



*College of Health
School of Health and Physical Education*

Course Planner

Bachelor of Exercise and Sport Science

Study Timetable

Students will undertake the following study timetable in order to complete the 3 year degree programme.

FIRST YEAR					
SEMESTER 1			SEMESTER 2		
Unit Code	Unit Title	Points	Unit Code	Unit Title	Points
HPE100	Physical Activity and Health	3	HPE110	Physiology of Exercise (Cardiorespiratory Physiology)	3
SS100	Human Structure and Function	3	HB101	Applications of Functional Anatomy to Physical Education	3
PH100	Introduction to Philosophy	3	HPE142	Human Growth Development and Aging	3
CO115	Health Communications	3	PS100	Developmental Psychology	3
HPE1500	Industry Practicum (2 weeks/60 hours - whole year)				0
Total Credit Points for Semester		12	Total Credit Points for Semester		12
Total Credit Points for Year					24
SECOND YEAR					
SEMESTER 1			SEMESTER 2		
Unit Code	Unit Title	Points	Unit Code	Unit Title	Points
HPE251	Health and Disease Risk Factor	3	HPE200	Motor Development and Learning	3
HPE241	Musculoskeletal Kinesiology, Assessment and Strength training	3	HPE210	Psycho-social Aspects of Physical Activity	3
HPE220	Physiology of Training and Environmental Extremes	3	HPE340	Exercise Biomechanics	3
TH101	Introduction to Theology	3	HPE252	Health and Fitness Appraisal and Counselling	3
				Elective	3
HPE2500	Sport & Recreation Industry Certification (5 weeks/ 150 hours - whole year)				2
Total Credit Points for Semester		12	Total Credit Points for Semester		17
Total Credit Points for Year					29
THIRD YEAR					
SEMESTER 1			SEMESTER 2		
Unit Code	Unit Title	Points	Unit Code	Unit Title	Points
HPE262	Population Approaches to Health Promotion	3	HPE320	Cardiorespiratory Physiology and Disease	3
SS227	Data Analysis and Experimental Design	3	ET100	Ethics	3
HPE310	Nutrition for health and Physical Activity	3		Elective	3
	Elective	3	HPE370	The Australian Sports System	3
				Elective	3
HPE3500	Sport & Recreation Industry Internship (5 weeks/150 hours – whole year unit)				2
Total Credit Points for Semester		12	Total Credit Points for Semester		17
Total Credit Points for Year					29
Total Credit Points for Degree					82



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HPE2500 Course Industry Accreditation

Each option accredits 50 practicum hrs

1. Sports trainers Award L1, L2 (ASMF)
2. CPR and Senior first aid
3. Austswim/RLSS swim teaching accreditation & Bronze medallion (pool or surf)
4. Anthropometry (ISAK Level 1) (optional)
5. Dip of Remedial Massage / or Sports Massage
6. Or exercise alternative of Pilates, Yoga, Feldonkrais or Tai Chi

*Unless students choose to do extra units, transfer credit will be automatically granted for all units passed in the first 2 semesters. The transfer credit will apply also to one of the 3 credit elective unit in the third year transition program for both HPE1201 and HPE1202.

Suitable Elective Clusters

- (a) Emphasis in Health Science
- *HPE162 Environmental Approaches to Public Health and Health Promotion (3 credits)* (Semester 2)
 - *HPE 262 Population Approaches to Health Promotion (3 credits)* (Semester 1)
 - *HPE361 Community Approaches to Health Promotion (3 credits)* (Semester 2)
 - *HPE362 Health Promotion Research and Evaluation (3 credits)* (Semester 2)
- (b) Emphasis in Behavioural Science:
- *PS104 Themes and Perspectives in Psychology (3 credits)* (Semester 2)
 - *PS264 The Psychology of Work (3 credits)* (Semester 1)
 - *PS103 Introduction to Behavioural Science (3 credits)* (Semester 1)
 - *PS335 Health Psychology (3 credits)* (Semester 2)
- (c) Emphasis in Biomedical Sciences:
- *SS115 Introduction to Biological Science (3 credits)* (Semester 1)
 - *SS125 Molecular and Cell Biology (3 credits)* (Semester 1)
 - *SS340 Human Genetics and Evolution (3 credits)* (Semester 2)
 - *SS331 Reproductive Biology (3 credits)* (Semester 1)
 - *SS320 Pathology (3 credits)* (Semester 1)
 - *SS345 Neuroscience (3 credits)* (Semester 2)
 - *COH103 Anatomy and Physiology of Body Systems (3 credits)* (Semester 2)
- (d) Emphasis in Marketing:
- *BS160 Principles of Management (3 credits)* (Semester 1)
 - *BS250 Marketing (3 credits)* (Semester 1&2)
 - *BS 358 Public Relations* (Semester 1)
 - *BS350 Strategic Marketing (3 credits)* (Semester 2)
 - *BS251 Marketing Research (3 credits) (note RM 100 a pre-requisite)* (Semester 1)