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Start Date: Semester 1 2025

	Semester 1 Units		Semester 2 Units	
		CP		CP
Year 1 – 2025	BMS101 Introduction to the Human Body	3	EXS102 Human Physiology	3
	EXS124 Introduction to Sports Science	3	EXS116 Functional Human Anatomy	3
	MSP100 Career Learning: Managing Your Career <b>Or,</b> General Elective (choice) *	3	MSP100 Career Learning: Managing Your Career <b>Or,</b> General Elective (choice) <b>Or, if completed MSP100 in S1,</b> MSP200 Building Employability Skills ** <b>Or,</b> MSP201 Real World Learning <b>Or,</b> MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century	3
	SAH100 Foundation Skill for Studies in Allied Health	3	PSY172 Introduction to Psychological Health and Wellbeing	3
	<b>Total</b>	<b>12</b>	<b>Total</b>	<b>12</b>
Year 2 - 2026	Semester 1 Units		Semester 2 Units	
		CP		CP
	EXS201 Sport and Exercise Psychology	3	BSC206 Introduction to Research Methodology and Evidenced Based Practice	3
	EXSA202 Exercise Physiology 1	3	EXS204 Biomechanics 1	3
	EXS203 Health, Fitness and Performance Assessment	3	EXS205 Acquisition of Skills and Motor Control	3
EXS223 Strength and Resistance Training	3	General Elective (choice) <b>Or,</b> MSP200 Building Employability Skills ** <b>Or,</b> MSP201 Real World Learning <b>Or,</b> MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century	3	
<b>Total</b>	<b>12</b>	<b>Total</b>	<b>12</b>	
Year 3 - 2027	Semester 1 Units		Semester 2 Units	
		CP		CP
	BSC306 Research and Evidenced Based Practice	3	EXS301 Advanced Sports Psychology	3
	EXS303 Exercise Programming and Prescription	3	EXS302 Exercise Physiology 2	3
	EXS305 Advanced Skills and Motor Control	3	EXS304 Biomechanics 2	3
	EXS306 Physical Assessment and Rehabilitation	3	EXS309 Exercise Science Practicum	3
EXS309 Exercise Science Practicum ***	0			
<b>Total</b>	<b>12</b>	<b>Total</b>	<b>12</b>	

**TOTAL CREDIT POINTS 72**

### Notes

\* There is flexibility in the order you choose to enrol in the general elective unit, MSP100, and your choice of one of the three MSP200 level units. This flexibility allows you to choose your general elective unit from available elective units in both semesters. However, please note that **you must complete MSP100 before the MSP200 level unit.**

\*\* **MSP201 is not a self-enrolled unit and requires an approved application to grant enrolment.** You must organise your real-world learning experience before enrolling. See more info about the unit, eligibility, and application deadlines in the Handbook: <https://v3.pebblepad.com.au/spa/#/public/89jpzrpZ9j9jctmdcixqHpjrrM>.

\*\*\* EXS309 is a full-year unit; you enrol in it only once, in semester 1, and exit it in semester 2.

# B1348 Bachelor of Sport and Exercise Science

**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 of 10/12/24.