

# Bachelor of Exercise and Sport Science



Commencing in 2015 to 2019



Studying at 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 prior advice from your [Program Advisor](#) to ensure you remain on track.



## Semester 1

Year 1	<a href="#">BIOL1001</a> Molecules, Cells and Organisms <i>(not required if BIOL1040 previously completed)</i>	<a href="#">EXSS1010</a> Foundations of Exercise & Sport Science	<a href="#">FSHN1030</a> Introduction to the Nutritional, Physical and Psychological Aspects of Wellness	<a href="#">HUBS1108</a> Musculoskeletal Anatomy for Podiatry
	<a href="#">EXSS2010</a> Exercise Physiology	<a href="#">EXSS2020</a> Biomechanics	<a href="#">EXSS2030</a> Foundations of Exercise and Sport Psychology	<a href="#">EXSS2050</a> Exercise Testing and Prescription
	<a href="#">EXSS3010</a> Clinical Exercise Testing and Prescription	<a href="#">EXSS3040</a> Professional Placement in Exercise and Sports Science	<a href="#">EXSS3070</a> Motor Learning and Skill Acquisition	<a href="#">ELECTIVE</a>

## Semester 2

<a href="#">EXSS1040</a> Functional Anatomy for Exercise Science	<a href="#">HUBS1404</a> Biomedical Science Part 2 <i>(not required if HUBS1418 previously completed)</i>	<a href="#">PHYS1150</a> Everyday Physics	<a href="#">PSYC1030</a> Psychology: A Concise Introduction
<a href="#">EXSS2060</a> Motor Control	<a href="#">EXSS2070</a> Professional Skills for Exercise Scientists	<a href="#">EXSS2080</a> Growth, Development and Ageing	<a href="#">STAT1070</a> Statistics for the Sciences
<a href="#">EXSS3030</a> Nutrition for Health, Fitness and Sport	<a href="#">EXSS3060</a> Advanced Biomechanics	<a href="#">FSHN3100</a> Research Methods	<a href="#">EXSS3050</a> Advanced Exercise Physiology

Program Plan Key:



= Core



= Elective

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 - 230 units.
- ✓ Electives - 10 units. Visit the [Course Handbook](#) to see a list of available Electives.
- ✓ No more than 100 units at 1000 level.
- ✓ The duration of this program is 3 years full time study (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](#).

The [Program Handbook](#) has valuable information on program structure and requirements, if you are intending on studying part time or varying from this program plan please seek prior advice from your [Program Advisor](#).