

COURSE DELIVERY PLAN 2025

Bachelor of Exercise Science (Sport Practice)

COURSE CODE: ABHD

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	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 accurate as of October 24, 2024, and applies to students beginning during the specified intake period. It is provided for informational purposes only and does not constitute a contract between any individual and Victoria University. Students starting in a different intake or unable to follow the plan due to credit or other factors should consult their Course and Unit Advisor for enrolment assistance.

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VICTORIA UNIVERSITY

For further course information phone 1300 VICUNI/vu.edu.au
Victoria University CRICOS Provider No. 00124K (Melbourne), 02475D (Sydney and Brisbane)

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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	12	FP	
AHE1112	Resistance Training	Core	1B2	12	FP	
AHE1202	Biomechanics	Core	1B3	12	FP	
AHE1105	Research Methods for Exercise Professionals	Core	1B4, 2B1	12	FP	
RBM1174	Human Physiology	Core	2B1, 1B4	12	FP	
SCL1002	Exercise Physiology	Core	2B2, 2B3	12	FP	RBM1174; or
AHE1101	Structural Kinesiology	Core	2B3, 2B2	12	FP	
AHE1107	Human Growth and Lifespan Development	Core	2B4	12	FP	

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2006	Exercise Interventions for Healthy Populations	Core	SB, 1B3	12	FP	SCL1002; or RBM1528
SFI2001	Fitness Training Systems	Core	1B1, WB	12	FP	
AHE2129	Advanced Resistance Training	Core	1B2, 1B4	12	FP	AHE1112
AHE2127	Motor Learning	Core	1B3, 1B2	12	FP	
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B4, 2B2	12	FP, ORT	
SCL2000	Physical Activity and Health in Society	Core	WB, 2B1	12	FP	
AHE2202	Functional Kinesiology	Core	2B2, 2B4	12	FP	AHE1101
AHE2102	Sports Biomechanics	Core	2B4, 2B3	12	FP	AHE1202; or NEF1102

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL3101	Advanced Training and Conditioning	Core	1B1, 1B2	12	FP	AHE2129
SCL3004	Sport and Exercise Practice	Core	1B2, 1B1	12	FP	AHE2006
AHE3100	Advanced Exercise Physiology	Core	1B3, WB	12	FP	SCL1002; or RBM1528

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AHE3101	Advanced Biomechanics	Core	WB, 1B4	12	FP	AHE2102
AHE3114	Sport Physiology	Core	2B1, 2B3	12	FP	SCL1002
AHE3125	Applied Exercise Psychology	Core	2B2	12	FP	SCL1003
AHE3126	Motor Control	Core	2B3, 2B1	12	FP	
SCL3005	Sport Practice Capstone	Core	2B4	12	FP	SCL3004

Further information regarding placement and capstone units:

ABHD students need to complete two Sport Practice Capstone units, SCL3004 and SCL3005

SCL3004 Sport and Exercise Practice Placement

Supervised placement: 140 hours; not necessarily in one block or at one institution.

Students must have a valid working with children check, current police check and, first aid and CPR certificate prior to commencing placement.

During your placement, you'll gain a level of self-understanding that will help you to target a job that matches your personality, career values, interests and preferred job skills.

You'll also develop a career portfolio of real work achievements while studying. These will be acquired during your course through:

- class-based learning in the workplace
- 70 or 140 hours of career placement
- voluntary or paid work opportunities provided by more than 350 sport, exercise and recreation organisations.

All placements are covered by a current Career Development & Employment (CDE) placement contract that formally recognises your involvement with a community organisation.

[Career Development & Employability \(Sport & Exercise Science\) webpage](#)

Contact: ruth.gadsby@vu.edu.au

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