

Academic Chair: Yvonne.Learmonth@murdoch.edu.au

Start Date: Semester 1 2024

	Semester 1 Units		Semester 2 Units	
		CP		CP
Year 1 – 2024	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 or General Elective (choice)*	3	MSP200 Career Learning: Managing Your Career, or MSP201 Building Enterprise Skills Real World Learning or MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century or General Elective (choice)	3
	SAH100 Foundation Skill for Studies in Allied Health	3	PSY172 Introduction to Psychological Health and Wellbeing	3
	Total	12	Total	12
Year 2 - 2025	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 Motor Skills	3
EXS223 Strength and Resistance Training	3	MSP200 Career Learning: Managing Your Career, or MSP201 Building Enterprise Skills Real World Learning or MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century or General Elective (choice)	3	
Total	12	Total	12	
Year 3 - 2026	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**	0	EXS309 Exercise Science Practicum	3	
Total	12	Total	12	

TOTAL CREDIT POINTS 72

Notes

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

**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 at 18/10/23.