

H353 BACHELOR OF EXERCISE AND SPORT SCIENCE -ADVANCED (HONOURS)

FACULTY OF HEALTH



FOR STUDENTS COMMENCING TRIMESTER 1 2024

Last updated 23/02/2024

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: [DAI001 Academic Integrity Module](#) (0 credit points) AND HSE010 Exercise and Sport Laboratory Safety (0 credit points)

YEAR 1 Year: 2024	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 2 Year: 2025	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 3 Year: 2026	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 4 Year: 2027	Trimester 1				
	Trimester 2				
	Trimester 3				

Note: Some units have a co-requisite unit, which means the co-requisite unit must have already been completed or will be completed in the same study period as the credit point unit. A co-requisite unit only needs to be completed once in your degree. For example HSE102 Functional Human Anatomy has a co-requisite unit of HSE010 Exercise and Sport Laboratory Safety.

Students who are seeking Recognition of prior learning based on non-formal studies (eg. work experience) and wish to apply for ESSA professional accreditation please refer to Professional Recognition section in the course handbook.

H353 COURSE RULES

- Must pass 32 credit points for course
- Must pass ALL units in {DAI001, HSE010}
- Must pass ALL units in {HBS109, HSE102, HSE104, HSE111, HSE113, HSE201, HSE202, HSE204, HSE208, HSE212, HSE302, HSE309, HSE312, HSE323, HSE330}
- Must pass ALL units in {HBS400, HSE401, HSE402}
- Must pass 10 credit points at levels {3, 4}
- Must pass 8 elective units (These 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)

GENERAL INFORMATION

This course map is a guide only. You must also ensure you meet the course rules and structure as set out in the official [University Handbook](#) of the year you commenced your course. 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.
- Part time study is typically one to two units (or credit points) each study period – part time 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.

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

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

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

H353 BACHELOR OF EXERCISE AND SPORT SCIENCE - ADVANCED (HONOURS) MAJOR UNIT SETS

APPLIED SPORT SCIENCE (MJ-H000038)
HSE105 Principles of Sport Coaching
HSE302 Exercise Programming
HSE304 Physiology of Sport Performance
HSE311 Applied Sports Science 1
HSE314 Applied Sports Science 2
HSE323 Clinical and Sport Biomechanics

Completion Rule

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

DISABILITY AND INCLUSION (MJ-H000025)
HDS101 Communication and Diversity
HDS106 Diversity, Disability and Social Inclusion
HDS209 Inclusive Services
HDS210 Diversity At Work
HDS227 Auslan and the Deaf Community: Health and Wellbeing

[HDS301 The Inclusive Practitioner](#)

[HDS310 Human Rights and Advocacy](#)

Completion Rule

- Must pass all unit(s) in {HDS101, HDS106, HDS301, HDS310}
- Must pass 2 unit(s) in {HDS209, HDS210, HDS227}

EXERCISE PHYSIOLOGY (MJ-H000029)

[HSE110 Muscle Biology for Exercise Science](#)

[HSE201 Exercise Physiology](#)

[HSE208 Integrated Human Physiology](#)

[HSE303 Exercise Metabolism](#)

[HSE304 Physiology of Sport Performance](#)

[HSE320 Exercise in Health and Disease](#)

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](#)

[HSH113 Social Perspectives On Population Health](#)

[HSH206 Human Development and Healthy Families](#)

[HSH207 Socio-Economic Status and Health](#)

[HSH306 People, Health and Place](#)

[HSH313 Contemporary Health Issues](#)

Completion Rule

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

HEALTH PROMOTION (MJ-H000044)

[HSH112 Local and Global Environments for Health](#)

[HSH113 Social Perspectives On Population Health](#)

[HSH208 Health Communication](#)

[HSH212 Professional Practice](#)

[HSH303 Health Practicum](#)

[HSH318 Implementation and Evaluation](#)

Completion Rule

- Must pass all unit(s) in {HSH112, HSH113, HSH208, HSH212, HSH303, HSH318}

NUTRITION (MJ-H000007)

[HBS109 Introduction to Anatomy and Physiology](#)

[HSN101 Foundations of Food, Nutrition and Health](#)

[HSN202 Lifespan Nutrition](#)

[HSN211 Nutritional Physiology](#)

[HSN301 Diet and Disease](#)

[HSN302 Population Nutrition](#)

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](#)

[HSE112 Pathways in the Physical Activity, Exercise and Health Industry](#)

[HSE212 Physical Activity Promotion and Evaluation](#)

[HSE213 Children's Physical Activity and Sport](#)

[HSE316 Physical Activity and Population Health](#)

[HSE332 Global Perspectives in Physical Activity and Exercise for Health](#)

Completion Rule

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

PSYCHOLOGY (MJ-H000008)

[HPS111 Introduction to Psychology: Human Behaviour](#)

[HPS121 Introduction to Psychology: Individual and Social Development](#)

[HPS201 Psychology Research Methods \(Introductory\)](#)

[HPS202 Developmental Psychology \(Child and Adolescent\)](#)

[HPS203 Cognitive Psychology](#)

[HPS204 Social Psychology](#)

[HPS206 Forensic Psychology](#)

[HPS301 Psychology Research Methods \(Intermediate\)](#)

[HPS302 Developmental Psychology \(Adult\)](#)

[HPS304 Social Psychology \(Human Relationships\)](#)

[HPS307 Personality Psychology](#)

[HPS308 Psychopathology](#)

[HPS310 Biological Psychology \(Brain and Behaviour\)](#)

[HPS395 Biological Psychology \(Cognitive Neuroscience\)](#)

Completion Rule

- Must pass all unit(s) in {HPS111, HPS121}
- Must pass 2 unit(s) in {HPS201, HPS202, HPS203, HPS204, HPS206}
- Must pass 2 unit(s) in {HPS301, HPS302, HPS304, HPS307, HPS308, HPS310, HPS395}

SPORT COACHING AND COACHING ECOSYSTEMS (MJ-H000014)

[HSE114 Inclusive Coaching Practice](#)

[HSE105 Principles of Sport Coaching](#)

[HSE214 Developmental Approaches to Coaching and Officiating in Sport](#)

[HSE205 Advanced Sport Coaching Theory and Practice](#)

[HSE305 Issues in Sport Coaching](#)

[HSE321 Sport Coaching and Development Practicum](#)

Completion Rule

- Must pass all unit(s) in {HSE105,HSE114,HSE205,HSE305,HSE321, HSE214}

SPORTS NUTRITION (MJ-H000028)

[HSE303 Exercise Metabolism](#)

[HSN101 Foundations of Food, Nutrition and Health](#)

[HSN202 Lifespan Nutrition](#)

[HSN211 Nutritional Physiology](#)

[HSN305 Assessing Food Intake and Activity](#)

[HSN307 Sports Nutrition: Theory and Practice](#)

Completion Rule

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

STRENGTH AND CONDITIONING (MJ-H000039)

[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

Completion Rule

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