

Course enrolment planner

Bachelor of Exercise and Sports Science

BA-ESS

Recommended Sequence

Units are listed on your Course Planner in a recommended sequence. However this can be amended depending on unit availability, prerequisite requirements and the semester in which you commenced your course. Changes to this planner may extend the duration of your course.

Year One

Your First Semester		Your Second Semester	
BIO10004 Anatomy and Physiology	+12.5	BIO10008 Musculoskeletal Anatomy	+12.5
NTR10001 Introduction to Nutrition	+12.5	SPH10011 Introduction to Research In Exercise Science	+12.5
HEA10006 Introduction to Exercise and Sport Science	+12.5	SPH10012 Motor Control and Learning	+12.5
SPO10002 Introduction to Sport Psychology	+12.5	SPH10013 Physical Activity, Health and Technology	+12.5

Year Two

Your First Semester		Your Second Semester	
SPH20010 Fundamental Principles of Biomechanics	+12.5	SPH20011 Clinical and Sports Movement Analysis	+12.5
SPH20012 Exercise Physiology 1	+12.5	SPH20013 Exercise Physiology 2	+12.5
SPH20014 Principles of Strength and Conditioning	+12.5	SPH20015 Exercise Prescription and Delivery	+12.5
Elective	+12.5	Elective	+12.5

Optional

Professional Placement You can choose to add an additional 6 month or 1 year placement to your course. The maximum credit points to complete your course will be increased to accommodate the Professional Placement	+37.5- +100
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Year Three

Your First Semester		Your Second Semester	
SPH30010 Exercise, Health and Disease	+12.5	SPH30011 Exercise for Complex and Chronic Conditions	+12.5
SPH30014 Industry Project	+12.5	SPH30012 Performance Analysis	+12.5
SPH30015 Industry Professional Practice	+12.5	SPH30013 Research Project	+12.5
Elective	+12.5	Elective	+12.5

How to use your course planner

The units in your planner are colour coded to assist you with mapping out your studies. Refer to the boxes below for an overview of your course requirements.

Course Information

Course 300 Credit Points

Core units
250 Credit points

A set of compulsory units you **MUST** complete as part of your Course.

Elective units
50 Credit points

A combination of elective units, or a Minor.

Work Integrated Learning

A Professional Placement is a Work Integrated Learning (WIL) option. You can apply for a Professional Placement during your second year. More information on Professional Placement and other WIL options at [Work Integrated Learning](#)

FAQs
How can I find more information about my course?
Visit: [Bachelor of Exercise and Sport Sci](#)

Where can I find out more about individual unit information?
Visit the [Single Unit Search](#) page to search for additional unit content.

What's a full-time study load?
100 credit points (8 units per year)

What's a part-time study load?
50 credit points (4 units per year)

How can I plan my timetable?
Check the [University Timetable Planner](#) before enrolling into units.

