

Faculty of Health

Work Integrated Learning

Exercise Science and Physiology Uniform Requirements

Students participating in Work Integrated Learning (WIL) must adhere to the following uniform requirements. Students who do not comply may be sent away from their allocated site.

Personal Hygiene and Grooming

Personal hygiene is essential for students to ensure a professional presentation to consumers. Please avoid strong perfumes or colognes, as some patients or staff may be sensitive to fragrances. Use of an appropriate deodorant or antiperspirant is also necessary to limit body odour.

Hair should be neat, well-groomed and long hair always tied back neatly. Beards should be trimmed and well-maintained. Makeup should be minimal and professional. No artificial eyelashes and/or nails may be worn. Nails must be clean and well-manicured, no longer than your fingertip.

Clothing

All clothing must meet all appropriate Work Health and Safety (WHS) requirements for tasks undertaken during WIL. Clothing must be in good condition and clothes with discernible rips, tears and holes are not permitted. Clothes should be clean, ironed and free from stains.

- SCU polo shirt that can be purchased from [Mediscrubs](#).
- Full-length black pants with either elastic or non-elastic hem. Preferred styles can be purchased through [Mediscrubs](#), otherwise alternate examples are available [online](#).
- Knee length black shorts that allow movement.
- For **Exercise Physiology students**, leather/leather-like lace up shoes (as per laboratory standard) – clean and polished – this can be leather sneakers. Examples are available [online](#).
- For **Exercise Science students**, close-toed shoes (runners for most places).
- SCU Student [ID Card](#)

Students are not permitted to wear:

- T-shirts, singlets or low-cut tops
- Leggings, denim, jeans, shorts or short skirts
- Leisure/active-wear
- Sneakers (other than black leather sneakers) or open-toed shoes
- Outwear including jumpers, vests or cardigans due to infection control procedures

Jewellery and Accessories

Students must keep jewellery minimal, professional and avoid wearing large or distracting accessories. Students should also limit piercings and avoid wearing hand or wrist jewellery, including excessive rings or bracelets that could interfere with clinical tasks.

Safety and Infection Control

All students must adhere to any specific infection control dress standards, such as wearing gloves, masks, or protective eyewear when required.