

**Professional Practice and Career Directions  
The School of Human Movement and Exercise Science  
The University of Western Australia.**

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**Abstract**

The Professional Practice course within the School of Human Movement and Exercise Science at The University of Western Australia is a level three, final year, elective unit which is taken by 90% of a possible 135 students within the Bachelor of Science, Exercise and Health Science degree course. The unit uses lectures, workshops, interviews, reflective opportunities, assignments, reports, personal development planning meetings and practicum placements in relevant industry worksites to develop employability. Such work related learning develops a graduate who actively seeks out positions that fit with their perceived preferences, belief systems, learning styles, career anchors, personal values and ethics. The process aims to develop the necessary self knowledge, understanding and skills that enable the student to cope within an increasingly complex society and the changing world of work. A sound understanding of self, including how one learns and the cognitive strategies required to process information, promotes the self awareness required of a flexible learner, able to manage in a variety of situations. Preparation of the student includes opportunities for learning self auditing skills, knowledge of the industry and the employment process, the skills to find, and apply for, a position and the relevant transition issues and the cultural adjustments required of the new employee. Exposure to the workplace provides the student with the opportunity to integrate theoretical concepts with professional practice, interact with relevant professionals, develop and apply specific worksite skills; develop communication, networking and teamwork abilities; develop an understanding of the expectations of a professional in the workforce and to ascertain whether the role and industry is the right fit for them. Human Movement and Exercise Science former students are major contributors to the course, providing worksite placements, worksite supervision and student placement assessments. They provide the expertise through which the students are interviewed for a wide range of positions. Some are guest speakers within the lecture component, sharing information regarding their careers and career goals. Graduates are employed in a huge variety of positions in a wide range of industries including sport, health, physical activity, physical and health education, exercise rehabilitation, occupational health and safety, human resource management, marketing, and tertiary education and research. including sport science, sports coaching, sport administration, sports development officer, sports marketing and management, physical activity programming, physical activity program management, health and fitness programming, gymnasium, outdoor education and adventure programming, aquatics, health research, health administration, health promotion, occupational health and safety, corporate health and fitness, health and physical education, tertiary lecturing and research, corporate education and training, vocational rehabilitation, sport rehabilitation, community rehabilitation, cardiac rehabilitation, cardiac technicians, medical technicians, marketing and management, facility management, human resource management and in pharmaceutical and medical equipment sales.