

COURSE DELIVERY PLAN 2026

Bachelor of Physical Education and Sport Science

COURSE CODE: SBPH

CAMPUS	Footscray Park (FP)
COLLEGE	College of Sport, Health and Engineering
STUDY MODE	Full Time or Part Time
DURATION	3 years Full Time or Part Time equivalent
FEES 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 Physical Education and Sport Science, students will be required to complete 288 credit points consisting of: <ul style="list-style-type: none">• 96 credit points of First Year Core units• 144 credit points of Professional Core units• 48 credit points of 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	Michael Spittle
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.

Date of Publication: This information is current at the publication date: 30/09/2025. 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	
AHE1202	Biomechanics	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1112	Resistance Training	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
SPE1105	Aquatic and Athletic Movement Activities	Core	1B3, 1B4	12	FP	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
SPE1002	Inclusion and Diversity in Physical Activity	Core	2B2, 2B4	12	FP	
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B4, 2B2, 2B3, 2B4	12	FP	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	RBM1174; or

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SHE2002	Sexuality and Relationships	Core	1B2, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B1, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4, WB1	12	FP	
			1B3, 2B4		ORT	
SPE2001	Major and Minor Games	Core	1B3, 1B4	12	FP	
	Minor 1 - Unit 1	Minor		12		



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SPE2200	Games and Sports	Core	2B1, 2B2, 2B3, 2B4, WB1	12	FP
SPE3008	Growth and Motor Development	Core	2B1, 2B2	12	FP
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, 2B4, SB1, WB1	12	FP
Minor 1 - Unit 2		Minor	12		

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SHE3001	Social Bases of Health: Global Perspectives	Core	1B1, 1B2, 1B3, 2B2, 2B3, 2B4, SB1, WB1	12	FP	
AHE3111	Sport and Social Analysis	Core	1B4, 2B3, 2B4	12	FP	
Minor 1 - Unit 3		Minor	12			
Minor 1 - Unit 4		Minor	12			
SPE3007	Critical Issues in Physical Education and Sport	Core	2B1, 2B2	12	FP	
SPE2000	Rhythmic and Expressive Movement	Core	2B1, 2B2	12	FP	
SPE3005	Perspectives On Physical Education	Core	2B3, 2B4	12	FP	SPE3007
AHE3116	Social Dimensions of Sport and Exercise	Core	1B1, 1B3, 2B4, WB1	12	FP	



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List of minor/s available in this course

AMIHIS	History
AMILIT	Literary Studies
AMIPSY	Psychology
EMISWF	Student Welfare
NMIBIO	Biology
NMENV	Environmental Science
NMIMST	Mathematics/Statistics
SMIFIT	Fitness and Conditioning
SMISCO	Sport Coaching

History AMIHIS

Knowledge of the past has always been central to human awareness. For more than a century, the study of History has underpinned the Western liberal tradition. History is connected with the search for meaning. It conveys communal memory, creating a sense of personal and group identity by locating individuals in time and space. The study of History offers each of us the chance to understand, even bridge, other cultures. The minor in History offers opportunities to sample this diverse human experience. Our aim is to both challenge and excite you as you move through the study of History, beyond your own lives to those of people in other times and other places. We also aim to develop an appreciation of the contributions historians make to an understanding of contemporary society.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AAH2002	The World before 1770	Minor	1B1, 2B2	12	FP	
AAH2003	European Revolution and War	Minor	1B4, 2B4	12	FP	
AAH2004	Divided Europe	Minor	1B2	12	FP	
AAH3001	Histories of Immigrant Australia	Minor	1B2, 2B4	12	FP	

Literary Studies AMILIT

This minor provides an integrated set of units in literary studies. It introduces students to key theories and texts central to the discipline. Students are introduced to different critical perspectives that shape contemporary commentary, and are invited to consider the impact of different speaking positions on how the field of literary studies is being shaped. Assessment tasks for the minor include short exercises, oral presentations, essays, and formal examinations.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
ACL2001	Reading Contemporary Fiction	Minor	1B2, 2B2	12	FP	
			1B2		ORT	
ACL2002	Studying Poetry and Poetics	Minor	1B1, SB1	12	FP	
ACL2007	Romance and Realism	Minor	2B3	12	FP	ACL2001, ACL2002
			1B2		ORT	
ACL3009	Australian Literature	Minor	2B3, 2B4	12	FP	ACL2001, ACL2002, ACL2007



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Psychology AMIPSY

The psychology minor equips you with a theoretical understanding of a range of psychological topics such as motivation and emotion, biological, cognitive, social, and personality psychology. Analytical, research and statistical skills, and understanding of relationships and communication are also developed through study of this minor.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
APP1012	Psychology 1A	Minor	1B2, 1B3, 1B4, 2B2, 2B3	12	FP	
APP1013	Psychology 1B	Minor	1B1, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	APP1012
APP2013	Psychology 2A	Minor	1B1, 1B2, 1B3, 1B4, 2B1, WB1	12	FP	APP1012, APP1013
APP2014	Psychology 2B	Minor	1B3, 2B1, 2B2, 2B3, 2B4	12	FP	APP2013

Student Welfare EMISWF

Student Welfare is a dynamic sequence of units that provides you with an understanding of young people and children as they transition into adolescence. We talk about issues, strategies and options.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AYW2002	Disability, Ableism and Youth Work	Minor	1B1, 1B3	12	FP	
AEB2802	Ethics and Youth Work Practice	Minor	1B1, 2B3, WB1	12	FP	
ECY3000	Supporting Young People in Dual Diagnosis Settings	Minor	2B2, 2B3, 2B4	12	FP	
ECY3001	Working with Young People with Complex Issues	Minor	1B4, 2B3, 2B4, WB1	12	FP	

Biology NMIBIO

The minor in biology will introduce you to a range of biology topics and allow you to develop an understanding of the interrelationships between the various facets of life. A strong mix of theoretical and practical based studies of how science is discussed, the basic scientific knowledge it contains and the experimental process from where the information has been collected, will teach you how to analyse both data and the literature and apply critical thinking skills to defend the ideas you have developed. Topics include the investigation the molecules of life, ecology and evolution, how the world works at the cellular level, how the body defends itself from foreign invaders and how biology is used in commercial applications.



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RBF1310	Biology 1	Minor	1B2, 1B3, 1B4	12	FP	
RBF1320	Biology 2	Minor	2B2, 2B3	12	FP	
HBM2105	Medical Microbiology and Immunity	Minor	2B1, 2B2, 2B3, 2B4	12	SA	RBM1528; or RBF1310
RBM2133	Cell and Molecular Biology	Minor	1B3	12	ORT	RBM2560; and RBM1528; or RBF1310
			1B2, 1B4, WB1		SA	

Environmental Science NMENV

The world around us is changing at an ever increasing pace, and Environmental Science offers the key to better understanding and managing these changes. By investigating the relationships between the physical, chemical and biological components of the natural world the human race can actively develop solutions to varied environmental problems. Studies will cover topics including management of natural resources, sustainability, the impact of pollution, climate change, deforestation and habitat destruction among other issues will affect us in the coming decades. A minor in Environmental Science incorporates ideas from a broad range of disciplines - from the natural sciences, to geography, economics and politics, in addition to the philosophies and ethics that underpin activity in these areas.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
RBF1310	Biology 1	Minor	1B2, 1B3, 1B4	12	FP	
RBF1320	Biology 2	Minor	2B2, 2B3	12	FP	
RBF2620	Australian Plants	Minor	2B4, SB1	12	FP	RBF1310, RBF1320
RBF2640	Australian Animals	Minor	1B1, 1B4	12	FP	RBF1310

Mathematics/Statistics NMIMST

After developing a solid grounding in science and mathematics from the core units in first year, this specific group of units allows you to pursue a breadth minor in mathematics and statistics.

These disciplines are at the heart of all modern science: from modelling of scientific problems to analyzing data. This minor includes the fundamental mathematics and statistics as used in modern applications, and will also provide you with the grounding to be an active and independent learner. This minor places great emphasis on applications, and also on the use of technology: from hand-held calculators to modern "industry strength" computer systems. As a science graduate with a solid grounding in mathematics and statistics you will be well placed to enter the workforce.

Much modern science requires the creation of a good mathematical model as an underpinning; this minor will provide the necessary tools to be able to create such models, analyze them, and use them for testing, evaluation, and prediction. As



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well, data produced from laboratory or field studies needs to be rigorously analysed, and this minor introduces the technical skills necessary for such analysis.

This minor is appropriate for student undertaking major studies in a range of science discipline areas who wish to complement their studies with some training in applied mathematics and statistics, and in the use of technology to support those fields.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
RCM2611	Linear Statistical Models	Minor	1B1	12	FP	NEM1002
RCM2713	Modelling for Decision Making	Minor	1B2, 2B4	12	FP	NEM1001; or NEF1105
RCM2911	Linear Optimisation Modelling	Minor	1B1, 2B3	12	FP	
RCM3711	Computational Methods	Minor	1B2	12	FP	RCM2713; or RCM2611; or RCM2911

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	TBC	12	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.

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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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