

COURSE DELIVERY PLAN 2026

Bachelor of Sport Science (Human Movement)/Bachelor of Psychological Studies

COURSE CODE: SBHP

Mid-Year Entry

CAMPUS	Footscray Park (FP)
COLLEGE	College of Sport, Health and Engineering
STUDY MODE	Full Time or Part Time
DURATION	4 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 Sport Science (Human Movement) / Bachelor of Psychological Studies, students will be required to complete 384 credit points consisting of: <ul style="list-style-type: none">• 96 credit points First Year Core units• 48 credit points Core units• 216 credit points of Professional Core units• 24 credit points of Psychology Elective units
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	Brent Mcdonald Romana Morda
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.



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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
SCL1003	Exercise and Sport Psychology	Core	2B1	12	FP	
APP1017	Introduction to Research Methods in Psychology	Core	1B2, 1B3, 1B4, 2B2	12	FP	
AHE1112	Resistance Training	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B4, 2B2, 2B3, 2B4	12	FP	

YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
APP1016	Foundations of Psychological Research	Core	1B1, 1B3, 2B1, SB1	12	FP	
APP1012	Psychology 1A	Core	1B2, 1B3, 1B4, 2B2, 2B3	12	FP	
RBM1174	Human Physiology	Core	1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
APP2013	Psychology 2A	Core	1B1, 1B2, 1B3, 1B4, 2B1, WB1	12	FP	APP1012, APP1013
AHE1107	Human Growth and Lifespan Development	Core	1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1202	Biomechanics	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
APP1013	Psychology 1B	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	APP1012
SCL1002	Exercise Physiology	Core	1B2, 1B3, 1B4, 2B1,	12	FP	RBM1174; or



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2B2, 2B3,
2B4, SB1

YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
HPP2001	Developmental Psychology	Core	1B1, 1B3, 1B4, 2B2	12	FP	APP1013
AHE1105	Research Methods for Exercise Professionals	Core	1B2, 1B4	12	FP	
APP2014	Psychology 2B	Core	1B3, 2B1, 2B2, 2B3, 2B4	12	FP	APP2013
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B1, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
			1B3, 2B4		ORT	
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, 2B4, SB1, WB1	12	FP	
APS2040	Quantitative Social Research Methods 1	Core	2B1, 2B2, 2B3	12	FP	APP2013
APS2030	Qualitative Social Research Methods 1	Core	1B1, 1B2, 1B4, 2B3, 2B4	12	FP , ORT	APP1013
SHE3001	Social Bases of Health: Global Perspectives	Core	1B1, 1B2, 1B3, 2B2, 2B3, 2B4, SB1	12	FP	

YEAR 4

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
APP3034	History, Theories and Practice of Psychology	Core	1B1, 1B2, 1B4	12	FP	APP2014; and HPP2001
AHE3120	Exercise Science Career Development	Core	1B2	12	FP	



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APP3023	Psychological Issues in the Workplace	Core	1B2, 1B3, 1B4, 2B1	12	FP	APP2014
APP3035	Research Methods in Psychology	Core	1B1, 1B2, 1B4, WB1	12	FP	APP2014
APP3028	Fieldwork	Core	1B4, 2B1, 2B2, 2B3, WB1	12	FP	APP2014
AHE3125	Applied Exercise Psychology	Core	1B1, 2B1, 2B2, 2B3, 2B4	12	FP	
APP3037	Clinical Aspects of Psychology	Core	2B1, 2B2, 2B3, 2B4	12	FP	APP2014, HPP2001
SSC3000	Professional Practice in Sport Science	Core	2B3, 2B4	12	FP	
AHE3116	Social Dimensions of Sport and Exercise	Core	1B1, 1B3, 2B4, WB1	12	FP	
	Psychology Elective 1	Elective		12		
	Psychology Elective 2	Elective		12		
AHE3111	Sport and Social Analysis	Core	1B4, 2B3, 2B4	12	FP	

YEAR 5, Semester 1

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3116	Social Dimensions of Sport and Exercise	Core	1B1, 1B3, 2B4, WB1	12	FP	
	Psychology Elective 1	Elective		12		
	Psychology Elective 2	Elective		12		
AHE3111	Sport and Social Analysis	Core	1B4, 2B3, 2B4	12	FP	

Further information regarding placement units:

AHE3120 Exercise Science Career Development: 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.



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Placement: 140 hours; Career placement within sport and recreation industry.

Contact: ruth.gadsby@vu.edu.au

APP3028 Fieldwork: Students will undertake a mandatory fieldwork placement, consisting of 60 hours of placement, and in-class course work. All placement activities for this unit must be pre-approved and authorised by the Undergraduate Psychology Placement Officer. Credit will not be applied retrospectively for unauthorised activities. Students may be required to complete a proportion of the placement hours before undertaking the unit.

[APP3028 placement webpage](#)

Contact: sally-ann.free@vu.edu.au

Psychology Electives

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
APP3015	Counselling Theory and Practice	Elective	1B4, WB, 2B3, 2B4	12	FP	APP2013
APP3018	Organisations and Work	Elective	1B4, 2B4	12	FP	APP2013
APP3027	Relationship and Family Wellbeing	Elective	1B2, 1B3, 2B1	12	FP	APP2013
APP3019	Psychobiology	Elective	1B1, 1B3, 2B3	12	FP	APP2013
APP3016	Group Behaviour	Elective	2B3, 2B4	12	FP	APP2013



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