

COURSE DELIVERY PLAN 2026

Bachelor of Exercise and Sport Science

COURSE CODE: SBEC

Mid-Year Entry

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 REQUIREMENTS	To attain the Bachelor of Exercise 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 chosen Minor studies
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	Jacqueline Williams 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: 7/05/2026. It is provided as information only and does not form part of a contract between any person and Victoria University.



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Victoria University CRICOS Provider No. 00124K (Melbourne), 02475D (Sydney and Brisbane)

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YEAR 1 Semester 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1004	Introduction to Practice and Research in Exercise and Sport Science	Core	1B1, 1B3, 2B1	12	FP	
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B4, 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

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE1107	Human Growth and Lifespan Development	Core	1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AEK1203	Indigenous Health and Wellbeing	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B4, SB1	12	CC , SA	
AHE1112	Resistance Training	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1202	Biomechanics	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE2129	Advanced Resistance Training	Core	1B1, 1B2, 1B4, 2B1, WB1	12	FP	AHE1112
SCL2000	Physical Activity and Health in Society	Core	1B2, 1B3, 2B1, 2B2	12	FP, ORT	
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3,	12	FP	



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AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	2B4, SB1, WB1 1B1, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP, ORT
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YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2202	Functional Kinesiology	Core	1B1, 1B4 2B2, 2B3, 2B4	12	FP	AHE1101
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
	Minor 1 - Unit 1	Minor		12		
SCL3004	Sport and Exercise Practice	Core	2B2, 2B3, 2B4, SB1	12	FP	AHE2006; and
SCL3006	Diversity and Inclusion in Exercise and Sports Science	Core	1B1, 2B3 SB1	12	FP	SCL2000
	Minor 1 - Unit 2	Minor		12		

YEAR 4 Semester 1

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3126	Motor Control	Core	2B1, 2B2 2B3, WB1	12	FP	
	Minor 1 - Unit 3	Minor		12		
	Minor 1 - Unit 4	Minor		12		
SCL3005	Sport Practice Capstone	Core	1B4, 2B4	12	FP	SCL3004



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Clinical Practice SMICLP

The Clinical Practice minor provides students with a focus on exercise for health and rehabilitation in exercise and sport settings. Students will develop their knowledge and skills for clinical practice through studies in exercise science including exercise interventions for healthy populations, applied exercise psychology, exercise, health and disease, and corrective exercise prescription and injury management.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2006	Exercise Interventions for Healthy Populations	Minor	1B1, 1B2, 1B3, 1B4, SB1, WB1	12	FP	SCL1002; or RBM1528
AHE3125	Applied Exercise Psychology	Minor	1B1, 2B1, 2B2, 2B3, 2B4	12	FP	
SCL3001	Exercise, Health and Disease	Minor	2B1, WB1	12	FP	AHE2006
SCL3003	Corrective Exercise Prescription and Injury Management	Minor	2B1, 2B2	12	FP	

Sport Practice SMISPR

The Sport Practice minor provides students with a focus on sport and exercise to build a solid understanding of the science that underpins health and human performance in exercise and sport settings. Students will develop their knowledge and skills for sport practice through studies in sport science including exercise interventions for healthy populations, sports biomechanics, sport physiology, and applied exercise psychology.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2006	Exercise Interventions for Healthy Populations	Minor	1B1, 1B2, 1B3, 1B4, SB1, WB1	12	FP	SCL1002; or RBM1528
AHE2102	Sports Biomechanics	Minor	2B3	12	FP	AHE1202; or NEF1102
AHE3114	Sport Physiology	Minor	2B1, 2B3	12	FP	SCL1002
AHE3125	Applied Exercise Psychology	Minor	1B1, 2B1, 2B2, 2B3, 2B4	12	FP	



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