

B1415 Bachelor of Sport and Exercise Science / Bachelor of Science (Psychology)

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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	PSY173 Introduction to Psychological Research Methods	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
	PSY141 Introduction to Psychological Science	3	Discovery Unit*	3
	Total	12	Total	12
Year 2 - 2027	Semester 1 Units	CP	Semester 2 Units	CP
	EXS201 Exercise and Health Psychology	3	EXS205 Motor Control and Development	3
	EXS203 Exercise Screening and Assessment	3	PSY285 Social Psychology	3
	PSY101 Introduction to Cultural Psychology	3	PSY294 Cognitive Psychology	3
	PSY202 Psychological Research Methods	3	PSY388 Psychological Conditions	3
	Total	12	Total	12
Year 3 - 2028	Semester 1 Units	CP	Semester 2 Units	CP
	EXS204 Biomechanics 1	3	EXS202 Exercise Physiology 1	3
	EXS223 Resistance Training for Health and Performance	3	EXS301 Sport Psychology	3
	PSY251 Biological Psychology	3	PSY301 Advanced Psychological Research Methods	3
	PSY286 Developmental Psychology	3	General Elective 1 (choice)	
	Total	12	Total	12
Year 4 - 2029	Semester 1 Units	CP	Semester 2 Units	CP
	EXS303 Exercise Prescription and Delivery	3	EXS302 Exercise Physiology 2	3
	EXS305 Neural Control of Movement	3	EXS304 Biomechanics 2	3
	EXS306 Exercise for Complex Needs and Clinical Conditions	3	PSY396 Psychology: Cognitive Neuroscience OR PSY382 Psychology of Ageing**	3
	PSY391 Psychology: Individual Differences in Performance	3	EXS309 Exercise Science Practicum***	1.5
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	Total	13.5	Total	10.5

TOTAL CREDIT POINTS 96

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

** Either of PSY396 Psychology: Cognitive and Developmental Neuroscience OR PSY382 Psychology of Ageing may be taken.

***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 at 16/10/25.