

## Inherent Requirements for Exercise and Sport Science Courses

To assist students to make informed choices about their study, we have identified and set out below the Inherent Requirements for coursework award courses in Exercise and Sport Science.

The University of Sydney welcomes and encourages applications from students with disabilities, and from diverse social and cultural backgrounds. Where there are physical, intellectual, cultural, religious or other factors that impact on a student's ability to meet the Inherent Requirements, the University will make reasonable adjustments to assist the student to meet the requirements.

To successfully complete their award course, students must meet the academic requirements set out in the Faculty and course resolutions – these are set out in the [Faculty handbook](#). In addition, students in all courses are required to comply with Australian laws and University rules and policies, including the [Student Charter 2020](#). The University of Sydney upholds the academic standards of each degree and discipline so that all students graduate with the skills and knowledge expected of a graduate of the award conferred.

**With appropriate supports and reasonable accommodations, students must be able to carry out the list of Inherent Requirements in order to successfully complete a coursework award course in Exercise and Sport Science.**

### Communication tasks

1. Comprehend spoken English delivered at conversational speed (including in noisy environments, such as hospital wards and classrooms).  
*E.g. practical classes are where much of your learning takes place, amongst potentially noisy exercise equipment.*
2. Understand and respond to verbal communications accurately, appropriately and in a timely manner.  
*E.g. students must obey instructions during practical classes to ensure the safety of all participants.*
3. Communicate clearly, audibly and intelligibly in English.  
*E.g. some units of study require the demonstration of presentation skills as part of their assessment.*
4. Actively participate in group discussions.  
*E.g. participate in client based group discussion in class and gymnasium.*
5. Read and comprehend information presented in a variety of standard formats.  
*E.g. students present assignments for assessment that involve finding, reading, combining and evaluating information.*
6. Record information accurately and make coherent notes.  
*E.g. information will be presented during lectures and tutorials that may not be available in other forms.*
7. Communicate respectfully with people of different gender, sexuality and age, and from diverse cultural, religious, socio-economic and educational backgrounds.  
*E.g. students will interact with other students in mixed classroom environments, as well as with the general public while on professional practice.*

### Physical tasks

1. Acquire and hold a Cardio-pulmonary Resuscitation Certificate from a registered training organisation.
2. Cleanse hands and forearms using disinfecting products.  
*E.g. students must maintain health standards while working on professional practice.*
3. Meet ongoing immunisation requirements, including those introduced after commencement in the course or program.  
*Detail is available at <https://sydney.edu.au/students/clinical-placement-checks.html>.*
4. Attend clinical or practicum placements in a range of physical settings (e.g. urban, rural, hospitals, clinics) and for the required number of hours, within a reasonable period.  
*E.g. students may be required to travel to remote and/or rural locations for professional practice.*

### Intellectual tasks

1. Gather, comprehend and organise information.  
*E.g. students present assignments for assessment that involve finding, reading, combining and evaluating information.*
2. Integrate theory and knowledge from various sources.

- E.g. information from various sources must be integrated to obtain a full understanding.*
3. Develop options and assess and compare their respective merits.  
*E.g. students must make value judgments when discussing complex cases.*
  4. Accurately recall information without reference.  
*E.g. students will be assessed on their ability to recall important information during exams.*
  5. Accurately undertake arithmetic calculations.  
*E.g. numerical calculations are essential for many units of study. In particular, the ability to re-arrange and solve algebraic equations is essential.*
  6. Engage in scientific and clinical reasoning.  
*E.g. students must apply reasoning to assess available options in novel case studies.*
  7. Engage in rational and ethical reasoning.  
*E.g. students must reason in an ethical fashion to develop appropriate professional skills.*
  8. Understand another person's perspective.  
*E.g. the ability to understand others' perspectives is essential to operate in a professional manner among clients and co-workers.*
  9. Complete clinical tasks in a safe and reasonable time frame.  
*E.g. tasks must be completed in a reasonable time frame where scientific measures are being taken and advice provided to clients on the basis of those measures.*
  10. Maintain a sufficient level of concentration to focus on an activity to completion.

### **Interpersonal and social interactions**

1. Control the expression of your own emotions.  
*E.g. students must interact with each other and maintain appropriate professional behaviour.*
2. Be able to work effectively in the face of uncertainty and adapt to changing environments.  
*E.g. students must adapt to novel situations when working with different clients.*
3. Accept and fulfill responsibilities you are given for patient/client care.  
*E.g. students have an obligation to maintain professional standards of care at all times.*
4. Manage your own physical and mental health effectively.  
*E.g. maintaining their own health is essential if students are to be able to function reliably in a workplace setting.*
5. Respect personal and professional boundaries.  
*E.g. students must interact with each other and maintain appropriate professional behavior.*
6. Dress appropriately and safely for the clinical workplace.  
*E.g. you will complete professional practice in a commercial workplace that will require a particular dress code from its employees.*

### **FREQUENTLY ASKED QUESTIONS**

#### ***Why have a list of Inherent Requirements for Exercise and Sport Science Courses***

We think it's important for students to be aware of the Inherent Requirements they will need to meet in university subjects and courses. This information enables prospective students to make informed decisions about their subject and career choices. In the case of Exercise and Sport Science Courses and other health professional degrees, many of the Inherent Requirements relate to client contact. This contact increases with each year of the course and we believe it's important to be clear from the beginning about what is required to be able to successfully complete the course.

The Inherent Requirements are likely to be particularly helpful for students with disabilities. Many students successfully manage their disabilities with external support, and opt not to notify the University. However, the University's Disability Services assists hundreds of current students with a disability, and provides prospective students with advice about the support services offered at the University. Where necessary, after confidential registration of a disability, Disability Services negotiates reasonable adjustments for students with the relevant Faculty. Adjustments to coursework and assessments may also be made for students with carer's responsibilities, or cultural or religious needs. These adjustments may include such things as building and timetabling modifications, recording teaching material and special examination provisions. For fieldwork placements, it may include negotiating with supervisors in advance of the placement for reasonable adjustments. Adjustments must be reasonable and cannot compromise the academic integrity of a course. Reasonable adjustments are provided to assist students to achieve the inherent requirements, not as a substitute for them.

#### ***How are lists of Inherent Requirements developed?***

They are developed from the required learning outcomes of the courses. Course structure and content, including

learning outcomes, are designed to ensure that the course meets required standards. In addition to meeting general higher education standards, the health professional courses are accredited (inspected and approved) by specialist groups. There are 14 health professions regulated by the Australian Health Practitioner Agency (AHPRA) and profession specific boards or councils are responsible for assessing programs of study and education providers against accreditation standards.

In the case of many university subjects, the Inherent Requirements are purely cognitive. However, the health professional courses, in addition to teaching cognitive skills, train students to diagnose and treat clients and patients. Students' abilities to do this are assessed in structured examinations and students are required to perform supervised care of clients and patients satisfactorily when on placement. Patient and client safety must be ensured at all times and the healthcare institutions, the registered practitioners supervising, and, the University have a duty of care to these patients and clients. Students are required to comply with relevant requirements for placement organisations (e.g. NSW health). The health placement requirements are at: <https://sydney.edu.au/students/clinical-placement-checks.html>

***Do I have to disclose any disability I believe I may have? Is there an assessment?***

No, the information on Inherent Requirements is provided for your guidance. While registration with Disability Services is necessary for you to obtain reasonable adjustments, you are not otherwise required to disclose your disability to the University, unless it poses a risk to your health or safety or to that of others.

***What should I do if I am worried about my ability to successfully undertake a listed essential requirement?***

You can make initial contact with a course advisor via the Education Support team or with Disability Services to discuss your specific issue. Liaison will occur, if necessary, with appropriate protection of your privacy. The Education Support team can be contacted on [shs.ltadmin@sydney.edu.au](mailto:shs.ltadmin@sydney.edu.au). The Disability Services Team can be contacted on +61 2 86278422 or [disability.services@sydney.edu.au](mailto:disability.services@sydney.edu.au).

***What is an adjustment?***

These are modifications or accommodations made by the University that have the effect of assisting a student with a disability to participate or access something on the same basis as someone without a disability. Common accommodations include aids to vision or hearing (which many people of course wear every day). Disability Services at the University works to support students with disabilities, including negotiating reasonable adjustments for students. These adjustments are frequently related to assessment, e.g. extra time in examinations, allowing students to type instead of handwrite, or may relate to such issues as timetabling or access. Other assistance for fieldwork may include adjusting hours of work and the allocation of the type of placement may also be adjusted where needed to ensure the psychological safety of the student.

The University of Sydney has obligations under the *Disability Discrimination Act 1992* (Cth), the *Anti-Discrimination Act 1977* (NSW) and the *Disability Standards for Education 2005* (Cth) to ensure that reasonable adjustments are available. Adjustments must be reasonable and cannot compromise the academic integrity of a course. Reasonable adjustments are provided to assist students to achieve the Inherent Requirements, not as a substitute for them.

***Can I enrol even if I am not sure I will be able to carry out some of the Inherent Requirements?***

Yes. In fact, it will usually be unlawful for the University to restrict enrolment on the basis of disability, or to discriminate against students with a disability in other ways.

***What happens if I do enrol and I am unable to carry out some of the Inherent Requirements?***

Assessment is carried out with approved reasonable adjustments. If, even with reasonable adjustments, you are unable to carry out some of the Inherent Requirements, you may fail an essential component of the course. In this event, you will be unable to graduate with the health professional degree.