



THE UNIVERSITY OF NOTRE DAME AUSTRALIA

Program Code: 3161

CRICOS Code: 055343M

PROGRAM REQUIREMENTS:

Bachelor of Exercise and Sport Science

BExSc

Program Code: 3586

CRICOS Code: 116913F

Bachelor of Exercise and Sport Science

BExSc (Assured)

Responsible Owner:	National Head of School of Health Sciences
Responsible Office:	Faculty of Medicine, Nursing, Midwifery & Health Sciences
Contact Officer:	National Manager, Enrolments, Fees & Student Administration
Effective Date:	1 January 2025



THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

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2 AMENDMENTS

Amendments to these requirements will be made in accordance with the General Regulations.

Version	Date Amended	Amendment Details	Approved by
1	January 2007	Amendments to Program regulations	Dean
2	January 2008	Amendments to Program regulations	Dean
3	December 2008	Amendments to Program regulations	Dean
4	July 2011	Amendments to Program regulations	Dean
5	December 2013	Regulations transferred to new template	Dean
6	October 2014	Amendments to Program regulations (Removal of Honours, name change to Course titles)	Dean
7	August 2015	Amendments to Program regulations	Dean
8	January 2018	New Course codes assigned	PVCA
9	October 2017	New Units of Credit assigned	SAO
10	November 2018	Change to Program duration	SAO
11	November 2018	Regulations transferred to new template	SAO
12	September 2020	Change to practicum hours	Dean
13	January 2021	Program Description added	PCAC EO
14	February 2022	Amendments to award requirements	DNHOS
15	August 2022	Advanced Standing detail added	NHOS
16	October 2023	Amendments to Advanced Standing & Elective Course Details	NHOS
17	May 2024	Addition of 3586 Assured pathway	Academic Council
18	October 2024	Addition of CRICOS code for 3586 assured pathway	
19	November 2024	Amendments to specific admission requirements	Academic Council

3 PURPOSE

These Program Requirements set out the approved requirements for the Bachelor of Exercise and Sport Science.

4 OVERVIEW

4.1 Campus Availability

The Bachelor of Exercise and Sport Science and Bachelor of Exercise and Sport Science (Assured) have been approved for delivery on the Fremantle Campus.

4.2 Student Availability

The Bachelor of Exercise and Sport Science and Sport Science and Bachelor of Exercise and Sport Science (Assured) are available for enrolment to domestic Students and international Students with a student visa.

4.3 Australian Qualifications Framework

The Bachelor of Exercise and Sport Science and Sport Science and Bachelor of Exercise and Sport Science (Assured) are accredited by the University as Level Seven (7) AQF qualification.

4.4 Duration

The Volume of Learning for the Bachelor of Exercise and Sport Science is three (3) years of equivalent full-time study. The Volume of Learning for the Bachelor of Exercise and Sport Science (Assured) is three (3) years of equivalent full-time study.

An option to complete these programs Part-time is available.

4.5 Maximum Duration

The maximum period of time within which a student is permitted to complete the Bachelor of Exercise and Sport Science and Bachelor of Exercise and Sport Science (Assured) is detailed in the University's General Regulations.

4.6 Study Mode

Both the Bachelor of Exercise and Sport Science and Bachelor of Exercise and Sport Science (Assured) are offered in Internal Study mode.

4.7 Professional Accreditation

The Bachelor of Exercise and Sport Science and the Bachelor of Exercise and Sport Science (Assured) are accredited by Exercise and Sport Science Australia (ESSA).

4.8 Advanced Standing

Completion of the Diploma of Exercise & Sport Science (2574) will allow advanced standing for FOUR (4) courses upon successful entry into the Bachelor of Exercise & Sport Science (3161): HLTH1150 Academic Research and Writing in Health Sciences, HLTH1000 Human Structure and Function, HLTH1001 Physical Activity and Health, and HLTH1008 Exercise Health and Disease.

As the Bachelor of Exercise & Sport Science is an Exercise & Sport Science Australia (ESSA) accredited degree, to meet advanced standing requirements students will be required to complete on campus tutorials and laboratories during study period 1 and/or 2.

5 ENTRY REQUIREMENTS

5.1 University Admission Requirements

To be eligible for admission to The University of Notre Dame Australia, all applicants must meet the [University's minimum requirements for admission](#). The requirements for admission are detailed in the University's Policy: *Admissions*.

5.2 Specific Program Requirements for Admission

There are no additional entry requirements for the Bachelor of Exercise and Sport Science program. To be eligible for the Bachelor of Exercise and Sport Science (Assured) program into the Master of Physiotherapy, students are required to attain a minimum ATAR score.

- 5.3 An alternative pathway for Aboriginal and Torres Strait Islander applicants is applicable for these awards.

6 PRACTICUM OR INTERNSHIP REQUIREMENTS

- 6.1 Students are required to complete a minimum of 150 (one hundred and fifty) hours of practicum.

- 6.2 The practicum is undertaken across the whole academic year, with elements of assessment in both HLTH3019 Exercise & Sport Science Professional Practice and HLTH3016 Integrated Practice in Exercise & Sport Science although a final grade is awarded for each course separately.

7 PROGRAM REQUIREMENTS

7.1 Program Description

Exercise & Sport Science explores the implications of physical activity and exercise on general health, rehabilitation, and elite athletic performance. As part of the degree, you are exposed to a broad range of applications in the exercise and sport sciences and learn how they can be applied in the areas of health promotion, rehabilitation, physical education, and elite athletic training.

7.2 Program Learning Outcomes

Upon successful completion of the Bachelor of Exercise and Sport Science graduates will be able to:

1. Interpret and apply knowledge across the sub disciplines of exercise and sport science.
2. Assess health behaviours and conditions, human movement, and skills to evaluate and prescribe exercise programs in healthy populations across a range of exercise settings.
3. Apply research skills for evidence-based practice that enhances professional knowledge, including the ability to compile, critically evaluate and communicate the scientific rationale for professional decision making and service delivery.
4. Exemplify professional and ethical standards in practical, interpersonal, and theoretical contexts and conduct that is sensitive to client diversity and equity.
5. Practice within the scope of exercise science training and recognise any need to refer a client to other related health professionals.
6. Demonstrate capacity as an exercise sports scientist through educational engagement, self - evaluation of practice, inter-professional working relationships and advocacy for exercise science.

7.3 Required Courses

To be eligible for the award of the Bachelor of Exercise and Sport Science/Bachelor of Exercise and Sport Science (Assured), students must complete 600 Units of Credit chosen from the courses listed in Appendix A comprising:

- 50 Units of Credit from two (2) Core Curriculum Courses
- 550 Units of Credit from twenty-three (23) Courses (including 75 units of credit from general elective courses) as indicated in Appendix A/B.

7.4 Elective Courses

Students enrolled in the program(s) are required to complete three (3) general elective courses. These general electives can be taken from the School of Health Sciences' courses and eligible students (2.5 GPA) may select courses within the Physiotherapy undergraduate degrees (requires consultation with Bachelor of Exercise and Sport Science Program coordinator). Courses from the Schools of Business and Arts & Sciences are available, providing the prerequisite courses have

been completed.

7.5 Honours

The Bachelor of Exercise and Sport Science is offered with Honours. Details are available in the Bachelor of Exercise and Sport Science (Honours) regulations (Program Code: 3498)

7.6 Course substitutions

Course substitutions, where permitted, must be approved by the Head of Discipline (or delegate).

7.7 Assured Pathway into Master of Physiotherapy

Students in the Bachelor of Exercise and Sport Science (Assured) (program code: 3586) must maintain a minimum GPA of 2.5 each semester during the completion of their undergraduate Exercise and Sport Science degree.

7.8 Priority Pathway into Master of Physiotherapy

To be eligible for the Exercise and Sport Science Priority Graduate Pathway into Master of Physiotherapy, applicants must gain entry into the Exercise and Sport Science program. Students transferring from other universities will be considered into this pathway and may be eligible to obtain advanced standing for up to eight courses.

Students intending to apply for the Master of Physiotherapy priority pathway must choose specified electives in the Bachelor of Exercise and Sport Science program in order to meet pre-requisite subject requirements in the Master of Physiotherapy.

8 DEFINITIONS

For the purpose of these Requirements, the following definitions are available in the General Regulations.

- | | | |
|--------------------|------------------------|-----------------------|
| • Leave of Absence | • Pre-requisite Course | • Co-requisite Course |
| • Major | • Minor | • Specialisation |
| • Units of Credit | • Elective | • General Elective |

APPENDIX A: Bachelor of Exercise and Sport Science

Program Planner					
Bachelor of Exercise & Sport Science - Program Code 3161					
YEAR ONE					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH1150	Academic Research and Writing in Health Sciences	25	HLTH1010	Functional Anatomy for Human Movement (PReq HLTH1000)	25
HLTH1001	Physical Activity and Health	25	HLTH1100	Exercise Physiology (PReq HLTH1000)	25
HLTH1007	Human Growth & Development	25	HLTH1008	Exercise Health and Disease (PReq HLTH1001)	25
HLTH1000	Human Structure and Function	25	CORE1000	Foundations of Wisdom	25
Total units of Credit		100	Total units of Credit		100
			Total units of Credit in Year One		200
YEAR TWO					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH2015	Physiology of Training and Environmental Extremes (PReq HLTH1100 or equivalent)	25	HLTH2013	Motor Control Development and Learning (PReq HLTH1010)	25
HLTH2016	Principles of Strength and Conditioning (PReq HLTH1010)	25	HLTH2412	Exercise Prescription and Delivery (PReq HLTH2016 & HLTH2017)	25
HLTH2017	Health, Fitness and Performance Assessment (PReq HLTH1100)	12.5	HLTH2018	Exercise Biomechanics (PReq HLTH1010)	25
COREXXXX	Core Elective	25	HLTH2014	Psychological Aspects of Sport & Physical Activity (PReq HLTH1001)	25
Total units of Credit		87.5	Total units of Credit		100
			Total units of Credit in Year Two		200
YEAR THREE					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH3017	Exercise Physiology for Special Populations (PReq HLTH1100 & HLTH1008)	25	HLTH3015	Nutrition for Health and Physical Activity (PReq HLTH1100)	25
HLTH3018	Advanced Biomechanics (PReq HLTH3401)	25	Elective	2 nd GENERAL ELECTIVE	25
HLTH3014	Data Analysis and Experimental Design (PReq HLTH1150 or equivalent)	25	Elective	3 rd GENERAL ELECTIVE	25
Elective	1 st GENERAL ELECTIVE	25	HLTH3016	Integrated Practice in Exercise & Sport Science (PReq ALL BESS courses. CReq HLTH3015).	25
HLTH3019	Exercise & Sport Science Professional Practice (HLTH2412)	12.5			
Total units of Credit		112.5	Total units of Credit		100
			Total units of Credit in Year Three		212.5
			Total units of Credit for DEGREE		600

APPENDIX B: Bachelor of Exercise and Sport Science (Assured)

Program Planner					
Bachelor of Exercise & Sport Science (Assured) - Program Code 3586					
YEAR ONE					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH1150	Academic Research and Writing in Health Sciences	25	HLTH1010	Functional Anatomy for Human Movement (PReq HLTH1000)	25
HLTH1001	Physical Activity and Health	25	HLTH1100	Exercise Physiology (PReq HLTH1000)	25
HLTH1007	Human Growth & Development	25	HLTH1008	Exercise Health and Disease (PReq HLTH1001)	25
HLTH1000	Human Structure and Function	25	CORE1000	Foundations of Wisdom	25
Total units of Credit		100	Total units of Credit		100
			Total units of Credit in Year One		200
YEAR TWO					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH2015	Physiology of Training and Environmental Extremes (Preq HLTH1100 or equivalent)	25	HLTH2013	Motor Control Development and Learning (Preq HLTH1010)	25
HLTH2016	Principles of Strength and Conditioning (PReq HLTH1010)	25	HLTH2412	Exercise Prescription and Delivery (Preq HLTH2016 & HLTH2017)	25
HLTH2017	Health, Fitness and Performance Assessment (PReq HLTH1100)	12.5	HLTH2018	Exercise Biomechanics (PReq HLTH1010)	25
COREXXXX	Core Elective	25	HLTH2014	Psychological Aspects of Sport & Physical Activity (PReq HLTH1001)	25
Total units of Credit		87.5	Total units of Credit		100
			Total units of Credit in Year Two		200
YEAR THREE					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH3017	Exercise Physiology for Special Populations (PReq HLTH1100 & HLTH1008)	25	HLTH3015	Nutrition for Health and Physical Activity (PReq HLTH1100)	25
HLTH3018	Advanced Biomechanics (PReq HLTH3401)	25	Elective	2 nd COMPULSORY ELECTIVE	25
HLTH3014	Data Analysis and Experimental Design (Preq HLTH1150 or equivalent)	25	Elective	3 rd COMPULSORY ELECTIVE	25
Elective	1 st COMPULSORY ELECTIVE	25	HLTH3016	Integrated Practice in Exercise & Sport Science (PReq ALL BESS courses. CReq HLTH3015)	25
HLTH3019	Exercise & Sport Science Professional Practice (HLTH2412)	12.5			
Total units of Credit		112.5	Total units of Credit		100
			Total units of Credit in Year Three		212.5
			Total units of Credit for DEGREE		600

APPENDIX D: List of Pre-Requisites/Co-Requisites

COURSE CODE	COURSE TITLE	PRE-REQUISITE	CO-REQUISITE
HLTH1010	Functional Anatomy for Human Movement	HLTH1000 Human Structure and Function	
HLTH1100	Exercise Physiology	HLTH1000 Human Structure and Function	
HLTH2013	Motor Control Development & Learning	HLTH1010 Functional Anatomy for Human Movement	
HLTH2014	Psychological Aspects of Sport & Physical Activity	HLTH1001 Physical Activity & Health	
HLTH2015	Physiology of Training & Environmental Extremes	HLTH1100 Exercise Physiology	
HLTH3014	Data Analysis & Experimental Design	HLTH1150 Academic Research OR equivalent	
HLTH2016	Principles of Strength & Conditioning	HLTH1010 Functional Anatomy for Human Movement	
HLTH2412	Exercise Prescription and Delivery	HLTH2016 Principles of Strength & Conditioning & HLTH2017 Health, Fitness and Performance Assessment	
HLTH1008	Exercise, Health & Disease	HLTH1001 Physical Activity and Health	
HLTH2017	Health, Fitness & Performance Assessment	HLTH1100 Exercise Physiology	
HLTH3015	Nutrition for Health and Physical Activity	HLTH1100 Exercise Physiology	
HLTH3017	Exercise Physiology for Special Populations	HLTH1100 Exercise Physiology & HLTH1008 Exercise Health and Disease	
HLTH2018	Exercise Biomechanics	HLTH1010 Functional Anatomy for Human Movement	
HLTH3018	Advanced Biomechanics	HLTH2018 Exercise Biomechanics	
HLTH3016	Integrated Practice in Exercise & Sport Science	ALL BESS courses except HLTH3015 Nutrition for Health and Physical Activity	HLTH3015
HLTH3019	Exercise & Sport Science Professional Practice	HLTH2412 Exercise Prescription and Delivery	