

B1415 Bachelor of Sport and Exercise Science / Bachelor of Psychology

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Start Date: Semester 1 2025

Year 1 – 2025	Semester 1 Units	CP	Semester 2 Units	CP
	BMS101 Introduction to the Human Body	3	EXS102 Human Physiology	3
EXS124 Introduction to Sports Science	3	EXS116 Functional Human Anatomy	3	
PSY141 Introduction to Psychological Science	3	MSP100 Career Learning: Managing Your Career	3	
SAH100 Foundation Skill for Studies in Allied Health	3	PSY173 Introduction to Psychological Research Methods	3	
Total	12	Total	12	
Year 2 - 2026	Semester 1 Units	CP	Semester 2 Units	CP
	BSC201 Psychology: Measurement, Design and Analysis	3	EXS205 Acquisition of Skills and Motor Control	3
EXS201 Sport and Exercise Psychology	3	PSY294 Psychology: Cognitive Processes	3	
EXS203 Health, Fitness and Performance Assessment	3	PSY285 Psychology: Social Bases of Behaviour	3	
PSY101 Introduction to Cultural Psychology	3	MSP200 Building Employability Skills Or, MSP201 Real World Learning * Or, MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century	3	
Total	12	Total	12	
Year 3 - 2027	Semester 1 Units	CP	Semester 2 Units	CP
	EXS202 Exercise Physiology 1	3	BSC302 Advanced Qualitative Research Methods	3
EXS223 Strength and Resistance Training	3	EXS204 Biomechanics 1	3	
PSY251 Psychology: Biological Bases of Behaviour	3	EXS301 Advanced Sport and Exercise Psychology	3	
PSY286 Psychology: Human Development	3	PSY396 Psychology: Cognitive Neuroscience	3	
Total	12	Total	12	
Year 3 - 2028	Semester 1 Units	CP	Semester 2 Units	CP
	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	PSY388 Psychology: Abnormal Behaviour	3	
EXS309 Exercise Science Practicum	0	EXS309 Exercise Science Practicum **	3	
PSY391 Psychology: Individual Difference in Performance	3			
Total	12	Total	12	

TOTAL CREDIT POINTS 96

Notes

* **MSP201 is not a self-enrolled unit and requires an approved application to grant enrolment.** You must organise your real-world learning experience before enrolling. See more info about the unit, eligibility, and application deadlines in the Handbook: <https://v3.pebblepad.com.au/spa/#/public/89jpzrpZ9j9jctmdcixqHjrrM>.

** EXS309 is a full-year unit; you enrol in it 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 10/12/24.