

# COURSE DELIVERY PLAN 2024

## Bachelor of Sport Science

COURSE CODE: SBSA

Mid-Year Entry

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

**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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## YEAR 1, Semester 2

| UNIT CODE | UNIT TITLE          | UNIT TYPE | SEM                                    | CREDIT POINTS | CAMPUS | PRE-REQUISITES |
|-----------|---------------------|-----------|--|---------------|--------|----------------|
| RBM1174   | Human Physiology    | Core      | 1B2, 1B3, 1B4, 2B1, 2B3, WB1           | 12            | FP     |                |
| AHE1112   | Resistance Training | Core      | 1B1, 1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4 | 12            | FP     |                |
| AHE1202   | Biomechanics        | Core      | 1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4      | 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 |
|-----------|---|-----------|--|---------------|--------|----------------|
| AHE1101   | Structural Kinesiology                      | Core      | 1B1, 1B2, 1B4, 2B2, 2B3, 2B4           | 12            | FP     |                |
| SCL1003   | Exercise and Sport Psychology               | Core      | 1B1, 1B2, 1B3, 2B1                     | 12            | FP     |                |
| AHE1105   | Research Methods for Exercise Professionals | Core      | 1B2, 1B3, 1B4, 2B1                     | 12            | FP     |                |
| AHE1107   | Human Growth and Lifespan Development       | Core      | 1B4, 2B1, 2B2, 2B3, 2B4                | 12            | FP     |                |
| AHE2127   | Motor Learning                              | Core      | 1B1, 1B2, 1B3, 2B1, 2B2, 2B3, SB1, WB1 | 12            | FP     |                |
|           | Major 1 - Unit 1                            | Major     |  | 12            |        |                |
|           | Major 1 - Unit 2                            | Major     |  | 12            |        |                |
|           | Minor 1 - Unit 1                            | Minor     |  | 12            |        |                |

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## 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, 2B1, 2B3, 2B4<br>2024 | 12            | FP     |                |
|           |  |           | 1B3, 1B4, 2B2 2024         |               | ORT    |                |
|           | Major 1 - Unit 3                                       | Major     |                            | 12            |        |                |
|           | Minor 1 - Unit 2                                       | Minor     |                            | 12            |        |                |
|           | Minor 1 - Unit 3                                       | Minor     |                            | 12            |        |                |
|           | Major 1 - Unit 4                                       | Major     |                            | 12            |        |                |
|           | Major 1 - Unit 5                                       | Major     |                            | 12            |        |                |
|           | Minor 1 - Unit 4                                       | Minor     |                            | 12            |        |                |
| SSC3000   | Professional Practice in Sport Science                 | Core      | 2B3, 2B4                   | 12            | FP     |                |

## YEAR 4, Semester 1

| UNIT CODE | UNIT TITLE                          | UNIT TYPE | SEM | CREDIT POINTS | CAMPUS | PRE-REQUISITES |
|-----------|-------------------------------------|-----------|-----|---------------|--------|----------------|
|           | Major 1 - Unit 6                    | Major     |     | 12            |        |                |
| AHE3120   | Exercise Science Career Development | Core      | 1B2 | 12            | FP     |                |
|           | Major 1 - Unit 7                    | Major     |     | 12            |        |                |
|           | Major 1 - Unit 8                    | Major     |     | 12            |        |                |

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# COURSE DELIVERY PLAN 2024

List of major/s available in this course

- SMASCO Sport Coaching
- SMASPP Sport Performance

List of minor/s available in this course

- HMIHNU Health and Nutrition
- SMIFIT Fitness and Conditioning
- SMISAC Sport and Active Communities
- SMISCO Sport Coaching
- SMISPP Sport Performance
- SMIDSI Diversity and Inclusion
- SMIHUM Human Movement

## Sport Coaching SMASCO

The Sport Coaching major is made up of eight units that focus on the development of students coaching knowledge and skills enabling them to work at all levels of sport participation from community, school, state, national, international and professional sport settings. Students will develop a sophisticated understanding of coaching practice through studies ranging from community-based coaching to advanced units that focus on talent identification and athlete/coach development. By completing this major, students will have both a deep understanding of coaching theory and a range of practical coaching skills highly sought after in the sport workforce in roles such as sport coach and sport development officer/manager.

| UNIT CODE | UNIT TITLE   | UNIT TYPE | SEM                     | CREDIT POINTS | CAMPUS | PRE-REQUISITES |
|-----------|--|-----------|-------------------------|---------------|--------|----------------|
| AHE2129   | Advanced Resistance Training                           | Major     | 1B2, 1B3, 2B1, SB1, WB1 | 12            | FP     | AHE1112        |
| AHE2250   | Sport Coaching Principles                              | Major     | 1B2, 1B4                | 12            | FP     |                |
| AHE3114   | Sport Physiology                                       | Major     | 2B1, 2B3                | 12            | FP     | SCL1002        |
| AHE3116   | Social Dimensions of Sport and Exercise                | Major     | 1B1, 1B2, 1B3           | 12            | FP     |                |
| SCL3003   | Corrective Exercise Prescription and Injury Management | Major     | 2B1, 2B2                | 12            | FP     | AHE2006        |
| SSC2000   | Sport Coaching Systems and Technology                  | Major     | 2B4                     | 12            | FP     |                |
| SSC2003   | Sport Coaching: Applied Conditioning                   | Major     | 2B4, WB1                | 12            | FP     |                |
| SSC3002   | Sport Coaching: Talent Identification & Development    | Major     | 1B3, 2B3                | 12            | FP     |                |

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## Sport Performance SMASPP

The Sport Performance major is made up of eight units that are organised around a theme of analysing and improving performance, health and participation in sport and physical activity contexts. Students will develop their understanding of performance through studies in sport sciences including biomechanics, kinesiology, physiology, sociology, and motor control. By completing this major, students are prepared for progressing on to honours/postgraduate study in areas informed by the biological sciences.

| UNIT CODE | UNIT TITLE                                     | UNIT TYPE | SEM                | CREDIT POINTS | CAMPUS | PRE-REQUISITES      |
|-----------|--|-----------|--------------------|---------------|--------|---------------------|
| AHE2006   | Exercise Interventions for Healthy Populations | Major     | 1B2, 1B3, 1B4, SB1 | 12            | FP     | SCL1002; or RBM1528 |
| AHE2102   | Sports Biomechanics                            | Major     | 2B3, 2B4           | 12            | FP     | AHE1202; or NEF1102 |
| AHE2202   | Functional Kinesiology                         | Major     | 1B1, 2B2, 2B3, 2B4 | 12            | FP     | AHE1101             |
| AHE3100   | Advanced Exercise Physiology                   | Major     | 1B1, 1B2, 1B3      | 12            | FP     | SCL1002; or RBM1528 |
| AHE3101   | Advanced Biomechanics                          | Major     | 1B2, 1B3, 1B4, WB1 | 12            | FP     | AHE2102             |
| AHE3114   | Sport Physiology                               | Major     | 2B1, 2B3           | 12            | FP     | SCL1002             |
| AHE3116   | Social Dimensions of Sport and Exercise        | Major     | 1B1, 1B2, 1B3      | 12            | FP     |                     |
| AHE3126   | Motor Control                                  | Major     | 2B1, 2B2, 2B3, WB1 | 12            | FP     |                     |

## 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.

| 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, ORT |                                 |
| HHN2402   | Diet & Disease                                   | Minor     | 2B3, 2B4      | 12            | FP, ORT |                                 |
| HHN3002   | Sport and Exercise Nutrition                     | Minor     | 2B3           | 12            | FP      | HHN2001; or HBM2103; or         |

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## Fitness and Conditioning SMIFIT

Students develop knowledge and skills in fitness and conditioning, resistance training and exercise prescription outside of their specialisation in exercise and sport science. By completing this minor in combination with the core units in your course, students can apply for accreditation as an exercise instructor (gym instructor) and personal trainer with Physical Activity Australia.

| UNIT CODE | UNIT TITLE                   | UNIT TYPE | SEM                           | CREDIT POINTS | CAMPUS | PRE-REQUISITES |
|-----------|------------------------------|-----------|-------------------------------|---------------|--------|----------------|
| SCL1001   | Personal Training            | Minor     | 1B1                           | 12            | FP     |                |
| AHE2129   | Advanced Resistance Training | Minor     | 1B2, 1B3,<br>2B1, SB1,<br>WB1 | 12            | FP     | AHE1112        |
| SFI2000   | Group Fitness                | Minor     | 1B2                           | 12            | FP     |                |
| SFI2001   | Fitness Training Systems     | Minor     | 2B2, 2B4,<br>WB1              | 12            | FP     |                |

## Sport and Active Communities SMISAC

The minor is designed to provide students with the knowledge and skills to manage sport and active recreation facilities, programs, services, partnerships, and participation. Students will know how to manage sport and active recreation for optimal participant satisfaction, build sustainable communities 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         | 12            | CC     | SSM2204        |
| SSM3204   | Building and Sustaining Sport Participation            | Minor     | 2B2, 2B3,<br>2B4 | 12            | CC     |                |

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## 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 |
|-----------|---|-----------|----------|---------------|--------|----------------|
| AHE2250   | Sport Coaching Principles                           | Minor     | 1B2, 1B4 | 12            | FP     |                |
| SSC2000   | Sport Coaching Systems and Technology               | Minor     | 2B4      | 12            | FP     |                |
| SSC2003   | Sport Coaching: Applied Conditioning                | Minor     | 2B4, WB1 | 12            | FP     |                |
| SSC3002   | Sport Coaching: Talent Identification & Development | Minor     | 1B3, 2B3 | 12            | FP     |                |

## Sport Performance SMISPP

The Sport Performance minor is organised around a theme of analysing and improving performance, health and participation in sport and physical activity contexts. Students will develop their understanding of performance through studies in sport sciences including biomechanics, kinesiology, physiology, and motor control.

| 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             |
| AHE3114   | Sport Physiology       | Minor     | 2B1, 2B3           | 12            | FP     | SCL1002             |
| AHE3126   | Motor Control          | Minor     | 2B1, 2B2, 2B3, WB1 | 12            | FP     |                     |

## Diversity and Inclusion SMIDSI

The Diversity and Inclusion minor draws on a combination of Indigenous knowledge and social science units to provide students with the foundation knowledge and skills to understand diversity in relation to sport, exercise, health, and the body. The Diversity and Inclusion minor is specifically tailored to students who aim to work in diverse contexts and develop inclusive practices and understanding.

| UNIT CODE | UNIT TITLE                       | UNIT TYPE | SEM                | CREDIT POINTS | CAMPUS | PRE-REQUISITES |
|-----------|----------------------------------|-----------|--------------------|---------------|--------|----------------|
| AEK1105   | Aboriginal Traditions and Policy | Minor     | 1B2, 1B3, 1B4, SB1 | 12            | FP     |                |
| AEK1203   | Indigenous Health and Wellbeing  | Minor     | 1B2, 1B3           | 12            | CC     |                |

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|         |   |       |   |    |    |
|---------|---|-------|---|----|----|
|         |   |       | 1B2, 1B3,<br>1B4, 2B1,<br>2B2, 2B3,<br>2B4, SB1 |    | SA |
| AHE3111 | Sport and Social Analysis                   | Minor | 1B4, 2B3,<br>2B4                                | 12 | FP |
| SHE3001 | Social Bases of Health: Global Perspectives | Minor | 1B2, 2B3,<br>2B4, SB1,<br>WB1                   | 12 | FP |

## Human Movement SMIHUM

The Human Movement minor draws on a combination of social science and practical units to provide students with the foundation knowledge and skills to understand sport, exercise, health, and the body. This minor is grounded in the holistic traditions of understanding human movement from a variety of critical perspectives. The Human Movement minor will interest students who enjoy a combination of theoretical, conceptual and hands on learning activities.

| UNIT CODE | UNIT TITLE  | UNIT TYPE | SEM              | CREDIT POINTS | CAMPUS | PRE-REQUISITES |
|-----------|---|-----------|------------------|---------------|--------|----------------|
| AHE3111   | Sport and Social Analysis                           | Minor     | 1B4, 2B3,<br>2B4 | 12            | FP     |                |
| SPE2000   | Rhythmic and Expressive Movement                    | Minor     | 2B2, WB1         | 12            | FP     |                |
| SPE2001   | Major and Minor Games                               | Minor     | 1B2, 1B3         | 12            | FP     |                |
| SSM2103   | Historical and Cultural Aspects of Australian Sport | Minor     | 1B3, 1B4,<br>WB1 | 12            | CC     |                |

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