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

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	SAH101 Research Essentials for Allied Health	3
	SAH102 Human Physiology	3	SAH103 Functional Human Anatomy	3
	EXS124 Introduction to Sport and Exercise Science	3	EXS101 Principles of Coaching and Communication	3
	General Elective (choice) OR **Discovery Unit***	3	General Elective (choice) OR **Discovery Unit***	3
	Total	12	**Total**	12
	Semester 1 Units	**CP**	**Semester 2 Units**	**CP**
Year 2 - 2028	EXS201 Exercise and Health Psychology	3	EXS202 Exercise Physiology 1	3
	EXS204 Biomechanics 1	3	EXS203 Exercise Screening and Assessment	3
	EXS223 Resistance Training for Health and Performance	3	EXS205 Motor Control and Development	3
	General Elective 2 (choice)	3	General Elective 3 (choice)	3
	Total	12	**Total**	12
	Semester 1 Units	**CP**	**Semester 2 Units**	**CP**
Year 3 - 2029	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

	Trimester 1 Units	CP	Trimester 2 Units	CP	Trimester 3 Units	CP
Year 1 – 2030	EXS510 Advanced Strength and Conditioning and Coaching Science	3	SAH501 Research Methods for Sport and Health Sciences	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 21/10/26.