

Academic Chair: [Yvonne Learmonth](#)

Start Date: Semester 2 2023

Year 1 – 2023	Semester 1 Units	CP	Semester 2 Units	CP
			Part 1 General Elective (choice)	3
			EXS102 Human Physiology	3
			EXS116 Functional Human Anatomy	3
			PSY172 Introduction to Health and Wellbeing	3
	Total		Total	12
Year 2 - 2024	Semester 1 Units	CP	Semester 2 Units	CP
	BSC100 Building Blocks for Science	3	MSP200 Building Enterprise Skills OR MSP201 Real World Learning	3
	BMS101 Introduction to the Human Body	3	BSC206 Introduction to Research Methods and Evidence Based Practice	3
	EXS124 Introduction to Sports Science	3	EXS204 Biomechanics 1	3
	MSP100 Career Learning: Managing Your Career	3	EXS205 Acquisition of Skills and Motor Control	3
	Total	12	Total	12
Year 3 - 2025	Semester 1 Units	CP	Semester 2 Units	CP
	EXS201 Sport and Exercise Psychology	3	EXS301 Advanced Sport and Exercise Psychology	3
	EXS202 Exercise Physiology 1	3	EXS302 Exercise Physiology 2	3
	EXS203 Health, Fitness and Performance Assessment	3	EXS304 Biomechanics 2	3
	EXS223 Strength and Resistance Training	3		
	Full-Year Unit (Y)			
	EXS309 Exercise Science Practicum (also available in Full-Year H teaching period)			3
	Total	13.5	Total	10.5
Year 4 - 2026	Semester 1 Units	CP	Semester 2 Units	CP
	BSC306 Research and Evidence	3		
	EXS303 Exercise, Programming and Prescription	3		
	EXS305 Advanced Skills and Motor Control	3		
	EXS306 Physical Assessment and Rehabilitation	3		
	Total	12	Total	

TOTAL CREDIT POINTS 72

**Please note:** This course plan is a sample only and must be read in conjunction with the full course structure, unit prerequisites and enrolment options as outlined in the [Handbook](#). Students should note that due to unit prerequisites, commencing study in Semester 2 may extend the duration of the course. This information is correct as at 12/05/2023.