



THE UNIVERSITY OF  
**NOTRE DAME**  
A U S T R A L I A

# **COURSE REGULATIONS: BACHELOR OF EXERCISE AND SPORT SCIENCE/ BACHELOR OF PREVENTIVE HEALTH**

**(BEXSCI/BBEHSC)**

**BACHELOR OF EXERCISE AND SPORT SCIENCE (HONOURS)/ BACHELOR OF PREVENTIVE  
HEALTH**

**[BEXSCI(HONS)/BBEHSC]**

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**COURSE CODE: 3162 AND X**

<b>Applicability:</b>	These Course Regulations apply to all students who are enrolled in this degree.
<b>Responsible Executive:</b>	Dean
<b>Responsible Office:</b>	School of Health Sciences
<b>Contact Officer:</b>	Senior Administrative Officer
<b>Effective Date:</b>	1 January 2008
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## CHAPTER 1: INTRODUCTION AND INTERPRETATION

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### 1.1 Introduction

These Bachelor of Exercise and Sport Science/Bachelor of Preventive Health Degree Regulations apply to all students enrolled in the Bachelor of Exercise and Sport Science/Bachelor of Preventive Health Degree at the University of Notre Dame Australia.

These Regulations should be read in conjunction with the General University Regulations and the School of Health Sciences Regulations.

### 1.2 Interpretation

The terms included in these Regulations have the meanings as defined in the University's General Regulations and the School of Health Sciences Regulations.

### 1.3 Alternations made to Course Regulations

Unless otherwise specified, when amendments are made to the structure, content or academic requirements of the Bachelor of Exercise and Sport Science/Bachelor of Preventive Health degree, the amendments will automatically apply to all students enrolling for the first time in the degree in the year immediately following the adoption of the amendments.

### 1.4 Applicability to Campuses of the University

The Bachelor of Exercise and Sport Science/Bachelor of Preventive Health degree is available on the Fremantle Campus only.

## CHAPTER 2: ENTRY CRITERIA

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- 2.1 Whilst not a pre-requisite for entry to the Bachelor of Exercise and Sport Science/Bachelor of Preventive Health, applicants should have studied at least one science and one mathematics subject at the TEE or equivalent level.
- 2.2 The standard entry criteria detailed in the General Regulations and School of Health Sciences Regulations apply to this course.

## CHAPTER 3: DEGREE REQUIREMENTS

### 3.1 Structure

#### 3.1.1 Compulsory units

##### 75 credit points from the Core Curriculum:

ET100	Ethics
PH100	Philosophy
TH101	Introduction to Theology

##### 525 credit points from the Bachelor of Exercise and Sport Science

		<u>Pre-requisites:</u>
HPE100	Physical Activity and Health	None
BMS100	Human Structure and Function	None
CO115	Health Communications	None
HPE110	Exercise Physiology	BMS100
HB101	Applications of Functional Anatomy to Physical Education	BMS100
PS100	Developmental Psychology	None
HPE162	Environmental Approaches to Public Health And Health Promotion	HPE100, CO115
HPE241	Principles of Strength and Conditioning	HB101
HPE142	Human Growth and Development	None
HPE200	Motor Development and Learning	PS100 or equivalent
HPE251	Health and Disease Risk Factors	HPE100, HPE110
HPE210	Psychosocial Aspects of Physical Activity	PS100
HPE220	Physiology of Training and Environmental Extremes	HPE100
HPE340	Exercise Biomechanics	HB101
HPE341	Advanced Exercise Biomechanics	HPE340
HPE252	Health and Fitness Appraisal and Counselling	HPE110, HPE251
HPE310	Nutrition for Health and Physical Activity	BMS100
SS227	Data Analysis and Experimental Design	SS115
HPE321	Exercise Physiology for Special Populations	HPE110, HPE220
HPE370	The Australian Sports System	None

##### 295 credit points from Bachelor of Preventive Health

PS103	Introduction to Behavioural Science	None
BS122	Principles of Marketing	None
HPE262	Population Approaches to Health Promotion	HPE162
CN100	Theories and Approaches to Counselling	None
NS306	Aboriginal Health	NB100, PS100
CO121	Language of Film	None
RM100	An Introduction to Research Methods	None
HPE361	Community Approaches to Health Promotion	HPE162
CN101	Counselling Skills Training	None
PS335	Health Psychology	PS100
HPE362	Health Promotion Research and Evaluation	HPE162 or HPE262 or HPE361
1 x	Elective (refer to Preventive Health Elective List)	

##### 105 credit points from the practicum and internship units:

HPE1500	Industry Practicum I
HPE2500	Industry Practicum II
HPE2501	Preventive Health Industry Practicum II
HPE3500	Industry Internship

### 3.1.2 Elective units

There is one elective unit within the Bachelor of Preventive Health component of the double degree. Elective units may be chosen from the list of unit offerings published by the School of Health Sciences on an annual basis and must be approved by the Course Coordinator.

### 3.1.3 Majors/Double Majors

There are no Majors or Double Majors within the Bachelor of Exercise and Sport Science / Bachelor of Preventive Health double degree.

### 3.1.4 Minors

There are no Minors within the Bachelor of Exercise and Sport Science / Bachelor of Preventive Health double degree.

### 3.1.5 Specialisations

There are no specialisations within the Bachelor of Exercise and Sport Science / Bachelor of Preventive Health double degree.

## 3.2 Practicum or Internship requirements

- (a) Students are to complete a sequence of three practicum units, each unit has specific requirements as indicated by the unit outlines:

HPE1500	Industry Practicum I	25 CP
HPE2500	Industry Practicum II	25 CP
HPE3500	Industry Internship	25 CP
HPE2501	Preventive Health Industry Practicum II	30 CP

- (b) Placements are managed and authorized by the Practicum Coordinator and require students to formally register and seek approval for the placement with the coordinator prior to commencement.
- (c) HPE2500 included a mix of exercise/sport industry accreditation and industry placement.
- (d) A lower level Practicum unit must be completed prior to enrolment in a higher level practicum unit unless permission is granted by the Dean.

## 3.3 Approved unit substitutions

There are no approved unit substitutions within the Bachelor of Exercise and Sport Science / Bachelor of Preventive Health double degree

## 3.4 Course duration

### 3.4.1 Standard Duration

- (i) The standard duration of the Bachelor of Exercise and Sport Science/Bachelor of Preventive Health is four years of full time study.
- (ii) Students are able to enrol in the degree on a part-time basis
- (iii) The maximum period of time within which a student is permitted to complete the Bachelor of Exercise and Sport Science/Bachelor of Preventive Health degree is ten years from the date on which they were first accepted into the course by the University.

### 3.4.2 Accelerated Duration

An accelerated mode is not available for this course.

## 3.5 Graduation

A minimum of 1000 credit points drawn from the approved course structure is required in order for a student to graduate with the pass degree Bachelor of Exercise and Sport Science/Bachelor of Preventive Health.

## 3.6 Honours

The following Regulations must be read in conjunction with the *Policy: The Award of a Degree with Honours*.

- (a) There is an honours year associated with the Bachelor of Exercise and Sport Science component of the double degree.

- (b) The Bachelor of Preventive Health is not available with Honours.
- (c) Students studying the Honours year within the Bachelor of Exercise and Sport Science complete a fourth year of full time study of course work and dissertation comprising 250 credit points.
- (d) Students may apply to enrol in the degree on a part-time basis subject to the approval of the Dean (or delegate).

**3.6.1 Requirements for Entry**

- (a) Entry to Bachelor of Exercise and Sport Science (Honours) is by invitation by the Dean (or delegate) after considering the students' results at the Board of Examiners held in December each year.
- (b) Students are admitted to the Honours program in accordance with the General Regulations.
- (c) The Dean (or delegate) may admit to an Honours program a candidate who does not meet the strict criteria but nevertheless has outstanding credentials in an academic domain and has demonstrated his or her research potential in project work.

**3.6.2 Structure**

**The Honours Program (Fourth Year)**

In the fourth year of the Bachelor of Exercise and Sport Science component of the double degree, a student must complete the following specialist units:

COH499 Advanced Research Methods, Statistics and Ethics in Health Science	25CP
HPE5XX Cognate Unit Elective from Postgraduate Exercise Science offerings	25CP
HPE490 Reading and Conference	50CP
COH415 Honours Research Dissertation	150CP

**3.6.3 Awarding Honours**

Honours within the Bachelor of Exercise and Sport Science component of the double degree is awarded as graded Honours.

***End of Regulations***