

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

Academic Chair: Shaun.Teo@murdoch.edu.au

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 Discovery Unit*		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 Discovery Unit*		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
	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 2, and exit it in semester 1.

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.