

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



FOR STUDENTS COMMENCING TRIMESTER 1 2025

Last updated 02/10/2024

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 and Respect At Deakin](#) (0 credit points) AND [HSE010 Exercise and Sport Laboratory Safety](#) (0 credit points)

YEAR 1 Year: 2025	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 2 Year: 2026	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 3 Year: 2027	Trimester 1				
	Trimester 2				
	Trimester 3				

YEAR 4 Year: 2028	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, HSE103, HSE104, HSE111, HSE113, HSE201, HSE202, HSE204, HSE208, HSE212, HSE302, HSE309, HSE312, HSE323, HSE330}
- Must pass ALL units in {HBS400, HSE401, HSE403, HSE404}
- 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)

Note: Completing a Work Integrated Learning (WIL) unit enables you to undertake practical experiences to assist you to be career ready, get first-hand industry insights and develop your professional network. Faculty of Health WIL units available for this course include: HSE312 Exercise and Sports Science Practicum and HSE302 Exercise Programming.

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 adviser: _____				Date: _____

Notes

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 \(Advanced\)](#)

[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)

[HSE105 Principles of Sport Coaching](#)

[HSE114 Inclusive Coaching Practice](#)

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

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

[HSE305 Issues in Sport Coaching](#)

[HSE321 Sport Coaching and Development Practicum](#)

Completion Rule

- Must pass 6 unit(s) in {HSE105, HSE114, HSE205, HSE214, HSE305, HSE321}

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 Exercise Prescription and 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}