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Foundational Bioscience Content in Exercise and Sports Science: Update

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Foundational bioscience content underpins both the exercise science and clinical exercise physiology standards for Exercise and Sports Science Australia, National University Course Accreditation Program accredited graduates. However, the graduate attributes within the foundational areas of Anatomy and Physiology are generalised into graduate outcomes with brief guiding principles and are open to interpretation. Therefore, it was the intension of this research project to investigate a global consensus regarding what bioscience content is viewed and prioritised as foundational to the profession of Exercise and Sports Science.

Current we have 48 responses to the survey completed by 38 accredited exercise physiologists, 13 exercise scientists, 5 accredited sport scientists and 3 others. This initial analysis shows that majority of responses are new to the professional area (0-4 year - 56.25%) and are practicing predominately in general clinical exercise physiology settings (39.6%). Overwhelming respondents (95.8%) believed that exercise and sports science is an applied science and 60.4% thought the foundational science content should be taught by exercise and sport science academics. Detailed findings of what foundational science content respondents thought should be taught in exercise and sport science programs in Australia will be presented.

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