

# COURSE DELIVERY PLAN 2025

## Bachelor of Exercise Science (Clinical Practice)

COURSE CODE: ABHE

<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> 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 Exercise Science (Clinical Practice), students will be required to complete 288 credit points consisting of: <ul style="list-style-type: none"><li>• 96 credit points of First Year Core units</li><li>• 192 credit points of Professional Core units</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>	Jacqueline Williams
<b>COURSE ADVICE</b>	AskVU <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.

**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 CRICOS Provider No. 00124K (Melbourne), 02475D (Sydney and Brisbane)

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Please note: Primary pattern of study blocks are in bold. This is the recommended sequence.

## YEAR 1

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1003	Exercise and Sport Psychology	Core	<b>1B1</b>	12	FP	
RBM1174	Human Physiology	Core	<b>1B2, 2B1</b>	12	FP	
SCL1002	Exercise Physiology	Core	<b>1B3</b>	12	FP	RBM1174; or
AHE1112	Resistance Training	Core	<b>1B4</b>	12	FP	
AHE1105	Research Methods for Exercise Professionals	Core	<b>2B1</b>	12	FP	
AHE1107	Human Growth and Lifespan Development	Core	<b>2B2</b>	12	FP	
AHE1202	Biomechanics	Core	<b>2B3</b>	12	FP	
AHE1101	Structural Kinesiology	Core	<b>2B4</b>	12	FP	

## YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2202	Functional Kinesiology	Core	<b>1B1, 2B3</b>	12	FP	AHE1101
SCL2000	Physical Activity and Health in Society	Core	<b>1B2, 1B3</b>	12	FP	
AHE2127	Motor Learning	Core	<b>1B3, 2B2</b>	12	FP	
AHE2006	Exercise Interventions for Healthy Populations	Core	<b>1B4, 1B2</b>	12	FP	SCL1002; or RBM1528
AHE2129	Advanced Resistance Training	Core	<b>2B1, WB</b>	12	FP	AHE1112
SFI2001	Fitness Training Systems	Core	<b>2B2, 2B4</b>	12	FP	
AHE3125	Applied Exercise Psychology	Core	<b>2B3, 2B1</b>	12	FP	SCL1003
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	<b>2B4, 1B1</b>	12	FP, ORT	

## YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3115	Clinical Exercise Practice 1	Core	<b>1B1, SB</b>	12	FP	AHE2006
AHE3100	Advanced Exercise Physiology	Core	<b>1B2, 1B1</b>	12	FP	SCL1002; or RBM1528

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SCL3101	Advanced Training and Conditioning	Core	<b>1B3</b>	12	FP	AHE2129
AHE3101	Advanced Biomechanics	Core	<b>1B4</b> , 1B2	12	FP	AHE2102, AHE1202
SCL3001	Exercise, Health and Disease	Core	<b>WB</b> , 2B1	12	FP	AHE2006
SCL3003	Corrective Exercise Prescription and Injury Management	Core	<b>2B1</b> , 2B2	12	FP	
AHE3126	Motor Control	Core	<b>2B2</b> , WB	12	FP	
SCL3002	Sport and Exercise Science Capstone	Core	<b>2B3</b> , 2B4	12	FP	AHE3115

## Further information regarding placement and capstone units:

ABHE students need to complete two Clinical AND Sport and exercise Science Capstone units; **AHE3115** and **SCL3002**

### AHE3115 Clinical Exercise Practice

**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](mailto:ruth.gadsby@vu.edu.au)

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