

COURSE DELIVERY PLAN 2026

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

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 units• 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	AskCUA 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 current at the publication date: 2/10/2025. It is provided as information only and does not form part of a contract between any person and Victoria University.



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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, 1B2, 1B3, 2B1	12	FP	
BMO1000	People and Organisations	Core	1B1, 1B2, 1B3, 1B4, 2B1, 2B2, 2B3	12	CC	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
BAO1000	Financial Literacy and Decision Making	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, 2B4	12	CC	
AHE1202	Biomechanics	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	RBM1174; or
AHE1112	Resistance Training	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B4, 2B2, 2B3, 2B4	12	FP	

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2104	Programming for Sport Development and Community Action	Core	1B1, 1B2	12	CC	
AHE1105	Research Methods for Exercise Professionals	Core	1B2, 1B3, 1B4	12	FP	
SSM1102	Foundations of Sport and Active Recreation	Core	1B1, 1B2, 1B3, 2B1	12	CC	



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SSM1104	Community Building for Sport and Active Recreation	Core	1B3, 2B1, 2B2	12	CC
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B1, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4, WB1	12	FP
			1B3, 2B4		ORT
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, 2B4, SB1, WB1	12	FP
BHO1000	Marketing Theory and Practice	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	CC
SSM2204	Sport Sponsorships and Partnerships	Core	2B2, 2B4	12	CC

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3116	Social Dimensions of Sport and Exercise	Core	1B1, 1B3, 2B4, WB1	12	FP	
AHE3100	Advanced Exercise Physiology	Core	1B1, 1B2, 1B3, WB1	12	FP	SCL1002; or RBM1528
	Minor 1 - Unit 1	Minor		12		
	Minor 1 - Unit 2	Minor		12		
SSM2205	Sociology of Sport and Active Recreation	Core	2B1, 2B3	12	CC	
SSM2003	Ethics in Sport Management and Active Recreation	Core	1B3, 2B2	12	CC	
SSM3103	Sport Facility Management	Core	1B1, 2B3	12	CC	SSM2204
SSM2011	Workplace Readiness in Sport	Core	1B3, 2B3	12	CC	

YEAR 4

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
	Minor 1 - Unit 3	Minor		12		



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AHE3120	Exercise Science Career Development	Core	1B2, 2B1	12	FP
AHE3111	Sport and Social Analysis	Core	1B4, 2B3, 2B4	12	FP
AHE3126	Motor Control	Core	2B1, 2B2, 2B3, WB1	12	FP
SSM3204	Building and Sustaining Sport Participation	Core	1B3, 2B2, 2B4	12	CC
BHO3421	Business Events	Core	2B2	12	CC
	Minor 1 - Unit 4	Minor		12	
SSC3000	Professional Practice in Sport Science	Core	2B3, 2B4	12	FP

Further information regarding placement units:

AHE3120 Exercise Science Career Development: 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.

Placement: 140 hours; Career placement within sport and recreation industry.

Contact: ruth.gadsby@vu.edu.au

APP3028 Fieldwork: Students will undertake a mandatory fieldwork placement, consisting of 60 hours of placement, and in-class course work. All placement activities for this unit must be pre-approved and authorised by the Undergraduate Psychology Placement Officer. Credit will not be applied retrospectively for unauthorised activities. Students may be required to complete a proportion of the placement hours before undertaking the unit.

[APP3028 placement webpage](#)

Contact: sally-ann.free@vu.edu.au



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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

MINORS

Advanced Sport Science SMISSC

This minor is available to students completing sport and exercise related 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	12	FP	AHE1202; or NEF1102
AHE2202	Functional Kinesiology	Minor	1B1, 2B2, 2B3, 2B4	12	FP	AHE1101
AHE2006	Exercise Interventions for Healthy Populations	Minor	1B1, 1B2, 1B3, 1B4, SB1, WB1	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	1B1, 1B2, 2B1, 2B2, WB1	12	FP	AHE1112
SFI2000	Group Fitness	Minor	1B2	12	FP	
SFI2001	Fitness Training Systems	Minor	2B2, 2B3, 2B4	12	FP	



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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	12	FP	
SPE2001	Major and Minor Games	Minor	1B3, 1B4	12	FP	
SPE2200	Games and Sports	Minor	2B1, 2B2, 2B3, 2B4, WB1	12	FP	
SPE3100	Psychosocial Aspects of Health and Physical Activity	Minor	1B1, 1B2, WB1	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	1B2, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	
SHE3001	Social Bases of Health: Global Perspectives	Minor	1B1, 1B2, 1B3, 2B2, 2B3, 2B4, SB1, WB1	12	FP	
SHE3002	Health Policy and Promotion	Minor	1B1, 1B2	12	FP	

Health and Nutrition HMIHNU



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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	1B1, 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	
HHN3002	Sport and Exercise Nutrition	Minor	2B3	12	FP	HHN2001; or HBM2103; or

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, 2B2	12	FP	
SSC2000	Sport Coaching Systems and Technology	Minor	1B1, 2B4	12	FP	
SSC2003	Sport Coaching: Applied Conditioning	Minor	2B4, WB1	12	FP	
SSC3002	Sport Coaching: Talent Identification & Development	Minor	2B3	12	FP	



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