applications, to speaking to colleagues one-on-one, hosting meetings or composing emails.



55 % OF AUSTRALIAN ADULTS

do not meet the physical activity guidelines.

Australian Bureau of Statistics 2020/21



Kirsty Welsh
UniSA graduate
Health & Wellness Coach
Conscious Movement

Career opportunities

As a health professional, your career opportunities are extremely varied. There are many opportunities for health professionals in federal, state and local government, the not-for-profit sector, private enterprise and at a very grass-roots level in community agencies. You could also work in health agencies, hospitals, universities and health research institutes.

You may decide to specialise in a certain area like workplace health, community development, alcohol and drug abuse, smoking or teenage pregnancy – or you may decide to work with particular client groups such as the elderly, people with disabilities or high performing athletes.

CAREERS TO CONSIDER

Health and wellness lifestyle adviser

Provide advice related to diet and nutrition, exercise, and general health and wellbeing to a diverse range of community groups and individuals including the elderly, expecting mothers, and athletes; support individuals to set and review goals on a regular basis; identify and apply best practice behavioural strategies to help individuals achieve their health goals; and coach people to identify and respond to psychological challenges in relation to healthy eating and exercise.

Nutrition and exercise consultant

Help assess and increase an individual's fitness, sporting performance and general health; apply evidence-based approaches for weight management; understand nutritional, environmental and sociocultural influences on health and body weight; stay up-to-date with the latest scientific research in nutrition and exercise, and offer advice in line with the National Physical Activity Guidelines and the Australian Guide to Healthy Eating.

Corporate health and wellness adviser

Possess a high level of knowledge regarding contemporary Workplace Health and Safety (WHS) practices and risk management protocols; contribute to workplace wellness initiatives and programs; provide advice to senior management on issues involving health, safety and wellness; and identify opportunities to embed mental, physical and well-being into the organisational culture.

Health promotion officer

Plan and develop policies, strategies and projects that promote health at a local, regional or national level; increase the health awareness of individuals, groups and organisations; run community training courses and workshops; write and produce leaflets, posters, videos and brochures to aid health promotion in different environments; and ensure work is underpinned by up-to-date knowledge of health promotion theory.

Active and healthy ageing adviser

Promote, build and support the health and well-being of older people; identify and promote effective active and healthy ageing programs and strategies; disseminate evidence, research and data relevant to active and healthy ageing; and work with local government, community organisations, peak bodies, health providers and sporting organisations to build and support age-friendly environments relevant to older people.



Healthcare and social assistance is
**AUSTRALIA'S LARGEST
AND FASTEST GROWING
INDUSTRY.**

Employment is projected to increase by over

7% BY 2026.

Australian Government,
National Skills Commission
Employment Projections, 2021



Study nutrition and exercise 100% online

If you're looking to build your career, our 100% online Bachelor of Health Science (Nutrition and Exercise) is a great place to start. Whether you're looking to upskill and advance your current career or embark on a career change, UniSA Online's Nutrition and Exercise degree will give you the knowledge and skills to help you achieve your goals.

UniSA Online's Bachelor of Health Science (Nutrition and Exercise)

KEY FEATURES

- Take a holistic learning approach to nutrition and exercise.
- Build your skills in two highly complementary fields.
- Develop the knowledge and skills to support community health and well-being through physical activity and good nutrition.
- Be guided by experts and world-class researchers who are at the forefront of new discoveries in exercise and food sciences.
- UniSA's research in the area of health sciences is recognised as well above world-standard.*

* 2015 Excellence in Research for Australia (ERA)

 **Watch the video**

A NUTRITION AND EXERCISE DEGREE IS FOR PEOPLE:

Looking for a fresh start

It's never too late to pursue your passion. If you're looking to make a career change, studying a university degree is a great option to launch your new career. UniSA Online's Nutrition and Exercise degree will give you the knowledge and skills that employers are looking for while giving you the flexibility to continue working while you study.

Already working in the industry

You may be at a point in your career where you've gained a wealth of experience in your chosen field, but lack the necessary skills to advance in your career. Studying online is a great option for people looking to upskill to land that next big role.

People interested in a nutrition and exercise degree can come from a range of roles and industries including:

- Fitness trainer
- Community health worker
- Health support worker
- Aged and disabled carer
- Health and welfare support worker
- Nurses and midwives

Industry Insights



To forge a successful career in the health industry, Julia says graduates need to possess practical skills and knowledge.

"Nutrition is a rapidly expanding field that is recognised as one of the key factors in minimising poor health outcomes. It's important to ensure that individuals working in the health sector have the right qualifications.

"Nutrition is a complex science and nutrition guidelines and research often need translating for people to readily use in their day-to-day lives.

"Graduates of this degree will be well placed to understand the fundamentals of nutrition science, and how to apply it at an individual and population level."

Julia Boase
Director and co-founder of
Bloom Nutrition Studio



As the Organisational Wellness and Lifestyle Manager for Southern Cross Care SA NT, Kate believes there are many opportunities for passionate health practitioners in the aged care sector.

"As our population ages, there is an increasing need for compassionate people to work with older people to keep them engaged and loving life.

"This sector needs people who understand healthy ageing, and who come with an open mindset to new ideas and ways of working. This is really important for an expanding and changing sector as we move forward. Our team needs to be dynamic, creative and ready to respond to fresh ideas and new evidence to ensure we're creating the best opportunities for our older people to live well.

"Embrace the challenges and remember that your first job won't be your last. Everything you do builds new skills that contribute to your career and reputation."

Kate Kameniar
Organisational Wellness &
Lifestyle Manager
Southern Cross Care SA NT



What you'll study

UniSA Online's Bachelor of Health Science (Nutrition and Exercise) explores the latest cutting-edge developments in health. This degree gives you a dual skill set in two important areas of health, a powerful combination in demand by industry.

With a focus on real-world learning, you'll leave with specialised knowledge and practical skills to promote nutrition and exercise for preventative health, while developing the skills to inspire a healthy and more active society.

Discover the effects that food, nutrition, health and exercise have on the biological, psychological and social aspects of life. Explore diets and lifestyles for optimum health and the associations between nutrient intake, energy output and obesity. You'll also learn how nutrition and diet affect physical activity and lifestyle changes, as well as how to maximise physical performance for healthy active people.

FIRST YEAR

- > Critical Approaches to Online Learning
- > Foundations of Health and Physical Activity
- > Foundations of Human Biology 1
- > Health and Society
- > Foundations of Human Biology 2
- > Lifespan Growth and Motor Development
- > Health Promotion
- > Foundations of Nutrition and Health

SECOND YEAR

- > Body in Motion 1
- > Human Nutrition
- > Theory of Exercise Testing and Prescription 1
- > Nutrition and Exercise Biochemistry
- > Body in Motion 2
- > Theory of Exercise Testing and Prescription 2
- > Lifespan Nutrition
- > Measuring Movement

THIRD YEAR

- > Food Safety, Quality and Security
- > Professional Communication to Work in the Health Industry
- > Psychology of Exercise, Sport and Health
- > Project Management for Health and Wellness
- > Food as Medicine
- > Nutrition for Exercise and Performance
- > Applications in Nutrition and Exercise



TAILOR YOUR NUTRITION AND EXERCISE DEGREE

Complement your nutrition and exercise expertise with electives from a range of disciplines including

PSYCHOLOGICAL SCIENCE AND SOCIOLOGY, COMMUNITY HEALTH, OR MANAGEMENT





SUPPORT SEVEN DAYS A WEEK

Whether you need help with assignments, referencing, administrative or technical support, you'll have On Demand access to a team who'll be there to support you, every step of the way.

- > Online tutor support seven days a week – including at night and on weekdays
- > Dedicated Student Adviser support to assist you with your studies
- > Tech support 24/7.

Why Study On Demand?

Our 100% online, career-focused Nutrition and Exercise degree gives you full control and ultimate flexibility over your study. Access online student support seven days a week, plan your study to fit around your life, view learning resources 24/7, and log in to the interactive online environment anywhere, any time and on any device.

- Designed** specifically for **online learning**
- No need to come onto campus, all **assessments 100% online**
- Four start dates** per year in January, April, June and September
- 24/7 access** to learning resources
- Learn in **ten-week blocks**
- Flexible** around your life

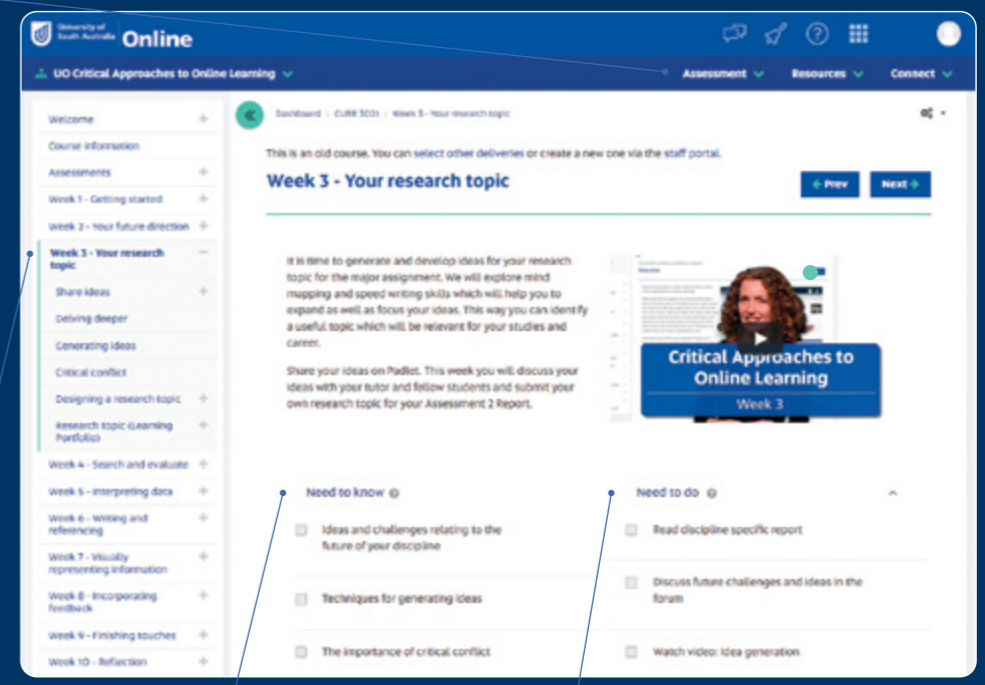
Your online learning environment

- Send and receive **instant messages**
- Read course **notifications**
- Access **help and support** including study resources, student services and the IT Help Desk
- Access **apps** such as your student portal, Outlook or Office 365

Assessment: View all of your assessment information for your course including assignments, quizzes and forums.

Resources: Access your course outline, eReadings, and ePortfolio.

Connect: Connect with your teaching staff and fellow students.



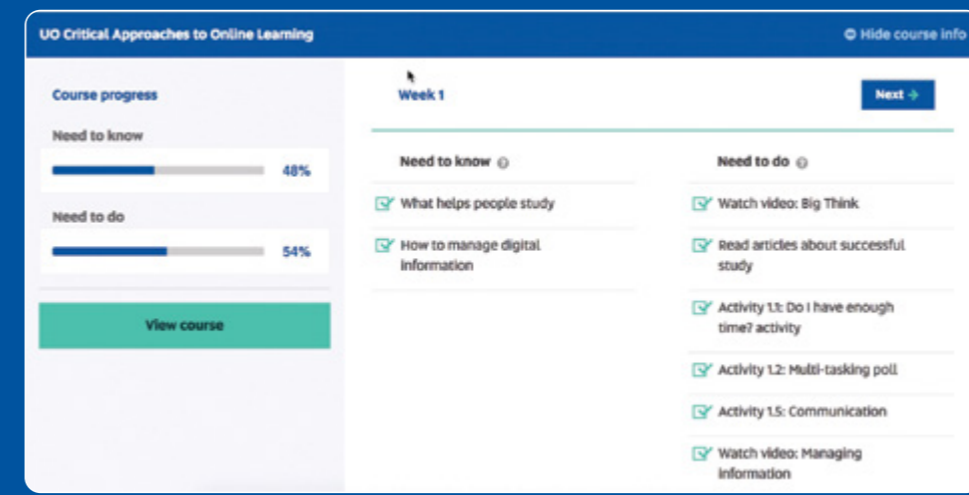
Easily access all of your course content and activities from week one through to week ten.

Watch the video

Need to know: A summary of the key concepts you're expected to understand by the end of each week. These are linked to the learning objectives of the course.

Need to do: A summary of the learning activities you need to engage with each week. These have been designed specifically to help you develop an understanding of the key concepts for each week.

Keep track of your progress



Tick off what you **'Need to know'** and **'Need to do'** each week and keep track of your progress through your student dashboard. See how much of your course you've completed – and how much further you've got to go.

Take your career to new heights

**TOP 2
IN AUSTRALIA
FOR GRADUATE
EMPLOYABILITY**



- 2021 QILT Employer Satisfaction Survey – Graduate Employability Skills Indicator. Public universities

As a UniSA Online student, you'll have all the information and resources you need to make informed choices for your career. From updating your resume to writing a winning cover letter, or preparing for an upcoming interview – we'll help you put your best foot forward.

You'll also be able to get personalised career advice, take career and self-assessment tests, use the interactive interview simulator and make valuable connections with industry representatives in your field.

Industry and professional development opportunities

Nutrition Society of Australia (NSA)

The Nutrition Society of Australia (NSA) is a group of qualified, practising scientists and educators from diverse disciplines who are brought together by a common interest in the research and application of nutrition. Founded in 1975, the society is represented across Australia by regional groups and managed by a National Council.

Community Health Australia

Community Health Australia is the national peak body for community health in Australia and a founding member of the International Federation of Community Health Centres (IFCHC). They are committed to advancing community health by promoting advocacy at national, state, and local levels.

Public Health Association of Australia (PHAA)

The Public Health Association of Australia is recognised as the principal non-government organisation for public health in Australia and works to promote the health and well-being of all Australians. The Association seeks better population health outcomes based on prevention, the social determinants of health and equity principles.

Meet your Online Course Facilitator



I have always been passionate about health – both personally and professionally.

After completing my PhD (Medicine), with research centred on gastrointestinal toxicities found in cancer treatments, I have been heavily involved in developing new online education platforms to improve teaching and learning in human biology.

The work I've done in this area, including my volunteer roles and research output, has resulted in multiple awards, including the South Australian Young Achiever of the Year in Science and Technology.

I'm excited to share my knowledge and expertise with the next wave of health practitioners in Australia through UniSA Online.

This degree is an excellent option for people who are passionate about nutrition, exercise and healthy living. I'm confident graduates of this degree will come out with a well-rounded skill set that the industry is telling us they need.

Dr Ysabella Van Sebille
Online Course Facilitator
Bachelor of Health Science
(Nutrition and Exercise)

Hear from our students



With existing qualifications in remedial therapies, Susan wanted to pursue her passion for nutrition and exercise.

"It's been a while since I've studied, and wasn't sure what I would be facing. But the support services have been extremely helpful and they're always available when I need help. There is no such thing as a silly question!"

"I work full-time, so I like to get up early, walk the dog, do some yoga and then get some study done prior to going to work. Mornings are when my mind is the most productive, so it's usually when I schedule quizzes, reports or assessments.

"Once I graduate, my goal is to use my knowledge and skills to run health and wellness travel trips within Australia and overseas. I'm excited to see what the future holds!"

Susan Richter
UniSA Online student
Bachelor of Health Science
(Nutrition & Exercise)



Check your eligibility at

unisaonline.edu.au/eligibility

Are you eligible?

You're eligible to study with UniSA Online if you meet at least one of the following criteria with a competitive result.

Higher education study

- Successfully completed equivalent to a minimum of half a year of full-time study of a higher education program at a recognised higher education provider.

Vocational Education Training (VET)

- Completed an award from a recognised training organisation at Certificate IV or above.

Work and life experience

- Passed a UniSA Online literacy and numeracy test and have relevant work experience; or
- Completed a UniSA Foundations Studies program or equivalent; or
- Qualified for Special Entry.

Recent secondary education

- Completed a secondary education qualification equivalent to the South Australian Certificate of Education (SACE), such as an interstate year 12 or international qualification.

In order to complete your application, we'll ask you to provide supporting documents as proof of your prior study or work experience.

For more information visit unisaonline.edu.au/admission

Online literacy and numeracy test

If you don't meet any of the criteria listed, you'll have the option to sit the online literacy and numeracy test, offered through ACER. In order to sit the test, you'll need to complete a UniSA Online application and provide evidence of relevant work experience.

Residency requirements

Even though this degree is taught online, you must meet the following residency requirements:

- if you are an Australian citizen, you must be a resident in Australia for at least some of your degree to be eligible for admission.
- if you are a Permanent Resident, permanent Humanitarian visa holder, or New Zealand citizen, you must be a resident in Australia for all of your degree to be eligible for admission.

Fees and finance

UniSA Online undergraduate courses are Commonwealth Supported for eligible students. Commonwealth supported students are charged a portion of the cost of their higher education through a student contribution. You may be eligible to defer payment of your student contribution via Commonwealth Government's HECS-HELP loan schemes.

unisaonline.edu.au/fees



APPLY TODAY

Apply direct at
unisaonline.edu.au
or call us on
1800 531 962

Just follow these simple steps:

1

Check your eligibility

Take our eligibility check and answer a few short questions to see if you're eligible. You'll be given an option to continue your application, save it for later or request a call back from a Degree Adviser if you have any questions.

2

Receive your conditional offer

If you are eligible, you'll receive an email with your conditional offer to start studying with UniSA Online. It will contain all the information you need to complete your application.

3

Complete your application and send through your documents

In order to proceed with your conditional offer, you'll need to complete your application and provide required evidence of your previous study or work experience.

Explore your study options

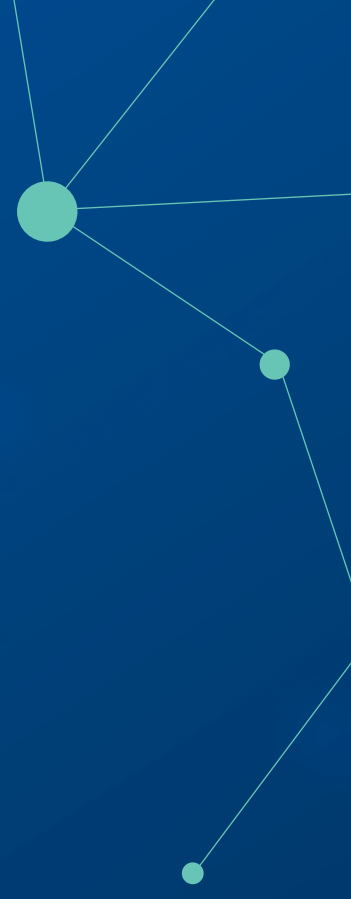
UniSA also offers 200+ degrees across a wide range of discipline areas both on-campus and online. Take advantage of our flexible study options, including online, part-time, blended and accelerated learning. Tailor your degree so you have time to travel, work and study from any location.

unisa.edu.au/study



KEY DATES

Application closing dates for each term can be found at
unisaonline.edu.au/key-dates



Online

Find out more about our online degrees:

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unisaonline.edu.au 

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