

COURSE DELIVERY PLAN 2024

Bachelor of Fitness

COURSE CODE: SBFI

CAMPUS	Footscray Park (FP)
COLLEGE	College of Sport, Health and Engineering
STUDY MODE	Full Time or Part Time
DURATION	3 years Full Time or Part Time equivalent
FEE TYPE	For information on course fees, refer to http://vu.edu.au/fees
APPLICATION METHOD	VTAC - https://vtac.edu.au Direct Application - https://gotovu.custhelp.com/app/landing
TIMETABLE	vu.edu.au/timetables
COURSE REQUIREMENTS	To attain the Bachelor of Fitness, students will be required to complete 288 credit points consisting of: <ul style="list-style-type: none">• 96 credit points of First Year Core units• 144 credit points of Professional Core units• 48 credit points of minor studies from the approved list
FURTHER INFORMATION	Unit and course information is available from the University course search site at http://vu.edu.au/course-search or go to https://askvu.vu.edu.au or Phone VUHQ on 03 9919 6100
COURSE CHAIR	Andre Nelson
COURSE ADVICE	AskVU https://askvu.vu.edu.au/app/askcua

Note: Students are required to enrol in all units for semester 1 and 2, and are not permitted to enrol in more than 48 credit points per semester as a full-time load.

Core/Elective Core (a unit that must be completed) & Elective (you have some choice in what you select).

Prerequisites A number of units within the degree have 'prerequisites'. These prerequisites must be met before enrolment in the unit is permitted. Generally these prerequisites require the successful completion of a unit or units taken at an earlier stage in the course. Students should pay particular attention to these prerequisite requirements as failure to meet these can seriously hinder progression through the course.

Date of Publication: This information is current at the publication date: 19/09/2023. It is provided as information only and does not form part of a contract between any person and Victoria University.



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YEAR 1

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1003	Exercise and Sport Psychology	Core	1B1, 1B2, 1B3, 2B1	12	FP	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
SSM1203	Human Resources for Sport and Active Recreation	Core	1B3, 2B1, 2B4	12	CC	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	RBM1174; or
AHE1202	Biomechanics	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1112	Resistance Training	Core	1B1, 1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B3, 1B4, 2B2, 2B3, 2B4	12	FP	
BHO1000	Marketing Theory and Practice	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	CC	

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1001	Personal Training	Core	1B1	12	FP	
SFI2000	Group Fitness	Core	1B2	12	FP	
AHE2129	Advanced Resistance Training	Core	1B2, 1B3, 2B1, SB1, WB1	12	FP	AHE1112
	Minor 1 - Unit 1	Minor		12		
SHE1002	Growth Development and Ageing	Core	2B1, 2B3, 2B4	12	FP	



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AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, SB1, WB1	12	FP
SFI2001	Fitness Training Systems	Core	2B2, 2B4, WB1	12	FP
	Minor 1 - Unit 2	Minor		12	

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B1, 1B3, 1B4, 2B1, 2B2, 2B4	12	FP	
AHE3120	Exercise Science Career Development	Core	1B2	12	FP	
AHE3116	Social Dimensions of Sport and Exercise	Core	1B1, 1B2, 1B3	12	FP	
	Minor 1 - Unit 3	Minor		12		
AHE3200	Professional Ethics	Core	2B3, 2B4	12	FP	
SFI3000	Fitness Training for all Populations	Core	2B2	12	ORT	
SSM3204	Building and Sustaining Sport Participation	Core	2B2, 2B3, 2B4	12	CC	
	Minor 1 - Unit 4	Minor		12		



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List of minor/s available in this course

SMIADS	Adventure Sports
SMISSC	Advanced Sport Science
HMIHNU	Health and Nutrition
SMISCO	Sport Coaching
SMISPM	Sport Management

Adventure Sports SMIADS

For students pursuing a career in the health, fitness, education, or outdoor industries the adventure sports minor provides the technical knowledge and skill required to operate in a range of environments. Students achieve this outcome through a combination of adventure and environment theory studies, innovative field based labs, practical skill development, and a focus on industry ready professional development students. Combined with the successful completion of their degree students are well positioned to be at the forefront of the adventure sports sector.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AEK2203	Indigenous Perspectives On Sustainability	Minor	1B4, WB1	12	FP	AEK1105; or AEK1106; or AEK1204
SOL2005	Rock Environments	Minor	?	12	FP	SOL1001; and SOL1002
SOL2006	River Environments 2	Minor	2B2	12	FP	SOL1001; and SOL1002
SSM3104	Research and Evaluation in Sport	Minor	2B1, WB1	12	CC	

Advanced Sport Science SMISSC

This minor is available to students completing sport and exercise related (ABHG) courses. The minor enables students to develop knowledge and skills in sports science disciplines outside of their specialisation in exercise and sport science. It offers studies in sport biomechanics, functional kinesiology, exercise interventions and sport physiology. The minor also provides for the development of a major study, with completion of a further four units of study in these areas.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2102	Sports Biomechanics	Minor	2B3, 2B4	12	FP	AHE1202; or NEF1102
AHE2202	Functional Kinesiology	Minor	1B1, 2B2, 2B3, 2B4	12	FP	AHE1101
AHE2006	Exercise Interventions for Healthy Populations	Minor	1B2, 1B3, 1B4, SB1	12	FP	SCL1002; or RBM1528
AHE3114	Sport Physiology	Minor	2B1, 2B3	12	FP	SCL1002

Health and Nutrition HMIHNU

The Health and Nutrition Minor introduces the student to the role nutrition plays in individual health and populations through the lifespan. Upon completion of the minor students will have an understanding of the link between nutrition and health, wellness and illness and their determinants.



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UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
HBM2103	Digestion, Nutrition and Metabolism	Minor	1B2, 1B3, 1B4	12	SA	RBM1528; or RBM1174; or HBM1202
HHN2001	Family Health and Nutrition Through the Lifespan	Minor	1B2	12	FP	
HHN2402	Diet & Disease	Minor	2B1	12	FP	
HHN3002	Sport and Exercise Nutrition	Minor	2B3	12	FP	HHN2001; or HBM2103; or

Sport Coaching SMISCO

The minor provides students with the foundational skills required to coach safely and effectively at the community, domestic and representative levels. Students will develop an individual coaching philosophy and style, use relevant technology, practice coaching in controlled settings (e.g., Learning in the workplace), develop program planning skills, and how to deliver applied exercise prescription programs. This minor is planned to provide students with a balance between the theory of coaching science and practical application of key concepts.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE1251	Coaching Active Communities	Minor	1B1, 2B4	12	FP	
AHE2250	Sport Coaching Principles	Minor	1B2, 1B4	12	FP	
AHE2251	Sport Coaching Environment, Planning and Delivery	Minor	1B3, 2B2	12	FP	
SSC2003	Sport Coaching: Applied Conditioning	Minor	1B4, 2B4	12	FP	

Sport Management SMISPM

The minor is designed to provide students with the knowledge and skills to manage sport and active recreation facilities, programs, services, partnerships, and events. Students will know how to manage sport and physical activity for optimal participant satisfaction, build sustainable participation and deliver social benefits.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2104	Programming for Sport Development and Community Action	Minor	1B1, 1B2	12	CC	
SSM2204	Sport Sponsorships and Partnerships	Minor	2B2, 2B4	12	CC	
SSM3103	Sport Facility Management	Minor	1B1, 2B3, WB1	12	CC	SSM2204



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SSM3205 Sport Event Management Minor 1B2, 2B1,
2B4 12 CC SSM3103



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