

Academic Chair: Shaun.Teo@murdoch.edu.au

Start Date: Semester 1 2026

Year 1 – 2026	Semester 1 Units	CP	Semester 2 Units	CP
	SAH100 Foundation Skill for Studies in Allied Health	3	SAH101 Research Essentials for Allied Health	3
	EXS102 Human Physiology	3	EXS101 Principles of Coaching and Communication	3
	EXS124 Introduction to Sport and Exercise Science	3	EXS116 Functional Human Anatomy	3
	General Elective (choice) OR Discovery Unit*	3	General Elective (choice) OR Discovery Unit*	3
	Total	12	Total	12
Year 2 – 2027	Semester 1 Units	CP	Semester 2 Units	CP
	EXS201 Exercise and Health Psychology	3	EXS202 Exercise Physiology 1	3
	EXS203 Exercise Screening and Assessment	3	EXS205 Motor Control and Development	3
	EXS204 Biomechanics 1	3	General Elective 2 (choice)	3
	EXS223 Resistance Training for Health and Performance	3	General Elective 3 (choice)	3
	Total	12	Total	12
Year 3 – 2028	Semester 1 Units	CP	Semester 2 Units	CP
	EXS303 Exercise Prescription and Delivery	3	SAH301 Evidence-Based Practice	3
	EXS305 Neural Control of Movement	3	EXS301 Sport Psychology	3
	EXS306 Exercise for Complex Needs and Clinical Conditions	3	EXS302 Exercise Physiology 2	3
			EXS304 Biomechanics 2	3
	EXS309 Exercise Science Practicum **	1.5	EXS309 Exercise Science Practicum	1.5
	Total	10.5	Total	13.5

TOTAL CREDIT POINTS 72

Notes

* **Discovery Unit** must be selected from a list of approved units that are i) not part of this course plan and ii) not offered by the School of Allied Health

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

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 16/10/25.