

## Enrolment Program Structure

Program Code - PX5

Program Name - Bachelor of Exercise and Sport Science

<b>First Year</b>			
<b>Semester 1</b>	<b>Course Code</b>	<b>Course Name</b>	<b>Course Rules</b>
	HEALT1111	Anatomy and Physiology for Health Professionals 1	
	EXSCI1703	Motor Learning and Control	
	EXSCI1702	Exercise Principles and Instruction	
	HEALT1705	Psychosocial Aspects of Health Behaviour	
<b>Semester 2</b>			
	HEALT1112	Anatomy and Physiology for Health Professionals 2	
	HEALT1706	Health and Physical Activity Promotion	
	EXSCI1701	Introduction to Biomechanics	
	EXSCI1704	Principles of Research in Exercise Science	
<b>Second Year</b>			
<b>Semester 1</b>	<b>Course Code</b>	<b>Course Name</b>	<b>Course Rules</b>
	EXSCI2171	Exercise Physiology	
	EXSC2172	Functional Human Anatomy	<b>PR:</b> HEALT 1111 HEALT 1112
	EXSCI2173	Psychology of Sport and Exercise	
	HMPRC2170	Introduction to Exercise Science Workplace Learning	
<b>Semester 2</b>			
	HEALT2174	Nutrition for Health and Exercise	
	EXSCI2175	Exercise Prescription 1	<b>PR:</b> EXSCI 2171

EXSCI2008

Applied Biomechanics

**PR: EXSCI 1701**
**Elective 1** (Choice of streams in - Masters of Teaching, Applied Exercise or Health Science)

**Masters of Teaching Stream**

HEALT 2003

Youth Health Issues in Society

**Applied Exercise: Principles & Practice Stream**

EXSCI2176

Inclusion Through Physical Activity

**PR: EXSCI 1702**
**Health Science Stream**

EXSCI2176

Inclusion Through Physical Activity

**PR: EXSCI 1702**
**Third Year**
**Semester 1**
**Course Code**
**Course Name**
**Course Rules**

EXSCI3171

Advanced Motor Learning and Control

**PR: EXSCI 1703**

EXSCI3172

Exercise Prescription 2

**PR: EXSCI 2175**

HMPRC3170

Workplace Readiness

**Elective 2** (Choice of streams in - Masters of Teaching, Applied Exercise or Health Science)

**Masters of Teaching Stream**

HMALS3016

Games Pedagogy

**Applied Exercise: Principles & Practice Stream**  
**Exercise Science**

EXSCI3175

Exercise Modalities

**PR: EXSCI 2176**
**Health Science Stream**

BEHAV2002

Abnormal Behaviour and Disorders

**Semester 2**

EXSCI3002

Physical Preparation in Sport

**PR: EXSCI 2171**

EXSCI3173

Injury Prevention and Management in Human Movement

EXSCI3174

Advanced Exercise Science

**Elective 3** (Choice of streams in - Masters of Teaching, Applied Exercise or Health Science)

**Masters of Teaching Stream**

HEALT 3004

Health and Physical Activity in Society

<b>Applied Exercise: Principles &amp; Practice Stream</b>	EXSCI3176	Advanced Exercise Programming	<b>PR:</b> EXSCI 3175
<b>Health Science Stream</b>	BEHAV2001	Lifespan Human Development	<b>PR:</b> 60 points of study in any discipline

### Additional Information

This program structure applies to students commencing from 2019. Students who commenced prior to 2019 should contact the Program Coordinator.

### Glossary

**Semester:** designated teaching period.

**PR:** Pre-requisite, a course/s that must be completed prior to undertaking another course.

**CO:** Co-requisite, a course/s that must be completed simultaneously, or prior to, undertaking another course.

**EX:** Exclusion, a course/s that may not be taken.