

# H343 BACHELOR OF EXERCISE AND SPORT SCIENCE

FACULTY OF HEALTH

FOR STUDENTS COMMENCING TRIMESTER 1 2020

Exercise Physiology and Strength and Conditioning Major Sequence



Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Updated: 13/02/2020

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.

YEAR <b>1</b> Year: <input type="text"/>	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR <b>2</b> Year: <input type="text"/>	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR <b>3</b> Year: <input type="text"/>	Trimester 1				
	Trimester 2				
	Trimester 3				

**H343 course rules** - In order to qualify for the award of Bachelor of Exercise and Sport Science (H343), students must complete 24 credit points, which must include the following:

16 credit points of core units

8 electives units, which can be from other faculties;

Completion of HAI010 Academic Integrity (0-credit-point compulsory unit);

Completion of HSE010 Exercise and Sport Laboratory Safety (0-credit-point compulsory unit);

No more than 10 credit points from Level 1; and

At least 6 credit points at Level 3.

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

Student ID:		Name:			
Deakin email:		Preferred contact no:			
Year commenced:	eCOE (If applicable):	Campus:	Mode:	Date modified:	
Student Adviser:					

# H343 BACHELOR OF EXERCISE AND SPORT SCIENCE

FACULTY OF HEALTH

## MAJOR SEQUENCE UNITS

### STRENGTH AND CONDITIONING

HSE103 Essentials of Exercise Delivery
HSE105 Principles of Sport Coaching
HSE302 Exercise Programming
HSE304 Physiology of Sport Performance
HSE329 Advanced Anatomy for Exercise Scientists
HSE331 Advanced Strength and Conditioning

### EXERCISE PHYSIOLOGY

HSE110 Muscle Biology for Exercise Science
HSE201 Exercise Physiology
HSE208 Integrated Human Physiology
HSE304 Physiology of Sport Performance
HSE303 Exercise Metabolism
HSE320 Exercise in Health and Disease

### 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](http://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 study period 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.

### SPECIFIC COURSE INFORMATION

#### COMPULSORY ZERO (0) CREDIT POINT UNITS:

When you see a credit point unit that has a co-req (co-requisite) unit listed next to it, this indicates that you need to enrol in the co-requisite unit in the same trimester as the credit point unit. You only need to complete these co-requisite units once in your degree.

For example HSE102 has a co-req: HSE010, this means you need to enrol in HSE010 in the same trimester as HSE102. You would not need to complete HSE010 again in your degree.

The following co-requisite units need to be completed in your degree:

Year 1, Trimester 1 - HAI010 Academic Integrity & HSE010 Exercise and Sport Science Laboratory Safety

#### Note on ESSA Registration:

H343 Bachelor of Exercise and Sport Science students who have been awarded Recognition of Prior Learning for non-university studies (such as Recognition of Prior Learning obtained via TAFE study or Deakin College or overseas qualifications that are not equivalent to an Australian Bachelor degree) please note that you may not be eligible for immediate registration with ESSA. This does not mean that ESSA registration is not available to you. What it means is that registration is not automatically granted as a Deakin graduate from the H343 Bachelor of Exercise and Sport Science course. You can still apply to ESSA for membership but you will need to apply on your own directly to ESSA when you have completed your course. Application details can be found on the [ESSA website](#), and you will be required to complete the non-NUCAP form. In the application you will need to demonstrate that you have met the exercise science knowledge and skills requirements.

#### Notes:

#### KEY

- B** Melbourne Burwood Campus
- S** Geelong Waterfront Campus
- G** Geelong Warrnambool Campus
- W** Warrnambool Campus
- X** Cloud Campus

**eCOE** electronic confirmation of enrolment