

Bachelor of Exercise Science (Sport Practice)

Course code: ABHD

Course Requirements

To attain the Bachelor of Exercise Science (Sport Practice), students will be required to complete 288 credit points consisting of:

- 96 credit points of First Year Core units
- 192 credit points of Professional Core units

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.

Credit Points

A credit point is used to measure the study load for a unit. A standard unit consists of 12 credit points, with each completed unit's credit points adding up to meet your required total of credit points to complete your course.

Capstone Units

This course includes capstone units, which are third-year level units that are completed at the end of your last year of study. They involve demonstrating the skills and knowledge you have acquired through your course, usually through a large research project or an internship. They have the study load of 2 units, and are worth 24 credit points upon completion.

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

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

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 Chair

Jacqueline Williams
Michael Spittle

Course Advice

AskCUA - <https://askvu.vu.edu.au/app/askcua>

Year 1

Unit Code	Unit Title	Unit Type	Sem	Credit Points	Campus	Pre-Requisites
SCL1003	Exercise and Sport Psychology	Core	1B1	12	FP	
AHE1112	Resistance Training	Core	1B2	12	FP	
AHE1202	Biomechanics	Core	1B3	12	FP	
AHE1105	Research Methods for Exercise Professionals	Core	1B4, 2B1	12	FP	
RBM1174	Human Physiology	Core	2B1, 1B4	12	FP	
SCL1002	Exercise Physiology	Core	2B2, 2B3	12	FP	RBM1174
AHE1101	Structural Kinesiology	Core	2B3, 2B2	12	FP	
AHE1107	Human Growth and Lifespan Development	Core	2B4	12	FP	

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.

Core

A unit that must be completed

Year 2

Unit Code	Unit Title	Unit Type	Sem	Credit Points	Campus	Pre-Requisites
AHE2006	Exercise Interventions for Healthy Populations	Core	SB, 1B3	12	FP	SCL1002 or RBM1528
SFI2001	Fitness Training Systems	Core	1B1, WB	12	FP	
AHE2129	Advanced Resistance Training	Core	1B2, 1B4	12	FP	AHE1112
AHE2127	Motor Learning	Core	1B3, 1B2	12	FP	
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B4, 2B2	12	FP, ORT	
SCL2000	Physical Activity and Health in Society	Core	WB, 2B1	12	FP	
AHE2202	Functional Kinesiology	Core	2B2, 2B4	12	FP	AHE1101
AHE2102	Sports Biomechanics	Core	2B4, 2B3	12	FP	AHE1202 or NEF1102

Please note: Primary pattern of study blocks are in **bold**. This is the recommended sequence.

Year 3

Unit Code	Unit Title	Unit Type	Sem	Credit Points	Campus	Pre-Requisites
SCL3101	Advanced Training and Conditioning	Core	1B1 , 1B2	12	FP	AHE2129
SCL3004	Sport and Exercise Practice	Core	1B2 , 1B1	12	FP	AHE2006
AHE3100	Advanced Exercise Physiology	Core	1B3 , WB	12	FP	SCL1002 or RBM1528
AHE3101	Advanced Biomechanics	Core	WB , 1B4	12	FP	AHE2102
AHE3114	Sport Physiology	Core	2B1 , 2B3	12	FP	SCL1002
AHE3125	Applied Exercise Psychology	Core	2B2	12	FP	SCL1003
AHE3126	Motor Control	Core	2B3 , 2B1	12	FP	
SCL3005	Sport Practice Capstone	Core	2B4	12	FP	SCL3004

Please note: Primary pattern of study blocks are in **bold**. This is the recommended sequence.

Placement

ABHD students need to complete **two Sport Practice Capstone units**, SCL3004 and SCL3005.

SCL3004 Sport and Exercise Practice Placement:

Supervised placement: 140 hours; not necessarily in one block or at one institution. Students must have a valid working with children check, current police check and first aid and CPR certificate prior to commencing placement.

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.

This unit is designed to provide students the opportunity to develop and apply theoretical knowledge in a range of professional sport, exercise and physical activity settings through professional practice placement. Engagement in professional career environments will foster the development of specific practical and non-practical skills needed to obtain the required graduate outcomes for employment within the industry. This unit involves practical placement, which, will contribute to the professional accreditation standards required by the governing body. This unit will require students to draw on the skills and knowledge developed in previous units within the degree.

All placements are covered by a current Career Development & Employment (CDE) placement contract that formally recognises your involvement with a community organisation.

[Career Development & Employability \(Sport & Exercise Science\) webpage](#)

Contact: sarah.bates@vu.edu.au