

# H343 BACHELOR OF EXERCISE AND SPORT SCIENCE

## FACULTY OF HEALTH

### EXERCISE PHYSIOLOGY AND STRENGTH AND CONDITIONING MAJOR SEQUENCES



FOR STUDENTS COMMENCING TRIMESTER 2 2020

Last updated 05/05/2020

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)

<b>YEAR 1</b> Year: 2020	Trimester 2				
	Trimester 3				

<b>YEAR 2</b> Year: 2021	Trimester 1				
	Trimester 2				
	Trimester 3				

<b>YEAR 3</b> Year: 2022	Trimester 1				
	Trimester 2				
	Trimester 3				

<b>YEAR</b> <b>4</b> Year: 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), Waurnd 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)  
Trimester 2: 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 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)  
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)

HSE316 Physical Activity and Population Health  
Trimester 1: Burwood (Melbourne), Waurnd Ponds (Geelong), Cloud (Online)  
Trimester 2: Burwood (Melbourne), Waurnd Ponds (Geelong), Warrnambool

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

HSE331 Advanced Strength and Conditioning  
Trimester 2: Burwood (Melbourne), Waurrn 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](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 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.