

Enrolment Program Structure

Program Code – PX5 Mid-year commencing 2018

Program Name – Bachelor of Exercise and Sport Science

First Year				
Semester 2	Course Code	Course Name	Credit Points	Pre requisites
	HEALT 1112	Anatomy and Physiology for Health Professionals 2	15	Nil
	HEALT 1706	Health and Physical Activity Promotion	15	Nil
	HEALT 2174	Nutrition for Health and Exercise	15	Nil
	EXSCI 1704	Principles of Research in Exercise Science	15	Nil
Second Year				
Semester 1	Course Code	Course Name	Credit Points	Pre requisites
	HEALT 1111	Anatomy and Physiology for Health Professionals 1	15	Nil
	EXSCI 1703	Motor Learning and Control	15	Nil
	EXSCI 1702	Exercise Principles and Instruction	15	Nil
	HEALT 1705	Psychosocial Aspects of Health Behaviour	15	Nil
Semester 2				
	EXSCI 1701	Introduction to Biomechanics	15	Nil
	EXSCI 2175	Exercise Prescription 1	15	
	EXSCI 2008	Applied Biomechanics	15	EXSCI 1701
		Elective 1 (Choice of streams in - Masters of Teaching, Exercise Rehabilitation/Exercise Science)	15	Nil
Third Year				
Semester 1	Course Code	Course Name	Credit Points	Pre requisites
	EXSCI 2171	Exercise Physiology	15	Nil

			15	HEALT 1111 HEALT 1112
	EXSCI 2172	Functional Human Anatomy		
	EXSCI 2173	Psychology of Sport and Exercise	15	Nil
	HMPRC 2170	Introduction to Exercise Science Workplace Learning	15	Nil

Semester 2

	EXSCI 3002	Physical Preparation in Sport	15	EXSCI 2171
	EXSCI 3173	Injury Prevention and Management in Human Movement	15	Nil
	EXSCI 3174	Advanced Exercise Science	15	Nil
		Elective 2 (Choice of streams in - Masters of Teaching, Exercise Rehabilitation/Exercise Science)	15	Nil

Fourth Year

Semester 1	Course Code	Course Name	Credit Points	Pre requisites
	EXSCI 3171	Advanced Motor Learning and Control	15	EXSCI 1703
	EXSCI 3172	Exercise Prescription 2	15	EXSCI 2715
	HMPRC 3170	Workplace Readiness	15	Nil
		Elective 3 (Choice of streams in - Masters of Teaching, Exercise Rehabilitation/Exercise Science)	15	Nil
TOTAL CREDIT POINTS			360	

Elective 1

Masters of Teaching Stream	HEALT 1004	Youth Health Issues	15	Nil
Exercise Rehabilitation/Sports Science	EXSCI 2176	Inclusion Through Physical Activity	15	EXSCI 1702
Health Sciences	EXSCI 2176	Inclusion Through Physical Activity	15	EXSCI 1702

Elective 2

Masters of Teaching Stream	HMALS 2005	Creative Movement in HPE	15	Nil
Exercise Rehabilitation/Exercise Science	EXSCI 3176	Advanced Exercise Programming	15	EXSCI 3175
Health Sciences	BEHAV 2001	Lifespan Human Develop	15	

Elective 3

Masters of Teaching Stream	HMALS 3016	Games Pedagogy	15	Nil
Exercise Rehabilitation/Exercise Science	EXSCI 3175	Exercise Modalities	15	EXSCI 2176
Health Sciences	BEHAV 2002	Abnormal Behaviour	15	

Additional Information

This program structure applies to students commencing from 2018. Students who commenced prior to 2017 should contact the Undergraduate Administrator for the appropriate enrolment information.

Glossary

Semester – designated teaching period

Co-requisite – a selection of courses that need to be completed at the same time

Pre-requisite – a course or courses that must be completed prior to undertaking another course

Major/Minor – the main subject area of study completed as part of a degree

Level (ie first, second, third) – introductory, intermediate and advanced level courses