

Enrolment Program Structure – 2023

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 |
| HEALT 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