

Enrolment Program Structure – Continuing

Program Code: PX5

Program Name: Bachelor of Exercise and Sport Science

Locations: FLXG (Gippsland), Mt Helen

Program Plan: **Full-time**

Course Code	Course Name	Course Rules
FIRST YEAR		
Semester 1		
EXSCI 1702	Exercise Principles and Instruction	Nil
EXSCI 1703	Motor Learning and Control	Nil
HEALT 1111	Anatomy & Physiology for Health Professionals 1	Nil
HEALT 1705	Psychosocial Aspects of Health Behaviour	Nil
Semester 2		
EXSCI 1701	Introduction to Biomechanics	Nil
EXSCI 1704	Principles of Research in Exercise Science	Nil
HEALT 1112	Anatomy & Physiology for Health Professionals 2	Nil
HEALT 1706	Health and Physical Activity Promotion	Nil
SECOND YEAR		
Semester 1		
EXSCI 2008	Applied Biomechanics	PR: EXSCI1701
EXSCI 2171	Exercise Physiology	PR: HEALT1111 and HEALT1112
EXSCI 2172	Functional Human Anatomy	PR: HEALT1111 and HEALT1112
HMPRC 2170	Introduction to Exercise Science Workplace Learning	PR: EXSCI1702

Applied Exercise Stream

Semester 2		
EXSCI 2173	Psychology of Sport & Exercise	PR: Any one of: BEHAV1001, BEHAV1002,

		HEALT1705, PSYCB1101 or PSYCB1102
EXSCI 2175	Exercise Prescription 1	PR: EXSCI1702 and EXSCI2171
EXSCI 3171	Advanced Motor Learning & Control	PR: EXSCI1703
EXSCI 2176	Inclusion Through Physical Activity	PR: EXCI1702

THIRD YEAR

Semester 1

EXSCI 3172	Exercise Prescription 2	PR: EXCI2175
EXSCI 2174	Nutrition for Health & Exercise	PR: EXSCI171
HMPRC 3170	Exercise Science Workplace Readiness	PR: HMPRC2170
EXSCI 3175	Exercise Modalities	PR: EXCI2175

Semester 2

EXSCI 3002	Physical Preparation in Sport	PR: EXSCI2171 and EXCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	PR: EXCI2175
EXSCI 3177	Applied Exercise Science	PR: 240 Credit Points EX: EXSCI3174
EXSCI 3176	Advanced Exercise Programming	PR: EXCI3172

Health Sciences Stream

Semester 2

EXSCI 2173	Psychology of Sport & Exercise	PR: Any 1 of: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
EXSCI 2175	Exercise Prescription 1	PR: EXCI1702 and EXSCI2171
EXSCI 3171	Advanced Motor Learning & Control	PR: EXCI1703
EXSCI 2176	Inclusion Through Physical Activity	PR: EXCI1702

THIRD YEAR

Semester 1

EXSCI 3172	Exercise Prescription 2	PR: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
HEALT 2174	Nutrition for Health & Exercise	PR: EXSCI2171

HMPRC 3170	Exercise Science Workplace Readiness	PR: HMPRC2170
BEHAV 2002	Abnormal Behaviour & Disorders	PR: 60 credit points EX: ATSGC2820 and PSYCB3102
Semester 2		
EXSCI 3002	Physical Preparation in Sport	PR: EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	PR: EXSCI2172
EXSCI 3177	Applied Exercise Science	PR: 240 credit points EX: EXSCI3174
BEHAV 2001	Lifespan Human Development	PR: 60 credit points of study from any discipline

Teaching Stream

Semester 2		
EXSCI 2173	Psychology of Sport & Exercise	PR: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
EXSCI 2175	Exercise Prescription 1	PR: EXCI1702 and EXSCI2171
EXSCI 3171	Advanced Motor Learning & Control	PR: EXCI1703
HEALT 2006	Population & Global Health Perspectives	Nil
THIRD YEAR		
Semester 1		
EXSCI 3172	Exercise Prescription 2	PR: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
HEALT 2174	Nutrition for Health & Exercise	PR: EXSCI2171
HMPRC 3170	Exercise Science Workplace Readiness	PR: HMPRC2170
EDHPE 4000	Games Pedagogy	Nil
Semester 2		
EXSCI 3002	Physical Preparation in Sport	PR: EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	PR: EXSCI2172
EXSCI 3177	Applied Exercise Science	PR: 240 credit points EX: EXSCI3174
EDHPE 3002	Health & Physical Activity in Society	EX: HEALT3004

Important Enrolment Information

Student HQ

P: 1800 FED UNI (1800 333 864)

E: <https://fred.federation.edu.au/>

International Admissions

P: 03 5327 9018

E: internationaladmissions@federation.edu.au

Program Coordinators

Lindy Hall

E: SOH.PCGipps@federation.edu.au

P: (03) 5122 9693

Mt Helen Campus

Additional Information

If you are unable to, or are having difficulties enrolling in myStudentCentre, please contact Student HQ for program administration information and assistance. *Note: If you wish to apply for course credits, please contact Student HQ.*

Glossary

Semester – designated teaching period

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

Co-requisite (CoR) – a course or courses that must be completed concurrently with the chosen course

Exclusion (EX) – a course that is the equivalent to another and so excludes students from repeating an equivalent course