

# B1400 Bachelor of Sport and Exercise Science / Master of Clinical Exercise Physiology

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Start Date: Semester 2 2026

Year 1 – 2026				Semester 2 Units		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		CP	Semester 2 Units		CP			
	General Elective (choice) OR <b>Discovery Unit*</b>		3	EXS202 Exercise Physiology 1		3			
	EXS102 Human Physiology		3	EXS205 Motor Control and Development		3			
	EXS124 Introduction to Sport and Exercise Science		3	General Elective 2 (choice) OR <b>Discovery Unit*</b>		3			
	General Elective (choice)		3	General Elective 3 (choice)		3			
	Total		12	Total		12			
Year 3 - 2028	Semester 1 Units		CP	Semester 2 Units		CP			
	EXS201 Exercise and Health Psychology		3	SAH301 Evidence-Based Practice		3			
	EXS203 Exercise Screening and Assessment		3	EXS301 Sport Psychology		3			
	EXS204 Biomechanics 1		3	EXS302 Exercise Physiology 2		3			
	EXS223 Resistance Training for Health and Performance		3	EXS304 Biomechanics 2		3			
				EXS309 Exercise Science Practicum **		0			
	Total		12	Total		12			
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 **		3						
	Total		12						
Year 5 – 2030	Trimester 1 Units		CP	Trimester 2 Units		CP	Trimester 3 Units		CP
	EXS501 Cardiopulmonary Rehabilitation		3	EXS502 Metabolic Rehabilitation		3	EXS504 Advanced Topics in Exercise Physiology		3
	EXS503 Neuromuscular Rehabilitation		3	EXS505 Clinical Research in Exercise Physiology **		0	EXS505 Clinical Research in Exercise Physiology		3
	EXS602 Workplace Injuries and Prevention		3	EXS590 Research Methods in Exercise Science		3	EXS604 Allied Health Professional Practice		3
	EXS603 Exercise Physiology Practicum *		0	EXS603 Exercise Physiology Practicum		0	EXS603 Exercise Physiology Practicum		12
	Total		9	Total		6	Total		21

**TOTAL CREDIT POINTS 108**

Semester Notes
<p>* <b>Discovery Unit</b> 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</p> <p>** EXS309 is a full-year unit; you enrol in it only once, in semester 2, and exit it in semester 1.</p>
Trimester 1 Notes
<p>* EXS603 is a full-year unit; you enrol in it only once, in trimester 1, and exit it in trimester 3.</p>
Trimester 2 Notes
<p>** EXS505 runs across trimesters 2 and 3; you enrol in it only once, in trimester 2, and exit it in trimester 3.</p> <p>EXS505 and EXS603 are corequisites; ordinarily, you must be enrolled in both at the same time.</p>

**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.