

# COURSE DELIVERY PLAN 2026

## Bachelor of Exercise Science (Sport Practice)

### COURSE CODE: ABHD

<b>CAMPUS</b>	Footscray Park (FP)
<b>COLLEGE</b>	College of Sport, Health and Engineering
<b>STUDY MODE</b>	Full Time or Part Time
<b>DURATION</b>	3 years Full Time or Part Time equivalent
<b>FEES TYPE</b>	For information on course fees, refer to <a href="http://vu.edu.au/fees">http://vu.edu.au/fees</a>
<b>APPLICATION METHOD</b>	VTAC - <a href="https://vtac.edu.au">https://vtac.edu.au</a> Direct Application - <a href="https://gotovu.custhelp.com/app/landing">https://gotovu.custhelp.com/app/landing</a>
<b>TIMETABLE</b>	<a href="http://vu.edu.au/timetables">vu.edu.au/timetables</a>
<b>COURSE REQUIREMENTS</b>	To attain the Bachelor of Exercise Science (Sport Practice), students will be required to complete 288 credit points consisting of: <ul style="list-style-type: none"><li>• 96 credit points of First Year Core units</li><li>• 192 credit points of Professional Core units</li></ul>
<b>FURTHER INFORMATION</b>	Unit and course information is available from the University course search site at <a href="http://vu.edu.au/course-search">http://vu.edu.au/course-search</a> or go to <a href="https://askvu.vu.edu.au">https://askvu.vu.edu.au</a> or Phone VUHQ on 03 9919 6100
<b>COURSE CHAIR</b>	Jacqueline Williams Michael Spittle
<b>COURSE ADVICE</b>	AskVU <a href="https://askvu.vu.edu.au/app/askcua">https://askvu.vu.edu.au/app/askcua</a>

**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: 12/12/2025. It is provided as information only and does not form part of a contract between any person and Victoria University.



**VICTORIA UNIVERSITY**

For further course information phone 1300 VICUNI/vu.edu.au  
Victoria University CRICOS Provider No. 00124K (Melbourne), 02475D (Sydney and Brisbane)

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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	
AHE1105	Research Methods for Exercise Professionals	Core	1B2, 1B3, 1B4	12	FP	
AHE1202	Biomechanics	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 1B4, 2B2, 2B3, 2B4, SB1	12	FP	RBM1174; or
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B4, 2B2, 2B3, 2B4	12	FP	
AHE1107	Human Growth and Lifespan Development	Core	1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1112	Resistance Training	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	

## YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL2000	Physical Activity and Health in Society	Core	1B2, 1B3, 2B1, 2B2, WB1	12	FP	
AHE2129	Advanced Resistance Training	Core	1B1, 1B2, 2B1, 2B2, WB1	12	FP	AHE1112
AHE2006	Exercise Interventions for Healthy Populations	Core	1B1, 1B2, 1B3, 1B4, SB1, WB1	12	FP	SCL1002; or RBM1528



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AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B1, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4, WB1	12	FP	
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, 2B4, SB1, WB1	12	FP	
AHE2102	Sports Biomechanics	Core	2B3	12	FP	AHE1202; or NEF1102
AHE2202	Functional Kinesiology	Core	1B1, 2B2, 2B3, 2B4	12	FP	AHE1101
AHE3125	Applied Exercise Psychology	Core	1B1, 2B1, 2B2, 2B3, 2B4	12	FP	

## YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL3006	Diversity and Inclusion in Exercise and Sports Science	Core	1B1, 2B3, SB1	12	FP	SCL2000, SCL3004; and
SCL3004	Sport and Exercise Practice	Core	2B2, 2B3, 2B4, SB1	12	FP	AHE2006; and
AHE3100	Advanced Exercise Physiology	Core	1B1, 1B2, 1B3, WB1	12	FP	SCL1002; or RBM1528
SCL3101	Advanced Training and Conditioning	Core	1B1, 1B2, 1B3	12	FP	AHE2129
AHE3101	Advanced Biomechanics	Core	1B2, 1B3, 1B4, WB1	12	FP	AHE1202
AHE3114	Sport Physiology	Core	2B1, 2B3	12	FP	SCL1002
AHE3126	Motor Control	Core	2B1, 2B2, 2B3, WB1	12	FP	
SCL3005	Sport Practice Capstone	Core	1B4, 2B4	12	FP	SCL3004

