

Academic Chair: Greig.Watson@murdoch.edu.au

Start Date: Semester 2 2025

Year 1 – 2025			Semester 2 Units	CP
			EXS102 Human Physiology	3
			EXS116 Functional Human Anatomy	3
			PSY172 Introduction to Psychological Health and Wellbeing	3
			SAH100 Foundation Skills for Studies in Allied Health	3
			Total	12
Year 2 - 2026	Semester 1 Units	CP	Semester 2 Units	CP
	EXS124 Introduction to Sports Science	3	EXS101 Principles of Coaching	3
	EXS202 Exercise Physiology 1	3	SAH101 Introduction to Research Methodology and Evidence-Based Practice	3
	Murdoch Spine 1*	3	EXS205 Acquisition of Motor Skills	3
	General Elective 1 (choice)**	3	General Elective 2 (choice)	3
	Total	12	Total	12
Year 3 - 2027	Semester 1 Units	CP	Semester 2 Units	CP
	EXS201 Sport and Exercise Psychology	3	EXS301 Advanced Sports and Exercise Psychology	3
	EXS203 Health, Fitness and Performance Assessment	3	EXS302 Exercise Physiology 2	3
	EXS204 Biomechanics 1	3	EXS304 Biomechanics 2	3
	EXS223 Strength and Resistance Training	3	EXS309 Exercise Science Practicum***	1.5
	Total	12	Total	10.5
Year 4 - 2028	Semester 1 Units	CP		
	SAH301 Research and Evidence Based Practice	3		
	EXS303 Exercise Programming and Prescription	3		
	EXS305 Advanced Skills and Motor Control	3		
	EXS306 Physical Assessment and Rehabilitation	3		
	EXS309 Exercise Science Practicum***	1.5		
	Total	13.5		

TOTAL CREDIT POINTS 72

Notes

*A Spine Unit is a Unit selected from a list of approved Units. The list will be provided to you before enrolment opens.

**A General Elective Unit is any Unit listed in the Handbook as a General Elective. Note: Prerequisites may apply.

***EXS309 is a full-year unit, which, when commencing this degree mid-year, is completed across semester 2 and then semester 1.

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 12/06/25.