

CAREER PROSPECTS

The graduates from the Exercise and Sports Science programme may provide services or work at various settings:

- As science/research/sports officers in medical institutions (e.g. hospitals, clinics, rehabilitation centers); educational settings (e.g. special education schools, sport schools, early childhood education centers, universities); Youth and Sports Ministry, sports institutions and associations (National Sports Institute, Badminton Association of Malaysia, Football Association of Malaysia) or private practicing organisations.
- As academicians (e.g. tutors, lecturers) at public and private institutes of higher learning.
- As coaches, sports science consultants, sports administrators and managers, health coordinators, health and fitness club managers in both government and private sectors.



FOR MORE INFORMATION PLEASE CONTACT

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SCHOOL OF HEALTH SCIENCES
UNIVERSITI SAINS MALAYSIA

BACHELOR OF HEALTH SCIENCE IN EXERCISE & SPORTS SCIENCE WITH HONOURS



INTRODUCTION

Students enrolled in this program are anticipated to gain a high level of academic competency and knowledge that is comparable to graduates from similar institutions both within and outside the country. The uniqueness of this program lies in its ability to provide graduates with flexibility and the capability for ongoing development in their specific careers. This is attributed to the curriculum design, which enhances knowledge and skills relevant for exercise and sports sciences.

THE AIMS OF THE PROGRAMME

In line with our school mission, we aim to

- Nurture intellectual and professional graduates
- Produce graduates who are responsible and possess high ethical standards
- Transform knowledge to develop and sustain social well-being

CURRICULUM COMPONENTS

This is a 3 1/2 years programme with 7 semesters which consists of lectures, seminars, tutorials, laboratory- and field- based practical, research project and industrial training. Total credit units to be completed and passed is 120.

CURRICULUM COMPONENTS

Core courses	Elective Courses
70	32
University Courses	Total Credit Units
18	120

CORE COURSES

- Fundamental of Health Informatics
- Physiology & Anatomy of Movement
- Introduction to Exercise & Sports Science
- Psychology & Behavioural Science
- Sports Psychology
- Health and Society
- Sociology & Philosophy of Sports
- Exercise Physiology
- Research Methodology
- Sports Training Methodology
- Sports Nutrition
- Kinanthropometry, Tests & Measurements for Sports Science
- Sports Biomechanics & Kinesiology
- Principles of Nutrition
- Motor Learning
- Skills and Practices in Team Sports
- Skills and Practices in Individual Sports
- Adapted Physical Activity
- Fitness Testing and Exercise Prescription
- Ethics & Law for Healthcare Professionals
- Sports Management
- Biostatistics
- Research Project
- Industrial Training

ADMISSION

- Meet the general requirements of the university
- Meet the special requirements of the program as below:

STPM/ Matriculation/ Foundation (UM/ UKM/UITM)

- Pass STPM/Matriculation/Foundation with at least CGPA 2.00, **AND**
- Obtain at least Grade C+ (CGPA 2.33) in any two (2) Arts/Science stream subjects, **AND**
- Excellent during interview session

Diploma/Equivalent–A-Level, AUSMAT, SAM, IB, and others

- Possess Diploma in related field with at least CGPA 2.75, **OR**
- Pass A-Level with a minimum score of 10 and obtain at least Grade C in any two (2) subjects, **OR**
- Pass the International Baccalaureate (IB) with a minimum score of 24 and obtain at least a score of 4 at the High Level (HL) or Standard Level (SL) in any two (2) subjects, **AND**
- Excellent during interview session

International candidates must possess an equivalent qualification of STPM or a Diploma recognised by the Malaysian Government.

Application can only be made through Online Application via the URL:
<https://pohon.usm.my>

