

COURSE DELIVERY PLAN 2026

Bachelor of Sport Science

COURSE CODE: SBSA

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 Sport Science, students will be required to complete 288 credit points consisting of: <ul style="list-style-type: none">• 96 credit points First Year Core units• 48 credit points Professional Core units• 96 credit points Major studies selected from the approved list.• 48 credit points Minor studies selected 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	Andre Nelson Mary Woessner
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: 1/10/2025. 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	
AHE1101	Structural Kinesiology	Core	1B1, 1B2 , 1B4, 2B2, 2B3, 2B4	12	FP	
AHE1105	Research Methods for Exercise Professionals	Core	1B2, 1B3 , 1B4	12	FP	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4 , 2B1, 2B3, WB1	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	
AHE1107	Human Growth and Lifespan Development	Core	1B4, 2B1, 2B2, 2B3 , 2B4	12	FP	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 1B4, 2B2, 2B3, 2B4 , SB1	12	FP	RBM1174

YEAR 2

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

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Major 1 - Unit 2	Major	12
Major 1 - Unit 3	Major	12
Major 1 - Unit 4	Major	12
Minor 1 - Unit 1	Minor	12
Minor 1 - Unit 2	Minor	12

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3120	Exercise Science Career Development	Core	1B2, 2B1	12	FP	
SSC3000	Professional Practice in Sport Science	Core	2B3, 2B4	12	FP	
	Major 1 - Unit 5	Major		12		
	Major 1 - Unit 6	Major		12		
	Major 1 - Unit 7	Major		12		
	Major 1 - Unit 8	Major		12		
	Minor 1 - Unit 3	Minor		12		
	Minor 1 - Unit 4	Minor		12		

Further information regarding placement unit:

AHE3120: Exercise Science Career Development is a career placement within the 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.

Placement: 140 hours

Contact: ruth.gadsby@vu.edu.au

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List of major/s available in this course

SMASCO	Sport Coaching
SMASPP	Sport Performance

List of minor/s available in this course

HMIHNU	Health and Nutrition
SMIFIT	Fitness and Conditioning
SMISAC	Sport and Active Communities
SMISCO	Sport Coaching
SMISPP	Sport Performance
SMIDSI	Diversity and Inclusion
SMIHUM	Human Movement

Majors

Sport Coaching SMASCO

The Sport Coaching major is made up of eight units that focus on the development of students coaching knowledge and skills enabling them to work at all levels of sport participation from community, school, state, national, international and professional sport settings. Students will develop a sophisticated understanding of coaching practice through studies ranging from community-based coaching to advanced units that focus on talent identification and athlete/coach development. By completing this major, students will have both a deep understanding of coaching theory and a range of practical coaching skills highly sought after in the sport workforce in roles such as sport coach and sport development officer/manager.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2129	Advanced Resistance Training	Major	1B1, 1B2, 2B1, 2B2, WB1	12	FP	AHE1112
AHE2250	Sport Coaching Principles	Major	1B2, 2B2	12	FP	
AHE3114	Sport Physiology	Major	2B1, 2B3	12	FP	SCL1002
AHE3116	Social Dimensions of Sport and Exercise	Major	1B1, 1B3, 2B4, WB1	12	FP	
SCL3003	Corrective Exercise Prescription and Injury Management	Major	2B1, 2B2	12	FP	
SSC2000	Sport Coaching Systems and Technology	Major	1B1, 2B4	12	FP	
SSC2003	Sport Coaching: Applied Conditioning	Major	2B4, WB1	12	FP	
SSC3002	Sport Coaching: Talent Identification & Development	Major	2B3	12	FP	

Sport Performance SMASPP

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The Sport Performance major is made up of eight units that are organised around a theme of analysing and improving performance, health and participation in sport and physical activity contexts. Students will develop their understanding of performance through studies in sport sciences including biomechanics, kinesiology, physiology, sociology, and motor control. By completing this major, students are prepared for progressing on to honours/postgraduate study in areas informed by the biological sciences.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2006	Exercise Interventions for Healthy Populations	Major	1B1, 1B2, 1B3, 1B4, SB1, WB1	12	FP	SCL1002; or RBM1528
AHE2102	Sports Biomechanics	Major	2B3	12	FP	AHE1202
AHE2202	Functional Kinesiology	Major	1B1, 2B2, 2B3, 2B4	12	FP	AHE1101
AHE3100	Advanced Exercise Physiology	Major	1B1, 1B2, 1B3, WB1	12	FP	SCL1002; or RBM1528
AHE3101	Advanced Biomechanics	Major	1B2, 1B3, 1B4, WB1	12	FP	AHE1202
AHE3114	Sport Physiology	Major	2B1, 2B3	12	FP	SCL1002
AHE3116	Social Dimensions of Sport and Exercise	Major	1B1, 1B3, 2B4, WB1	12	FP	
AHE3126	Motor Control	Major	2B1, 2B2, 2B3, WB1	12	FP	

Minors

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	1B1, 1B2, 1B3, 1B4	12	SA	RBM1174
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

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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 and Active Communities SMISAC

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

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	

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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

Sport Performance SMISPP

The Sport Performance minor is organised around a theme of analysing and improving performance, health and participation in sport and physical activity contexts. Students will develop their understanding of performance through studies in sport sciences including biomechanics, kinesiology, physiology, and motor control.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2102	Sports Biomechanics	Minor	2B3	12	FP	AHE1202
AHE2202	Functional Kinesiology	Minor	1B1, 2B2, 2B3, 2B4	12	FP	AHE1101
AHE3114	Sport Physiology	Minor	2B1, 2B3	12	FP	SCL1002
AHE3126	Motor Control	Minor	2B1, 2B2, 2B3, WB1	12	FP	

Diversity and Inclusion SMIDSI

The Diversity and Inclusion minor draws on a combination of Indigenous knowledge and social science units to provide students with the foundation knowledge and skills to understand diversity in relation to sport, exercise, health, and the body. The Diversity and Inclusion minor is specifically tailored to students who aim to work in diverse contexts and develop inclusive practices and understanding.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AEK1105	Aboriginal Traditions and Policy	Minor	1B2, 1B3, 1B4	12	FP	
AEK1203	Indigenous Health and Wellbeing	Minor	1B2, 1B3, 1B4, 2B2, 2B4	12	CC	
			1B2, 1B3, 1B4, 2B1, 2B2, 2B4, SB1		SA	
AHE3111	Sport and Social Analysis	Minor	1B4, 2B3, 2B4	12	FP	
SHE3001	Social Bases of Health: Global Perspectives	Minor	1B1, 1B2, 1B3, 2B2,	12	FP	

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2B3, 2B4,
SB1, WB1

Human Movement SMIHUM

The Human Movement minor draws on a combination of social science and practical units to provide students with the foundation knowledge and skills to understand sport, exercise, health, and the body. This minor is grounded in the holistic traditions of understanding human movement from a variety of critical perspectives. The Human Movement minor will interest students who enjoy a combination of theoretical, conceptual and hands on learning activities.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3111	Sport and Social Analysis	Minor	1B4, 2B3, 2B4	12	FP	
SPE2000	Rhythmic and Expressive Movement	Minor	2B1, 2B2	12	FP	
SPE2001	Major and Minor Games	Minor	1B3, 1B4	12	FP	
SSM2103	Historical and Cultural Aspects of Australian Sport	Minor	1B3, 1B4, WB1	12	CC	

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