

H343 BACHELOR OF EXERCISE AND SPORT SCIENCE

FACULTY OF HEALTH

STRENGTH AND CONDITIONING MAJOR SEQUENCE



FOR STUDENTS COMMENCING TRIMESTER 2 2020

Last updated 24/07/2020

When you first enrol via StudentConnect and go through the enrolment steps, you may be able to simply confirm any units that are pre-populated for you. You can also add any that you need to do, as part of your first year's enrolment – by using the information on this map and in the Handbook.

You must also complete the following compulsory zero (0) credit point units: [HAI010 Academic Integrity](#) (0 credit points) AND [HSE010 Exercise and Sport Laboratory Safety](#) (0 credit points)

YEAR 1 Year: 2020	Trimester 2				
	Trimester 3				

YEAR 2 Year: 2021	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 3 Year: 2022	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 4 Year: <input type="text" value="2023"/>	Trimester 1				
	Trimester 2				
	Trimester 3				

H343 COURSE RULES

- Must pass 24 credit points for course
- Must pass ALL units in {HBS109, HSE102, HSE103, HSE104, HSE111, HSE113, HSE201, HSE202, HSE204, HSE208, HSE212, HSE302, HSE309, HSE312, HSE323, HSE330}
- Must pass ALL units in {HAI010, HSE010}
- Must pass 14 credit points at levels {2, 3}
- Must pass 6 credit points at level {3}
- Must pass no more than 10 credit points at level {1}

*The 8 elective units can be selected to form a major sequence. Majors can be selected from within the Faculty of Health or any other Faculty, subject to availability and pre-requisites.

FOR USE ONLY WHEN UNDERTAKING A CONSULTATION WITH A STUDENT ADVISER:

Student ID: _____		Name: _____		
Deakin email: _____		Preferred contact no: _____		
Year commenced:	Period commenced:	eCOE (if applicable):	Campus: _____	Mode: _____
Student advisor: _____				Date: _____

H343 BACHELOR OF EXERCISE AND SPORT SCIENCE MAJOR UNIT SETS

APPLIED SPORT SCIENCE (MJ-H000038)
<u>HSE105 Principles of Sport Coaching</u> Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong)
<u>HSE302 Exercise Programming</u> Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)
<u>HSE304 Physiology of Sport Performance</u> Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)
<u>HSE311 Applied Sports Science 1</u> Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong)
<u>HSE314 Applied Sports Science 2</u> Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)
<u>HSE323 Clinical and Sport Biomechanics</u> Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong)

Completion Rule

- Must pass all unit(s) in {HSE105, HSE302, HSE304, HSE311, HSE314, HSE323}

DISABILITY AND INCLUSION (MJ-H000025)
<u>HDS101 Communication and Diversity</u> Trimester 1: Burwood (Melbourne), Waterfront (Geelong), Cloud (Online)
<u>HDS106 Diversity, Disability and Social Inclusion</u> Trimester 2: Burwood (Melbourne), Cloud (Online)
<u>HDS209 Inclusive Services</u> Trimester 1: Burwood (Melbourne), Cloud (Online)
<u>HDS210 Diversity At Work</u> Trimester 2: Burwood (Melbourne), Cloud (Online)
<u>HDS301 The Inclusive Practitioner</u> Trimester 1: Burwood (Melbourne), Cloud (Online)
<u>HDS310 Human Rights and Advocacy</u> Trimester 2: Burwood (Melbourne), Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HDS101, HDS106, HDS209, HDS210, HDS301, HDS310}

EXERCISE PHYSIOLOGY (MJ-H000029)

HSE110 Muscle Biology for Exercise Science
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)

HSE201 Exercise Physiology
Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong)
Trimester 3: Cloud (Online)

HSE208 Integrated Human Physiology
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)
Trimester 3: Cloud (Online)

HSE303 Exercise Metabolism
Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong)

HSE304 Physiology of Sport Performance
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)

HSE320 Exercise in Health and Disease
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)

Completion Rule

- Must pass all unit(s) in {HSE110, HSE201, HSE208, HSE303, HSE304, HSE320}

FAMILY, SOCIETY AND HEALTH (MJ-H000002)

HSH105 Understanding Families and Health
Trimester 1: Burwood (Melbourne), Cloud (Online)

HSH113 Social Perspectives On Population Health
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)

HSH206 Human Development and Healthy Families
Trimester 1: Burwood (Melbourne), Cloud (Online)

HSH207 Socio-Economic Status and Health
Trimester 2: Burwood (Melbourne), Cloud (Online)

HSH306 People, Health and Place
Trimester 1: Burwood (Melbourne), Cloud (Online)

HSH313 Contemporary Health Issues
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HSH105, HSH113, HSH206, HSH207, HSH306, HSH313}

HEALTH PROMOTION (MJ-H000004)

HSH102 Disease Prevention and Control
Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)

HSH103 Health Protection
Trimester 2: Burwood (Melbourne), Cloud (Online)

HSH208 Health Communication
Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)

HSH212 Professional Practice
Trimester 2: Burwood (Melbourne), Cloud (Online)

HSH302 Politics, Policy and Health
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSH313 Contemporary Health Issues
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HSH102, HSH103, HSH208, HSH212, HSH302, HSH313}

NUTRITION (MJ-H000007)

HBS109 Introduction to Anatomy and Physiology
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong)
Trimester 3: Cloud (Online)

HSN101 Foundations of Food, Nutrition and Health
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HSN202 Lifespan Nutrition
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)

HSN211 Nutritional Physiology
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HSN301 Diet and Disease
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)

HSN302 Population Nutrition
Trimester 2: Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HBS109, HSN101, HSN202, HSN211, HSN301, HSN302}

PHYSICAL ACTIVITY AND HEALTH (MJ-H000023)

HSE111 Physical Activity and Exercise for Health
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE112 Pathways in the Physical Activity, Exercise and Health Industry
Trimester 2: Cloud (Online)

HSE212 Physical Activity Promotion and Evaluation
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE213 Children's Physical Activity and Sport
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE316 Physical Activity and Population Health
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE332 Global Perspectives in Physical Activity and Exercise for Health
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HSE111, HSE112, HSE212, HSE213, HSE316, HSE332}

PSYCHOLOGY (MJ-AH00008)

HPS111 Psychology A: Fundamentals of Human Behaviour

Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 2: Cloud (Online)
Trimester 3: Cloud (Online)

HPS121 Psychology B: Individual and Social Development

Trimester 1: Cloud (Online)
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HPS201 Psychology Research Methods (Introductory)

Trimester 1: Cloud (Online)
Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HPS202 Child and Adolescent Development

Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HPS203 The Human Mind

Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HPS204 Human Social Behaviour

Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HPS206 Introduction to Forensic Psychology

Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)
Trimester 3: Cloud (Online)

HPS301 Psychology Research Methods (Intermediate)

Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 2: Cloud (Online)
Trimester 3: Cloud (Online)

HPS302 Pathways Through Adulthood

Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)

HPS304 The Social Psychology of Relationships

Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)

HPS307 Personality

Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)
Trimester 3: Cloud (Online)

HPS308 Psychopathology

Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HPS310 Brain, Biology and Behaviour

Trimester 1: Burwood (Melbourne), Waurm Ponds (Geelong), Cloud (Online)
Trimester 3: Cloud (Online)

HPS395 Cognitive Neuroscience

Trimester 2: Burwood (Melbourne), Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HPS111, HPS121}
- Must pass 3 unit(s) in {HPS201, HPS202, HPS203, HPS204, HPS206}
- Must pass 3 unit(s) in {HPS301, HPS302, HPS304, HPS307, HPS308, HPS310, HPS395}

SPORT COACHING (MJ-H000011)

HSE103 Essentials of Exercise Delivery

Trimester 2: Burwood (Melbourne), Waurm Ponds (Geelong)

HSE105 Principles of Sport Coaching
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSE204 Motor Learning and Development
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE205 Advanced Sport Coaching Theory and Practice
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSE305 Issues in Sport Coaching
Trimester 1: Burwood (Melbourne)

HSE321 Sport Coaching and Development Practicum
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong)

Completion Rule

- Must pass all unit(s) in {HSE103, HSE105, HSE204, HSE205, HSE305, HSE321}

SPORTS NUTRITION (MJ-H000028)

HSE303 Exercise Metabolism
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSN101 Foundations of Food, Nutrition and Health
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HSN202 Lifespan Nutrition
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)

HSN211 Nutritional Physiology
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool, Cloud (Online)
Trimester 3: Cloud (Online)

HSN305 Assessing Food Intake and Activity
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSN307 Sports Nutrition: Theory and Practice
Trimester 1: Burwood (Melbourne), Cloud (Online)

Completion Rule

- Must pass all unit(s) in {HSE303, HSN101, HSN202, HSN211, HSN305, HSN307}

STRENGTH AND CONDITIONING (MJ-H000039)

HSE103 Essentials of Exercise Delivery
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSE105 Principles of Sport Coaching
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSE302 Exercise Programming
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE304 Physiology of Sport Performance
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSE329 Advanced Anatomy for Exercise Scientists
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong)

HSE331 Advanced Strength and Conditioning
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong)

Completion Rule

- Must pass all unit(s) in {HSE103, HSE105, HSE302, HSE304, HSE329, HSE331}

GENERAL INFORMATION

This course map is a guide only. You must, in addition to using this map, ensure you meet the course rules and structure as set out in the official University Handbook - of the year you commenced your course (deakin.edu.au/handbook). This course map has been created to be used electronically.

Not all units are available in all study periods or mode of delivery. Full time study is typically three to four units (or credit points) each study period - this is a typical enrolment pattern. Part time study is typically one to two units (or credit points) each study period - this enrolment pattern of study will extend the duration of your studies. Trimester 3 is typically an optional study period - unless it's your first and/or a compulsory study period for your course (see your course structure in the [Handbook](#)).

Each year's unit offerings options can be found via '[Advanced Unit Search](#)' in the most current year's [Handbook](#).

If you have applied for or received credit for units as recognition of your prior learning (RPL), it may alter your course pattern and the units you need to undertake.

Please seek advice from a Student Adviser in StudentCentral if you have any queries or need help understanding your course structure and unit choices.