

# PROGRAM PLAN

## BACHELOR OF EXERCISE AND SPORT SCIENCE

**START DATE:**  
Semester 1, 2021

**LOCATION:**  
Central Coast

This Program Plan is an enrolment guide to ensure you are on track to graduate. If at any time you wish to vary from this program plan seek advice from your Program Advisor to ensure you remain on track.

 [PROGRAM HANDBOOK](#)

 [COURSE HANDBOOK](#)

**NAME:**

**STUDENT NO.:**

### COURSE STATUS KEY

**C** = Completed

**En** = Enrolled

**NS** = Not Started

YEAR 1	SEMESTER 1	EXSS1050 Fundamentals of Exercise and Sport Science Practice  CORE	EXSS1060 Fundamentals of Exercise Prescription and Delivery  CORE	HUBS1108 Musculoskeletal Anatomy for Podiatry  CORE	HUBS1401 Human Bioscience  CORE	SEMESTER 2	EXSS1040 Functional Anatomy for Exercise Science  CORE	EXSS1070 Physical Activity and Exercise Prescription Across the Lifespan  CORE	EXSS1080 Psychological, Nutritional and Injury Foundations for Exercise and Sport Science  CORE	STAT1070 Statistics for the Sciences  CORE
		EXSS2010 Exercise Physiology  CORE	EXSS2020 Biomechanics  CORE	EXSS2030 Foundations of Exercise and Sport Psychology  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE		EXSS2060 Motor Control  CORE	EXSS2090 Performance and Data Analysis for Exercise and Sport Science  CORE	EXSS2100 Exercise Prescription and Delivery  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE
	SEMESTER 1	EXSS3040 Practicum in Exercise and Sports Science  CORE	EXSS3070 Skill Acquisition and Development for Exercise and Sport Science  CORE	EXSS3080 Behavioural Change for Physical Activity and Health  CORE	ELECTIVE 2000/3000 level  ELECTIVE	SEMESTER 2	EXSS3030 Nutrition for Health, Fitness and Sport  CORE	EXSS3050 Advanced Exercise Physiology  CORE	EXSS3060 Advanced Biomechanics  CORE	ELECTIVE 2000/3000 level  ELECTIVE
		EXSS2010 Exercise Physiology  CORE	EXSS2020 Biomechanics  CORE	EXSS2030 Foundations of Exercise and Sport Psychology  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE		EXSS2060 Motor Control  CORE	EXSS2090 Performance and Data Analysis for Exercise and Sport Science  CORE	EXSS2100 Exercise Prescription and Delivery  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE
YEAR 2	SEMESTER 1	EXSS3040 Practicum in Exercise and Sports Science  CORE	EXSS3070 Skill Acquisition and Development for Exercise and Sport Science  CORE	EXSS3080 Behavioural Change for Physical Activity and Health  CORE	ELECTIVE 2000/3000 level  ELECTIVE	SEMESTER 2	EXSS3030 Nutrition for Health, Fitness and Sport  CORE	EXSS3050 Advanced Exercise Physiology  CORE	EXSS3060 Advanced Biomechanics  CORE	ELECTIVE 2000/3000 level  ELECTIVE
		EXSS2010 Exercise Physiology  CORE	EXSS2020 Biomechanics  CORE	EXSS2030 Foundations of Exercise and Sport Psychology  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE		EXSS2060 Motor Control  CORE	EXSS2090 Performance and Data Analysis for Exercise and Sport Science  CORE	EXSS2100 Exercise Prescription and Delivery  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE
YEAR 3	SEMESTER 1	EXSS3040 Practicum in Exercise and Sports Science  CORE	EXSS3070 Skill Acquisition and Development for Exercise and Sport Science  CORE	EXSS3080 Behavioural Change for Physical Activity and Health  CORE	ELECTIVE 2000/3000 level  ELECTIVE	SEMESTER 2	EXSS3030 Nutrition for Health, Fitness and Sport  CORE	EXSS3050 Advanced Exercise Physiology  CORE	EXSS3060 Advanced Biomechanics  CORE	ELECTIVE 2000/3000 level  ELECTIVE
		EXSS2010 Exercise Physiology  CORE	EXSS2020 Biomechanics  CORE	EXSS2030 Foundations of Exercise and Sport Psychology  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE		EXSS2060 Motor Control  CORE	EXSS2090 Performance and Data Analysis for Exercise and Sport Science  CORE	EXSS2100 Exercise Prescription and Delivery  CORE	ELECTIVE 1000/2000/3000 level  ELECTIVE

## PROGRAM PLAN

# BACHELOR OF EXERCISE AND SPORT SCIENCE

To be eligible to graduate make sure you have completed 240 units (10 units = 1 course unless otherwise specified) which meet the following criteria:

- Core courses – 200 units
- Electives – 40 units, visit the [Program Handbook](#) for more information
- Students must not exceed 100 units at 1000 level in this program
- The duration of this program is 3 years full-time (40 units per semester) or part-time equivalent.
- The maximum time to complete this program is 8 years.



Some courses have assumed knowledge and/or requisites, please refer to the individual [Course Handbook](#). Please refer to the [Program Handbook](#) for specific information on program structure. If you are intending varying from this program plan please seek advice from your [Program Advisor](#).