

COURSE DELIVERY PLAN 2025

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

New students in Semester 1 Block 3 (1B3) 2025 ONLY

COURSE CODE: SBHS

CAMPUS	Footscray Park (FP)
COLLEGE	College of Sport, Health and Engineering
STUDY MODE	Full Time or Part Time
DURATION	4 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 Sport Science (Human Movement)/Bachelor of Sport Management, students will be required to complete 384 credit points consisting of: <ul style="list-style-type: none">• 144 credit points First Year Core units• 96 credit points Sport Science Professional Core units• 96 credit points Sport Management Professional Core• 48 credit points Minor studies from the approved list
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	Hans Westerbeek Brent McDonald
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.

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COURSE DELIVERY PLAN 2025

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

This CDP is for new students in 1B3 2025 only. Continuing students please refer to the SBHS continuing students CDP.

YEAR 1

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1003	Exercise and Sport Psychology	Core	1B3 , 2B1	12	FP	
AHE1202	Biomechanics	Core	1B4 , 2B2	12	FP	
RBM1174*	Human Physiology	Core	WB , 2B3	12	FP	
SSM1102	Foundations of Sport and Active Recreation	Core	2B1	12	CC, FP	
BMO1000	People and Organisations	Core	2B2	12	CC	
BHO1000	Marketing Theory and Practice	Core	2B3 , 2B4	12	CC	
BAO1000	Financial Literacy and Decision Making	Core	2B4 , 2B3	12	CC	

*RBM1174 is a pre-requisite for future units

Patter of Study for 2B1 2025 Intake:

2B1: SCL1003

2B2: BMO1000

2B3: RBM1174

2B4: BAO1000

2026

1B1: SCL1002

1B2: SSM1102

1B2: AHE1202

1B4: BHO1000

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1002	Exercise Physiology	Core	SB , 1B1, 1B4	12	FP	RBM1174
AHE1101	Structural Kinesiology	Core	1B1	12	FP	
AHE1112	Resistance Training	Core	1B2	12	FP	
AHE3116	Social Dimensions of Sport and Exercise	Core	1B3	12	FP	
AHE1105	Research Methods for Exercise Professionals	Core	1B4	12	FP	

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COURSE DELIVERY PLAN 2025

SSM1104	Community Building for Sport and Active Recreation	Core	2B1	12	CC, FP
AHE2127	Motor Learning	Core	2B2	12	FP
SSM2205	Sociology of Sport and Active Recreation	Core	2B3	12	CC
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	2B4	12	FP, ORT

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2104	Programming for Sport Development and Community Action	Core	1B1	12	CC, FP	
SSM2003	Ethics in Sport Management and Active Recreation	Core	1B3, 2B2	12	CC	
	Minor 1 - Unit 1	Minor	TBD	12		
AHE3111	Sport and Social Analysis	Core	1B4, 2B3, 2B4	12	FP	
AHE3126	Motor Control	Core	2B1, 2B2, 2B3, WB	12	FP	
BHO3421	Business Events	Core	2B2	12	CC	
SSM2011	Workplace Readiness in Sport	Core	2B3	12	CC	
SSM2204	Sport Sponsorships and Partnerships	Core	2B2, 2B4	12	CC, FP	

Further information regarding placement units:

SSM2011 Workplace Readiness in Sport: Placement: 60 hours; Career placement within sport and recreation industry. Placement needs to be completed within the subsequent semester. Workplace Readiness in Sport is an innovative unit that will support students into career maturity as they approach graduation, with a sharp focus on the sport and recreation sectors. In this unit, students will develop a deep understanding of diverse career pathways and the importance of building a professional brand and digital presence. They will engage in self-understanding activities, strategic career planning, and learn how to effectively network and utilise digital tools to boost their visibility and professional image in the industry. Students will also gain hands-on experience through real-world work settings, including internships, industry-linked projects, and voluntary work relevant to their courses. By integrating educational achievements with practical work experiences and extracurricular activities, 'Workplace Readiness in Sport' equips students with the competencies and confidence needed to navigate the competitive landscape of the sport industry effectively.

Contact: ruth.gadsby@vu.edu.au

YEAR 4

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COURSE DELIVERY PLAN 2025

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM3103	Sport Facility Management	Core	1B1, 2B3	12	CC, FP	SSM2204
AHE3120	Exercise Science Career Development	Core	1B2	12	FP	
AHE3100	Advanced Exercise Physiology	Core	1B2, 1B3, WB	12	FP	SCL1002; or RBM1528
	Minor 1 - Unit 3	Minor	TBC	12		
	Minor 1 - Unit 4	Minor	TBC	12		
	Minor 1 - Unit 2	Minor	TBC	12		
SSC3000	Professional Practice in Sport Science	Core	2B3	12	FP	Completion of 192 credit points
SSM3204	Building and Sustaining Sport Participation	Core	2B2, 2B4	12	CC, FP	

AHE3120 Exercise Science Career Development: Placement: 140 hours; Career placement within sport and recreation industry. This unit is designed as the first part of a Capstone project taken by students in their final year of their program. It is designed to consolidate the students' undergraduate training via reflective practice. This unit introduces students to professional roles and offers perspectives on the roles of other team members in the professional setting. Assessment in this unit requires the use of theoretical knowledge from the discipline units completed during the degree along with critical reflection on an individual career goals and aspirations. This unit is designed to support students to obtain positive career outcomes by following a career development model. It will equip them to be proactive and strategic in career planning, aware of the variety of exercise and sport science career outcomes and to develop self-understanding to enable them to target their career actions.

Contact: ruth.gadsby@vu.edu.au

List of minor/s available in this course

SMISSC	Advanced Sport Science
SMIFIT	Fitness and Conditioning
SMIGAM	Games and Sports
SMIHEA	Health (Sport Science Minor)
HMIHNU	Health and Nutrition
SMISCO	Sport Coaching
AMITEM	The Entrepreneurial Mindset

MINORS

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

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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.

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	

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SPE3100	Psychosocial Aspects of Health and Physical Activity	Minor	1B1, 1B2, WB	12	FP
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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	
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

Sport Coaching SMISCO

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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	

The Entrepreneurial Mindset AMITEM

The nature of work is changing. The rapid pace in which technology is developing is causing widespread disruption, both in organisational cultures and working practices. With new technologies such as artificial intelligence and machine-learning, robotics, nanotechnology, 3-D printing, and genetics and biotechnology coming up, this disruption is only getting started.

Success in this new world is increasingly dependent on personal initiative; a self-starting, future-oriented and persistent proactive mindset. Such a mindset combined with effective teamwork in a multidisciplinary context has been the driver of entrepreneurial success for decades. More and more employers are starting to demand these skills from their employees as well.

This unit set equips students with the skills and competencies to future-proof yourself, creating experiences that allow for a strong start to and succeeding in your chosen profession (be that as an employee or self-employed). Students work collaboratively on employing an evidence-based approach to identifying problems and implementing solutions, equipping themselves with the skills and knowledge to lead in the future of work.

The first unit explores how to come up with ideas and how to critically assess the potential of the idea. During this unit we introduce a number of key processes and concepts like where to start when exploring ideas, how to run user interviews and prototyping. The second unit introduces the Minimum Viable Product (MVP) and allows students to experiment with the evidence-based, iterative approach of User Validation. The third unit focuses on how to effectively communicate the findings of the first two units in a compelling story to gather critical support. Finally, the last unit introduces students to growth strategies and how these strategies drive execution.

The unit set culminates in a pitch-style event where the students pitch their project in a live setting to an audience of stakeholders, integrating the knowledge, skills and understandings they have developed.

The Entrepreneurial Mindset unit set aims to provide career defining experiences. The minor is demanding and is a great fit for students who want to be part of something exciting and new while creating their own success.

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AEN2001	Problem Discovery	Minor	TBD	12	FP, ORT	
AEN2002	Solution Validation	Minor	TBD	12	FP, ORT	
AEN3001	Storytelling for Impact	Minor	TBD	12	FP, ORT	
AEN3002	Hacking Growth	Minor	TBD	12	FP, ORT	

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