

# COURSE DELIVERY PLAN 2025

## Bachelor of Sport Science (Human Movement)/Bachelor of Sport Management

**COURSE CODE: SBHS**

<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>	4 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>	<p>To attain the Bachelor of Sport Science (Human Movement)/Bachelor of Sport Management, students will be required to complete 384 credit points consisting of:</p> <ul style="list-style-type: none"><li>• 96 credit points First Year Core units</li><li>• 48 credit points Core units</li><li>• 96 credit points Sport Science (Human Movement) Professional Core units</li><li>• 96 credit points Major studies from the approved list</li><li>• 48 credit points Minor studies from the approved list</li></ul> <p>Students who commenced in 2014, 2015 and 2016, must successfully complete any combination of 4 units from the following eight Sport Management College Core units:</p> <ul style="list-style-type: none"><li>• SSM1101 Introduction to Sport and Active Recreation</li><li>• SSM1102 Foundations of Sport and Active Recreation</li><li>• SSM1103 Management Principles for Sport and Active Recreation</li><li>• SSM1104 Community Building for Sport and Active Recreation</li><li>• SSM1201 Marketing for Sport and Active Recreation</li><li>• SSM1202 Financial Management for Sport and Active Recreation</li><li>• SSM1203 Human Resources for Sport and Active Recreation</li><li>• SSM1204 Ethics and Integrity Management in Sport and Active Recreation</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>	Matthew Cox Brent McDonald
<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).

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**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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**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> , 1B3, 2B1	12	FP	
SSM1102	Foundations of Sport and Active Recreation	Core	<b>1B2</b> , 2B1	12	CC, FP	
RBM1174	Human Physiology	Core	<b>1B3</b> , WB, 2B3	12	FP	
BHO1000	Marketing Theory and Practice	Core	<b>1B4</b> , 2B4	12	AVI, CC, VOL	
BMO1000	People and Organisations	Core	<b>2B1</b> , 2B2	12	AVI, CC, VOL	
AHE1202	Biomechanics	Core	<b>2B2</b> , 1B4, 1B2	12	FP	
SCL1002	Exercise Physiology	Core	<b>2B3</b> , SB, 1B1	12	FP	RBM1174; or
SSM1202	Financial Management for Sport and Active Recreation	Core	<b>2B4</b> , 2B3	12	CC, FP	

### Patter of Study for 2B1 2025 Intake:

**2B1:** SCL1003

**2B2:** BMO1000

**2B3:** RBM1174

**2B4:** SSM1202

### 2026

**1B1:** SCL1002

**1B2:** SSM1102

**1B2:** AHE1202

**1B4:** BHO1000

## YEAR 2

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UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE1112	Resistance Training	Core	1B1	12	FP	
AHE1101	Structural Kinesiology	Core	1B2	12	FP	
SSM2103	Historical and Cultural Aspects of Australian Sport	Core	1B3	12	CC	
SOL1000	Introduction to Adventure Environments	Core	1B4	12	CC, FP	
SSM1104	Community Building for Sport and Active Recreation	Core	2B1	12	CC, FP	
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	2B2	12	FP, ORT	
AHE2127	Motor Learning	Core	2B3	12	FP	
AHE3111	Sport and Social Analysis	Core	2B4	12	FP	

## YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
	Major 1 - Unit 1	Major	1B1	12		
	Major 1 - Unit 2	Major	1B2	12		
SSM2002	Career Development and Employability 1	Core	1B3	12	CC, FP	
	Minor 1 - Unit 1	Minor	1B4	12		
SSM3003	Career Development and Employability 2	Core	2B1	12	CC, FP	SSM2002
	Minor 1 - Unit 2	Minor	2B2	12		
	Major 1 - Unit 3	Major	2B3	12		
	Major 1 - Unit 4	Major	2B4	12		

### Further information regarding placement units:

**SSM2002 Career Development and Employability 1:** Placement: 70 hours; career placement within sport and recreation industry. This unit aims to bring students into career maturity before they graduate from the course. Students learn the skills, knowledge and insights to become proactive and strategic career builders and gain an understanding of the variety of career options within related industries aligned to sport, recreation & sport science sectors. They learn the importance of gaining work-related experience and also develop understanding to improve their career outcomes. Students learn job hunting skills by securing a career placement of their choice. This placement should improve their career options and employability after graduation.

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

**SSM3003 Career Development and Employability 2:** Placement: 140 hours; external to the classroom extending beyond the block timeframe. This unit aims to bring students into career maturity before they graduate from the course. This unit is

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designed to facilitate a successful transition to employment in the fields of sport and recreation management, outdoor recreation, youth work, exercise and sport science. Students follow a career development model to further develop their ability to proactively manage a career throughout their life.

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

## YEAR 4

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
	Major 1 - Unit 5	Major	1B1	12		
AHE3116	Social Dimensions of Sport and Exercise	Core	1B2	12	FP	
	Major 1 - Unit 6	Major	1B3	12		
	Major 1 - Unit 7	Major	1B4	12		
	Major 1 - Unit 8	Major	2B1	12		
	Minor 1 - Unit 3	Minor	2B2	12		
AHE3200	Professional Ethics	Core	2B3	12	FP	
	Minor 1 - Unit 4	Minor	2B4	12		

List of major/s available in this course

SMAOUT Outdoor Recreation Leadership  
SMASAC Sport and Active Communities

List of minor/s available in this course

SMIADS Adventure Sports  
SMISSC Advanced Sport Science  
SMIFIT Fitness and Conditioning  
SMIGAM Games and Sports  
SMIHEA Health (Sport Science Minor)  
HMIHNU Health and Nutrition  
SMIOUT Outdoor Recreation Leadership  
SMISAC Sport and Active Communities  
SMISCO Sport Coaching  
AMITEM The Entrepreneurial Mindset

## MAJORS

### Outdoor Recreation Leadership SMAOUT

The Outdoor Recreation Leadership Major exposes students to a diverse range of outdoor recreational programs that not only deliver special experiences, but also provides unique learning situations that build a breadth of capabilities, including the capacity to plan, organise, and program complex outdoor recreational activities at the highest professional level. It also provides the opportunity for students to build highly valued character traits including integrity, cultural sensitivity, and psychological resilience. The course will enable students to gain employment in the fields of outdoor recreation, adventure sports, outdoor education, and corporate training.

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UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SOL1001	Natural Environments 1	Major	1B1, 1B2	12	FP	
SOL1002	Safety in Natural Environments	Major	2B1, 2B2	12	FP	
SOL2001	River Environments 1	Major	SB, WB	12	FP	SOL1001; and SOL1002
SOL2003	Mountain Environments	Major	1B1, 1B2	12	FP	SOL1001; and SOL1002
SOL2010	Natural Environments 2	Major	2B4	12	FP	SOL1001; and SOL1002
SOL3003	Risk Management in Natural Environments	Major	2B2	12	FP	SOL1001; and SOL1002
SSM3002	Outdoor and Environmental Philosophy	Major	SB	12	FP, SA	SOL1001; and SOL1002
SSM3101	Environmental Inquiry, Sustainability and Communities	Major	1B2, 1B3	12	FP, SA	SOL1001; and SOL1002

## Sport and Active Communities SMASAC

The Sport and Active Communities Major gives attention to community sport, its relationship with elite and professional sport, and how it can be managed to optimise participant satisfaction, build sustainable communities, and deliver social utility. It also covers team-sport management, gym and exercise program administration, and community-based physical activity programming. The course thus enables graduates to enter a broad range of administrative, management, and professional-support positions in governing bodies, sport clubs, sport facilities, sport events, local government, and community welfare agencies.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2103	Historical and Cultural Aspects of Australian Sport	Major	1B3, 1B4, WB	12	CC, FP	
SSM2104	Programming for Sport Development and Community Action	Major	1B1, 1B2	12	CC, FP	
SSM2204	Sport Sponsorships and Partnerships	Major	2B2, 2B4	12	CC, FP	
SSM2205	Sociology of Sport and Active Recreation	Major	2B1, 2B3	12	CC, FP	
SSM3103	Sport Facility Management	Major	1B1, 2B3	12	CC, FP	SSM2204
SSM3104	Research and Evaluation in Sport	Major	1B1, WB	12	CC, FP	
SSM3204	Building and Sustaining Sport Participation	Major	2B2, 2B4	12	CC, FP	
SSM3205	Sport Event Management	Major	2B4	12	CC, FP	SSM3103

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## MINORS

### 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	124, 2B1	12	FP	AEK1105; or AEK1106; or AEK1204
SOL2005	Rock Environments	Minor	1B1	12	FP	SOL1001; and SOL1002
SOL2006	River Environments 2	Minor	2B2, 2B3	12	FP	SOL1001; and SOL1002
SSM3104	Research and Evaluation in Sport	Minor	1B1, WB	12	CC, FP	

### 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, SB	12	FP	SCL1002; or RBM1528
AHE3114	Sport Physiology	Minor	2B1, 2B3	12	FP	SCL1002

### 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.

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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, 1B4, 2B1, WB	12	FP	AHE1112
SFI2000	Group Fitness	Minor	1B2	12	FP	
SFI2001	Fitness Training Systems	Minor	1B1, 2B2, 2B4, WB	12	FP	

## Games and Sports SMIGAM

This minor is for students wanting to actively participate in practical units in the area of physical activity. Students will undertake practical classes where they will instruct others, improve their own performances, learn new skills and be able to plan and prepare activities for a range of individuals and groups.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SPE2000	Rhythmic and Expressive Movement	Minor	2B1, 2B2, WB	12	FP	
SPE2001	Major and Minor Games	Minor	1B3, 1B4	12	FP	
SPE2200	Games and Sports	Minor	2B1, 2B2, 2B3, WB	12	FP	
SPE3100	Psychosocial Aspects of Health and Physical Activity	Minor	1B1, 1B2, WB	12	FP	

## Health (Sport Science Minor) SMIHEA

Being healthy is important to all of us. Our health is influenced by a range of individual and behavioural factors as well as physical and social environments. Studying health will help you to develop skills and knowledge to make decisions about your own health, inform others, and also to recognise the importance of health in society. You will also become aware of how to support and promote healthy behaviours of others. The minor in Health provides you with an understanding of the individual and societal influences on health and human development. You will study areas covering adolescent health, sexuality and relationships, social bases of health and health promotion and policy.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SHE2001	Adolescent Health	Minor	1B1, 1B2, 1B3	12	FP	
SHE2002	Sexuality and Relationships	Minor	1B1, 1B2, 1B4, 2B2, 2B3, 2B4, SB	12	FP	

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SHE3001	Social Bases of Health: Global Perspectives	Minor	1B1, 1B3, 2B3, 2B4, SB, WB	12	FP
SHE3002	Health Policy and Promotion	Minor	1B1, 1B2	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	2B1	12	FP, ORT	
HHN3002	Sport and Exercise Nutrition	Minor	2B3	12	FP	HHN2001; or HBM2103; or

## Outdoor Recreation Leadership SMIOUT

Love being outdoors, and looking for an adventure? If you want to learn about adventure with highly qualified outdoor professionals through hands on experiences in rock climbing, white water rafting, hiking, and skiing as well as develop an in-depth understanding about outdoor recreation, education and adventure sports, then Outdoor Recreation Leadership is for you. The use of industry partnerships and critical evidence based practice to inform teaching will ensure that during the course you will learn all the skills needed to lead in the outdoors. Outdoor Recreation Leadership provides the opportunity for students to build highly valued character traits including communication, group leading, integrity, cultural sensitivity, and psychological resilience.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SOL1001	Natural Environments 1	Minor	1B1, 1B2	12	FP	
SOL1002	Safety in Natural Environments	Minor	2B1, 2B2	12	FP	
SOL2001	River Environments 1	Minor	SB, WB	12	FP	SOL1001; and SOL1002
SOL2010	Natural Environments 2	Minor	2B4	12	FP	SOL1001; and SOL1002

## Sport and Active Communities SMISAC

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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, FP	
SSM2204	Sport Sponsorships and Partnerships	Minor	2B2, 2B4	12	CC, FP	
SSM3103	Sport Facility Management	Minor	1B1, 2B3	12	CC, FP	SSM2204
SSM3204	Building and Sustaining Sport Participation	Minor	2B2, 2B4	12	CC, FP	

## 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	1B1, 1B4	12	FP	
SSC2003	Sport Coaching: Applied Conditioning	Minor	2B4, WB	12	FP	
SSC3002	Sport Coaching: Talent Identification & Development	Minor	2B3	12	FP	

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