

Ms Natasha Hampson

Bachelor of Applied Science (Exercise and Sport Science) - now Bachelor of Exercise and Sport Science

Bachelor of Applied Science (Exercise and Sport Science) (Honours) - now Bachelor of Exercise and Sport Science (Honours)

Physical Activity Practitioner, Royal Children's Hospital

"I was always interested in physical activity and nutrition at secondary school and I found that Deakin offered the best selection of courses in these areas."

"I completed an honours research project after finishing my degree in exercise and sport science, which was the best experience I could have had to prepare me for a career in health, exercise and nutrition."

The best thing about the course was "Definitely the staff! They were always so passionate and engaging in their approach to teaching. Many of my lecturers were involved in research in areas of health which encouraged me to continue learning and look forward to my own career in the health industry."

The most important thing I learnt at Deakin was "The more experiences and opportunities you have along the way, the better equipped you will be to excel in your career... Deakin was the first, yet a major stepping stone in this process."