

Bachelor of Exercise Science (Clinical Practice)

Course code: ABHE

Course Requirements

To attain the Bachelor of Exercise Science (Clinical 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
Aaron Peterson

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	
RBM1174	Human Physiology	Core	1B2, 2B1	12	FP	
SCL1002	Exercise Physiology	Core	1B3	12	FP	RBM1174
AHE1112	Resistance Training	Core	1B4	12	FP	
AHE1105	Research Methods for Exercise Professionals	Core	2B1	12	FP	
AHE1107	Human Growth and Lifespan Development	Core	2B2	12	FP	
AHE1202	Biomechanics	Core	2B3	12	FP	
AHE1101	Structural Kinesiology	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
AHE2202	Functional Kinesiology	Core	1B1, 2B3	12	FP	AHE1101
SCL2000	Physical Activity and Health in Society	Core	1B2, 1B3	12	FP	
AHE2127	Motor Learning	Core	1B3, 2B2	12	FP	
AHE2006	Exercise Interventions for Healthy Populations	Core	1B4, 1B2	12	FP	SCL1002 or RBM1528
AHE2129	Advanced Resistance Training	Core	2B1, WB	12	FP	AHE1112
SFI2001	Fitness Training Systems	Core	2B2, 2B4	12	FP	
AHE3125	Applied Exercise Psychology	Core	2B3, 2B1	12	FP	SCL1003
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	2B4, 1B1	12	FP, ORT	

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
AHE3115	Clinical Exercise Practice 1	Core	1B1 , SB	12	FP	AHE2006
AHE3100	Advanced Exercise Physiology	Core	1B2 , 1B1	12	FP	SCL1002 or RBM1528
SCL3101	Advanced Training and Conditioning	Core	1B3	12	FP	AHE2129
AHE3101	Advanced Biomechanics	Core	1B4 , 1B2	12	FP	AHE2102 and AHE1202
SCL3001	Exercise, Health and Disease	Core	WB , 2B1	12	FP	AHE2006
SCL3003	Corrective Exercise Prescription and Injury Management	Core	2B1 , 2B2	12	FP	
AHE3126	Motor Control	Core	2B2 , WB	12	FP	
SCL3002	Sport and Exercise Science Capstone	Core	2B3 , 2B4	12	FP	AHE3115

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

Placement

ABHE students need to complete **two Clinical AND Sport and exercise Science Capstone units**; AHE3115 and SCL3002.

AHE3115 Clinical Exercise Practice:

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.

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: mick.lo@vu.edu.au