

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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COURSE DELIVERY PLAN 2026

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.

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|-----------|--|-----------|------------------------------|---------------|--------|---------------------|
| 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.

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|-----------|------------------------------|-----------|-------------------------|---------------|--------|----------------|
| 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.

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|-----------|--|-----------|-------------------------|---------------|--------|----------------|
| 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.

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|-----------|---|-----------|--|---------------|--------|----------------|
| 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.

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|-----------|--|-----------|--------------------|---------------|---------|---------------------------------|
| 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.

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|-----------|---|-----------|----------|---------------|--------|----------------|
| 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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