

COURSE DELIVERY PLAN 2024

Bachelor of Exercise Science (Sport Practice)

COURSE CODE: ABHD

Mid-Year Entry

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 Exercise Science (Sport Practice), 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• 192 credit points of Professional Core units
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	Jacqueline Williams Michael Spittle
COURSE ADVICE	AskCUA 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.

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COURSE DELIVERY PLAN 2024

YEAR 1, Semester 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1003	Exercise and Sport Psychology	Core	1B1, 1B2, 1B3, 2B1	12	FP	
AHE1202	Biomechanics	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	RBM1174; or

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE1112	Resistance Training	Core	1B1, 1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
SCL2000	Physical Activity and Health in Society	Core	1B1, 1B2, 1B3	12	FP	
AHE2129	Advanced Resistance Training	Core	1B2, 1B3, 2B1, SB1, WB1	12	FP	AHE1112
AHE2006	Exercise Interventions for Healthy Populations	Core	1B2, 1B3, 1B4, SB1	12	FP	SCL1002; or RBM1528
AHE1105	Research Methods for Exercise Professionals	Core	1B2, 1B3, 1B4, 2B1	12	FP	
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B4, 2B2, 2B3, 2B4 2025	12	FP	
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, SB1, WB1	12	FP	
AHE1107	Human Growth and Lifespan Development	Core	1B4, 2B1, 2B3, 2B4	12	FP	

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YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL3004	Sport and Exercise Practice	Core	1B1, 1B2 2024	12	FP	AHE2006
AHE3100	Advanced Exercise Physiology	Core	1B1, 1B2, 1B3 2024	12	FP	SCL1002; or RBM1528
SCL3101	Advanced Training and Conditioning	Core	1B1, 1B2, 1B3, SB1 2024	12	ORT	AHE2129
AHE3101	Advanced Biomechanics	Core	1B2, 1B3, 1B4, WB1 2024	12	FP	AHE2102
AHE3114	Sport Physiology	Core	? 2025	12	FP	SCL1002
AHE3126	Motor Control	Core	? 2025	12	FP	
SFI2001	Fitness Training Systems	Core	? 2025	12	FP	
SCL3005	Sport Practice Capstone	Core	? 2025	12	FP	SCL3004

YEAR 4

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, 2B3, 2B4	12	FP, ORT	
AHE3125	Applied Exercise Psychology	Core	1B1, 2B1, 2B2, 2B4	12	FP	SCL1003
AHE2202	Functional Kinesiology	Core	2B1,2B2, 2B3, 2B4	12	FP	AHE1101
AHE2102	Sports Biomechanics	Core	2B2, 2B3, 2B4	12	FP	AHE1202; or NEF1102

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