B1415 Bachelor of Sport and Exercise Science / Bachelor of Psychology

Academic Chair: Shaun.Teo@murdoch.edu.au **Start Date:** Semester 1 2027

	Semester 1 Units	CP	Semester 2 Units	CP
Year 1 – 2027	SAH100 Foundation Skill for Studies in Allied Health	3	SAH103 Functional Human Anatomy	3
	SAH102 Human Physiology	3	EXS101 Principles of Coaching and Communication	3
	EXS124 Introduction to Sport and Exercise Science	3	PSY173 Introduction to Psychological Research Methods	3
	PSY141 Introduction to Psychological Science	3	**Discovery Unit***	3
	Total	12	**Total**	12
	Semester 1 Units	**CP**	**Semester 2 Units**	**CP**
Year 2 - 2028	EXS201 Exercise and Health Psychology	3	EXS203 Exercise Screening and Assessment	3
	PSY101 Introduction to Cultural Psychology	3	PSY285 Social Psychology	3
	PSY202 Psychological Research Methods	3	PSY294 Cognitive Psychology	3
	EXS204 Biomechanics 1	3	PSY388 Psychological Conditions	3
	Total	12	**Total**	12
	Semester 1 Units	**CP**	**Semester 2 Units**	**CP**
Year 3 - 2029	EXS223 Resistance Training for Health and Performance	3	EXS202 Exercise Physiology 1	3
	PSY251 Biological Psychology	3	EXS205 Motor Control and Development	3
	PSY286 Developmental Psychology	3	EXS301 Sport Psychology	3
	General Elective 1 (choice) **	3	PSY301 Advanced Psychological Research Methods	
	Total	12	**Total**	12
	Semester 1 Units	**CP**	**Semester 2 Units**	**CP**
Year 4 - 2030	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****	0	EXS309 Exercise Science Practicum****	3
	Total	12	**Total**	12

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 or School of Psychology

** PSY380 Psychology Research Placement is available to high-performing students. Contact the PSY380 unit coordinator if you would like to learn more about your eligibility.

*** 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 21/10/26.