

COURSE DELIVERY PLAN 2022

Bachelor of Sport Science (Human Movement)/Bachelor of Sport Management

COURSE CODE: SBHS

CAMPUS	Footscray Park (FP)
COLLEGE	College of Sport and Exercise Science
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	<p>To attain the Bachelor of Sport Science (Human Movement)/Bachelor of Sport Management, students will be required to complete 384 credit points consisting of:</p> <ul style="list-style-type: none">• 96 credit points First Year Core units• 48 credit points Core units• 96 credit points Sport Science (Human Movement) Professional Core units• 96 credit points Major studies from the approved list• 48 credit points Minor studies from the approved list <p>Students who commenced in 2014, 2015 and 2016, must successfully complete any combination of 4 units from the following eight Sport Management College Core units:</p> <ul style="list-style-type: none">• SSM1101 Introduction to Sport and Active Recreation• SSM1102 Foundations of Sport and Active Recreation• SSM1103 Management Principles for Sport and Active Recreation• SSM1104 Community Building for Sport and Active Recreation• SSM1201 Marketing for Sport and Active Recreation• SSM1202 Financial Management for Sport and Active Recreation• SSM1203 Human Resources for Sport and Active Recreation• SSM1204 Ethics and Integrity Management in Sport and Active Recreation
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	Matthew Cox Brent McDonald
COURSE ADVICE	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).

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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: 25/10/2021. It is provided as information only and does not form part of a contract between any person and Victoria University.

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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, SB1	12	FP	
SSM1102	Foundations of Sport and Active Recreation	Core	1B2, 1B3, 2B1	12	FP	
BMO1102	Management and Organisation Behaviour	Core	1B2, 1B3, 1B4, 2B2, 2B4	12	FP	
RBM1174	Human Physiology	Core	1B1, 1B2, 1B3, 1B4, 2B1, 2B3, WB1	12	FP	
BHO1171	Introduction to Marketing	Core	1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
SSM1202	Financial Management for Sport and Active Recreation	Core	2B2, 2B3, 2B4	12	FP	
SCL1002	Exercise Physiology	Core	1B1, 1B3, 2B1, 2B2, 2B3, 2B4, SB1	12	FP	RBM1174
AHE1202	Biomechanics	Core	1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	

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YEAR 2

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE1101	Structural Kinesiology	Core	1B1, 1B2, 1B3, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE1112	Resistance Training	Core	1B1, 1B2, 1B3, 1B4, 2B2, 2B3, 2B4	12	FP	
SSM1104	Community Building for Sport and Active Recreation	Core	1B3, 1B4, 2B1	12	FP	
SOL1000	Introduction to Adventure Environments	Core	1B1, 1B2, 1B3, 1B4, 2B1, 2B3, 2B4, WB1	12	FP	
AHE2005	Nutrition and Diet for Exercise and Physical Education	Core	1B1, 1B2, 1B4, 2B1, 2B2, 2B3, 2B4	12	FP	
AHE2127	Motor Learning	Core	1B1, 1B2, 1B3, 2B1, 2B2, 2B3, SB1, WB1	12	FP	
AHE3111	Sport and Social Analysis	Core	1B4, 2B3, 2B4	12	FP	
SSM2103	Historical and Cultural Aspects of Australian Sport	Core	1B3, 1B4	12	FP	

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YEAR 3

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2002	Career Development and Employability 1	Core	1B1	12	FP	
	Major 1 - Unit 1	Major		12		
	Major 1 - Unit 2	Major		12		
	Minor 1 - Unit 1	Minor		12		
SSM3003	Career Development and Employability 2	Core	2B1	12	FP	SSM2002
	Major 1 - Unit 3	Major		12		
	Major 1 - Unit 4	Major		12		
	Minor 1 - Unit 2	Minor		12		

YEAR 4

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE3116	Social Dimensions of Sport and Exercise	Core	1B1, 1B2, 1B3	12	FP	
	Major 1 - Unit 5	Major		12		
	Major 1 - Unit 6	Major		12		
	Minor 1 - Unit 3	Minor		12		
AHE3200	Professional Ethics	Core	2B1, 2B3, 2B4	12	FP	
	Major 1 - Unit 7	Major		12		
	Major 1 - Unit 8	Major		12		
	Minor 1 - Unit 4	Minor		12		

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List of major/s available in this course

SMAOUT Outdoor Recreation Leadership
SMASAC Sport and Active Communities

List of minor/s available in this course

SMIADS Adventure Sports
SMISSC Advanced Sport Science
SMIFIT Fitness and Conditioning
SMIGAM Games and Sports
SMIHEA Health (Sport Science Minor)
HMIHNU Health and Nutrition
SMIOUT Outdoor Recreation Leadership
SMISAC Sport and Active Communities
SMISCO Sport Coaching
AMITEM The Entrepreneurial Mindset

MAJORS

Outdoor Recreation Leadership SMAOUT

The Outdoor Recreation Leadership Major exposes students to a diverse range of outdoor recreational programs that not only deliver special experiences, but also provides unique learning situations that build a breadth of capabilities, including the capacity to plan, organise, and program complex outdoor recreational activities at the highest professional level. It also provides the opportunity for students to build highly valued character traits including integrity, cultural sensitivity, and psychological resilience. The course will enable students to gain employment in the fields of outdoor recreation, adventure sports, outdoor education, and corporate training.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SOL1001	Natural Environments 1	Major	1B1, 1B2, 2B2	12	FP	
SOL1002	Safety in Natural Environments	Major	2B1, 2B2, 2B3	12	FP	
SOL2000	Natural Environments 2	Major	2B4	24	FP	
SOL2001	River Environments 1	Major	1B1, 1B2, SB1	12	FP	
SOL2003	Mountain Environments	Major	1B1, 1B3, 1B4	12	FP	
SOL3001	Programming and Logistics in Natural Environments	Major	WB1	12	FP	
SSM3002	Outdoor and Environmental Philosophy	Major	2B4	12	FP	

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Sport and Active Communities SMASAC

The Sport and Active Communities Major gives attention to community sport, its relationship with elite and professional sport, and how it can be managed to optimise participant satisfaction, build sustainable communities, and deliver social utility. It also covers team-sport management, gym and exercise program administration, and community-based physical activity programming. The course thus enables graduates to enter a broad range of administrative, management, and professional-support positions in governing bodies, sport clubs, sport facilities, sport events, local government, and community welfare agencies.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2103	Historical and Cultural Aspects of Australian Sport	Major	1B3, 1B4	12	FP	
SSM2104	Programming for Sport Development and Community Action	Major	1B1, 1B2	12	FP	
SSM2204	Sport Sponsorships and Partnerships	Major	2B1, 2B4, WB1	12	FP	
SSM2205	Sociology of Sport and Active Recreation	Major		12	FP	
SSM3103	Sport Facility Management	Major	1B3, 2B3, WB1	12	FP	SSM2204
SSM3104	Research and Evaluation in Sport	Major	1B1, 1B4, WB1	12	FP	
SSM3204	Building and Sustaining Sport Participation	Major		12	FP	
SSM3205	Sport Event Management	Major	1B4, 2B1	12	FP	SSM3103

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MINORS

Adventure Sports SMIADS

For students pursuing a career in the health, fitness, education, or outdoor industries the adventure sports minor provides the technical knowledge and skill required to operate in a range of environments. Students achieve this outcome through a combination of adventure and environment theory studies, innovative field based labs, practical skill development, and a focus on industry ready professional development students. Combined with the successful completion of their degree students are well positioned to be at the forefront of the adventure sports sector.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AEK2203	Indigenous Perspectives On Sustainability	Minor	2B3, WB1	12	FP	AEK1105 or AEK1204
SOL2005	Rock Environments	Minor	1B1, 2B1	12	FP	
SOL2006	River Environments 2	Minor	2B2, 2B3	12	FP	
SSM3104	Research and Evaluation in Sport	Minor	1B1, 1B4, WB1	12	CC	

Advanced Sport Science SMISCC

This minor is available to students completing sport and exercise related (ABHG) courses. The minor enables students to develop knowledge and skills in sports science disciplines outside of their specialisation in exercise and sport science. It offers studies in sport biomechanics, functional kinesiology, exercise interventions and sport physiology. The minor also provides for the development of a major study, with completion of a further four units of study in these areas.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE2102	Sports Biomechanics	Minor	2B3, 2B4	12	FP	AHE1202 or NEF1102
AHE2202	Functional Kinesiology	Minor	2B1, 2B2, 2B3	12	FP	AHE1101
AHE2006	Exercise Interventions for Healthy Populations	Minor	1B3, 1B4, WB1	12	FP	SCL1002 or RBM1528
AHE3114	Sport Physiology	Minor	2B3, 2B4	12	FP	SCL1002

Fitness and Conditioning SMIFIT



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This minor is available to students completing sport and exercise science related courses (ABHF and ABHG). Students develop knowledge and skills in fitness and conditioning, resistance training and exercise prescription outside of their specialisation in exercise and sport science. By completing this minor in combination with the core units in your course, students can apply for accreditation as an exercise instructor (gym instructor) and personal trainer with Physical Activity Australia.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SCL1001	Personal Training	Minor	1B3	12	FP	
AHE2129	Advanced Resistance Training	Minor	1B1, 1B2, 1B3, SB1, WB1	12	FP	AHE1112
SFI2000	Group Fitness	Minor	1B2	12	FP	
SFI2001	Fitness Training Systems	Minor	2B1, 2B3, 2B4, WB1	12	FP	

Games and Sports SMIGAM

This minor is for students wanting to actively participate in practical units in the area of physical activity. Students will undertake practical classes where they will instruct others, improve their own performances, learn new skills and be able to plan and prepare activities for a range of individuals and groups.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SPE2000	Rhythmic and Expressive Movement	Minor	2B1, 2B2	12	FP	
SPE2001	Major and Minor Games	Minor	1B3, 1B4	12	FP	
SPE2200	Games and Sports	Minor	2B1, 2B2, 2B3, 2B4	12	FP	
SPE3100	Psychosocial Aspects of Health and Physical Activity	Minor	1B1, 1B4, WB1	12	FP	

Health (Sport Science Minor) SMIHEA



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Being healthy is important to all of us. Our health is influenced by a range of individual and behavioural factors as well as physical and social environments. Studying health will help you to develop skills and knowledge to make decisions about your own health, inform others, and also to recognise the importance of health in society. You will also become aware of how to support and promote healthy behaviours of others. The minor in Health provides you with an understanding of the individual and societal influences on health and human development. You will study areas covering adolescent health, sexuality and relationships, social bases of health and health promotion and policy.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SHE2001	Adolescent Health	Minor	1B1, 1B2, 1B3, 2B3	12	FP	
SHE2002	Sexuality and Relationships	Minor	1B1, 1B2, 2B3, 2B4	12	FP	
SHE3001	Social Bases of Health: Global Perspectives	Minor	1B1, 1B3, 2B3, 2B4, SB1	12	FP	
SHE3002	Health Policy and Promotion	Minor	1B1, 1B2, 2B1, 2B3, 2B4	12	FP	

Health and Nutrition HMIHNU

The Health and Nutrition Minor introduces the student to the role nutrition plays in individual health and populations through the lifespan. Upon completion of the minor students will have an understanding of the link between nutrition and health, wellness and illness and their determinants.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
HBM2103	Digestion, Nutrition and Metabolism	Minor	1B2, 1B3, 1B4	12	SA	RBM1528 or RBM1174 or HBM1202
HHN2001	Family Health and Nutrition Through the Lifespan	Minor	1B2, 1B3	12	FP	
HHN2402	Diet & Disease	Minor	2B1	12	FP	
HHN3002	Sport and Exercise Nutrition	Minor	2B3	12	FP	HHN2001 or HBM2103 or

Outdoor Recreation Leadership SMIOUT



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Love being outdoors, and looking for an adventure? If you want to learn about adventure with highly qualified outdoor professionals through hands on experiences in rock climbing, white water rafting, hiking, and skiing as well as develop an in-depth understanding about outdoor recreation, education and adventure sports, then Outdoor Recreation Leadership is for you. The use of industry partnerships and critical evidence based practice to inform teaching will ensure that during the course you will learn all the skills needed to lead in the outdoors. Outdoor Recreation Leadership provides the opportunity for students to build highly valued character traits including communication, group leading, integrity, cultural sensitivity, and psychological resilience.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SOL1001	Natural Environments 1	Minor	1B1, 1B2, 2B2	12	FP	
SOL1002	Safety in Natural Environments	Minor	2B1, 2B2, 2B3	12	FP	
SOL2000	Natural Environments 2	Minor	2B4	24	FP	

Sport and Active Communities SMISAC

The minor is designed to provide students with the knowledge and skills to manage sport and active recreation facilities, programs, services, partnerships, and participation. Students will know how to manage sport and active recreation for optimal participant satisfaction, build sustainable communities and deliver social benefits.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SSM2104	Programming for Sport Development and Community Action	Minor	1B1, 1B2	12	FP	
SSM2204	Sport Sponsorships and Partnerships	Minor	2B1, 2B4, WB1	12	FP	
SSM3103	Sport Facility Management	Minor	1B3, 2B3, WB1	12	FP	SSM2204
SSM3204	Building and Sustaining Sport Participation	Minor		12	FP	

Sport Coaching SMISCO



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The minor provides students with the foundational skills required to coach safely and effectively at the community, domestic and representative levels. Students will develop an individual coaching philosophy and style, use relevant technology, practice coaching in controlled settings (e.g., Learning in the workplace), develop program planning skills, and how to deliver applied exercise prescription programs. This minor is planned to provide students with a balance between the theory of coaching science and practical application of key concepts.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AHE1251	Coaching Active Communities	Minor	1B1, 2B4	12	FP	
AHE2250	Sport Coaching Principles	Minor	1B2, 1B4	12	FP	
AHE2251	Sport Coaching Environment, Planning and Delivery	Minor	1B3, 2B2	12	FP	
SSC2003	Sport Coaching: Applied Conditioning	Minor	1B4, 2B4	12	FP	

The Entrepreneurial Mindset AMITEM



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The nature of work is changing. The rapid pace in which technology is developing is causing widespread disruption, both in organisational cultures and working practices. And with new technologies such as artificial intelligence and machine-learning, robotics, nanotechnology, 3-D printing, and genetics and biotechnology coming up, this disruption is only getting started.

Success in this new world is increasingly dependent on personal initiative; a self-starting, future-oriented and persistent proactive mindset. Such a mindset combined with effective teamwork in a multidisciplinary context has been the driver of entrepreneurial success for decades. More and more employers are starting to demand these skills from their employees as well.

This unit set equips students with the skills and competencies to future-proof yourself, creating experiences that allow for a strong start to and succeeding in your chosen profession (be that as an employee or self-employed). Students work collaboratively on employing an evidence-based approach to identifying problems and implementing solutions, equipping themselves with the skills and knowledge to lead in the future of work.

The first unit explores how to come up with ideas and how to critically assess the potential of the idea. During this unit we introduce a number of key processes and concepts like where to start when exploring ideas, how to run user interviews and prototyping. The second unit introduces the Minimum Viable Product (MVP) and allows students to experiment with the evidence-based, iterative approach of User Validation. The third unit focuses on how to effectively communicate the findings of the first two units in a compelling story to gather critical support. Finally, the last unit introduces students to growth strategies and how these strategies drive execution.

The unit set culminates in a pitch-style event where the students pitch their project in a live setting to an audience of stakeholders, integrating the knowledge, skills and understandings they have developed.

The Entrepreneurial Mindset unit set aims to provide career defining experiences. The minor is demanding and is a great fit for students who want to be part of something exciting and new while creating their own success.

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
AEN2001	Problem Discovery	Minor	1B1, 2B1	12	FP	
AEN2002	Solution Validation	Minor	1B2, 2B2	12	FP	
AEN3001	Storytelling for Impact	Minor	1B3, 2B3	12	FP	AEN2002
AEN3002	Hacking Growth	Minor	1B4, 2B4	12	FP	AEN2002