

# B1421 Bachelor of Sport and Exercise Science / Master of High Performance Sport

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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	SAH101 Research Essentials for Allied Health		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
	General Elective (choice) OR <b>Discovery Unit*</b>		3	General Elective (choice) OR <b>Discovery Unit*</b>		3
	Total		12	Total		12
Year 2 - 2027	Semester 1 Units		CP	Semester 2 Units		CP
	EXS201 Exercise and Health Psychology		3	EXS202 Exercise Physiology 1		3
	EXS203 Exercise Screening and Assessment		3	EXS205 Motor Control and Development		3
	EXS204 Biomechanics 1		3	General Elective 2 (choice)		3
	EXS223 Resistance Training for Health and Performance		3	General Elective 3 (choice)		3
	Total		12	Total		12
Year 3 - 2028	Semester 1 Units		CP	Semester 2 Units		CP
	EXS303 Exercise Prescription and Delivery		3	SAH301 Evidence-Based Practice		3
	EXS305 Neural Control of Movement		3	EXS301 Sport Psychology		3
	EXS306 Exercise for Complex Needs and Clinical Conditions		3	EXS302 Exercise Physiology 2		3
				EXS304 Biomechanics 2		3
	EXS309 Exercise Science Practicum **		0	EXS309 Exercise Science Practicum		3
	Total		9	Total		15
Year 4 – 2029	Trimester 1 Units	CP	Trimester 2 Units	CP	Trimester 3 Units	CP
	EXS510 Advanced Strength and Conditioning and Coaching Science	3	EXS590 Research Methods for Exercise Science	3		
	EXS511 Testing and Monitoring in High Performance Sport	3	EXS512 Advanced Topics in Sports Science *	0	EXS512 Advanced Topics in Sports Science *	3
	EXS613 Sports Science Practicum **	0	EXS613 Sports Science Practicum **	0	EXS613 Sports Science Practicum **	9
	EXS690 Thesis in Sports Science ***	0	EXS690 Thesis in Sports Science ***	0	EXS690 Thesis in Sports Science ***	15
	Total	6	Total	3	Total	27

**TOTAL CREDIT POINTS 108**

## Semester 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

\*\* EXS309 is a full-year unit; you enrol in it only once, in semester 1, and exit it in semester 2.

## Trimester Notes

\* EXS512 runs across two trimesters; you enrol in it in trimester 2 and exit it in trimester 3

\*\* EXS613 is a full year unit; you enrol in it in trimester 1 and exit it in trimester 3

\*\*\* EXS690 is a full year unit; you enrol in it in trimester 1 and exit it in trimester 3

**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.