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Start Date: Semester 2 2026

Year 1 – 2026	Semester 1 Units		Semester 2 Units	
	CP		CP	
	SAH101 Research Essentials for Allied Health		3	
	EXS101 Principles of Coaching and Communication		3	
	EXS116 Functional Human Anatomy		3	
	SAH100 Foundation Skill for Studies in Allied Health		3	
		Total	12	
Year 2 - 2027	Semester 1 Units		Semester 2 Units	
	CP		CP	
	General Elective (choice) OR Discovery Unit*		EXS202 Exercise Physiology 1	
	3		3	
	EXS102 Human Physiology		EXS205 Motor Control and Development	
	3		3	
	EXS124 Introduction to Sport and Exercise Science		General Elective 2 (choice) OR Discovery Unit*	
	3		3	
	General Elective (choice)		General Elective 3 (choice)	
	3		3	
		Total	12	
Year 3 - 2028	Semester 1 Units		Semester 2 Units	
	CP		CP	
	EXS201 Exercise and Health Psychology		SAH301 Evidence-Based Practice	
	3		3	
	EXS203 Exercise Screening and Assessment		EXS301 Sport Psychology	
	3		3	
	EXS204 Biomechanics 1		EXS302 Exercise Physiology 2	
	3		3	
	EXS223 Resistance Training for Health and Performance		EXS304 Biomechanics 2	
	3		3	
			EXS309 Exercise Science Practicum **	
			1.5	
		Total	13.5	
Year 4 – 2029	Semester 1 Units			
	CP			
	EXS303 Exercise Prescription and Delivery			
	3			
	EXS305 Neural Control of Movement			
	3			
	EXS306 Exercise for Complex Needs and Clinical Conditions			
	3			
	EXS309 Exercise Science Practicum **			
	1.5			
		Total	10.5	

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 2, and exit it in 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 of 16/10/25.