Program Code: 3498
CRICOS Code: 073164J

PROGRAM REGULATIONS:
Bachelor of Exercise and Sport Science
(Honours)
BExSc(Hons)

Responsible Owner: Dean
Responsible Office: School of Health Sciences
Contact Officer: PCAC Executive Officer
Effective Date: 1 January 2020
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2 AMENDMENTS

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

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<thead>
<tr>
<th>Version</th>
<th>Date Amended</th>
<th>Amendment Details</th>
<th>Approved by</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>March 2014</td>
<td>Newly created</td>
<td>Gerard Hoyne</td>
</tr>
<tr>
<td>2</td>
<td>August 2015</td>
<td>Amendments to program Regulations</td>
<td>Dean</td>
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<td>3</td>
<td>September 2017</td>
<td>New Course Codes assigned</td>
<td>PVCA</td>
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<tr>
<td>4</td>
<td>October 2017</td>
<td>New units of credit assigned</td>
<td>SAO</td>
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<tr>
<td>5</td>
<td>November 2018</td>
<td>Regulations transferred to new template</td>
<td>SAO</td>
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3 PURPOSE

These Program Regulations set out the approved requirements for the Bachelor of Exercise and Sport Science (Honours).

4 OVERVIEW

4.1 Campus Availability
The Bachelor of Exercise and Sport Science (Honours) has been approved for delivery on the Fremantle Campus.

4.2 Student Availability
The Bachelor of Exercise and Sport Science (Honours) is 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 (Honours) is accredited by the University as a Level 8 AQF qualification.

4.4 Duration
The Volume of Learning for the Bachelor of Exercise and Sport Science (Honours) is one (1) year of equivalent full-time study.

4.5 Maximum Duration
The maximum period of time within which a student is permitted to complete the Bachelor of Exercise and Sport Science (Honours) Award is two (2) years (including any periods of approved leave of absence) from the date on which they were first enrolled into the program by the University.

4.6 Study Mode
The Bachelor of Exercise and Sport Science (Honours) is offered in Internal Study mode.

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
To be eligible for admission to the Bachelor of Exercise and Sport Science (Honours) applicants must also meet the following specific requirements.

5.2.1 Student is to be invited into the Program;
5.2.2 A student must normally achieve an average Distinction grade within a Bachelor degree in a related Health Science Discipline; and
5.2.3 No student will be accepted into the Bachelor of Exercise and Sport Science (Honours) Award unless the Dean has determined that the School has the staff expertise and facilities capable of supporting the applicant.
5.2.4 Students admitted from other recognised tertiary institutions will be required to undertake one Core Curriculum course in their honours year in addition to the required program work and research thesis.
6 PRACTICUM OR INTERNSHIP REQUIREMENTS

6.1 Students are not required to complete a practicum within the Bachelor of Exercise and Sport Science (Honours) Award.

7 PROGRAM REQUIREMENTS

7.1 Program Learning Outcomes
Upon successful completion of the Bachelor of Exercise and Sport Science (Honours) graduates will be able to:
1. Demonstrate advanced theoretical and technical knowledge and communication skills in accordance with the relevant discipline or area of practice.
2. Develop advanced knowledge and technical skills to design, frame, conduct, and report on an independent research project.
3. Critically evaluate, analyse and deploy evidence in support of a research thesis.
4. Apply appropriate ethical standards for research activities in Health sciences.
5. Communicate their findings clearly in both oral and written form.

7.2 Required Courses
To be eligible for the award of Bachelor of Exercise and Sport Science (Honours) students must complete a minimum of 190 Units of Credit chosen from the courses listed in Appendix A comprising:

- 25 Units of Credit from one (1) cognate course to be selected from Postgraduate Exercise Science offerings.
- 165 Units of Credit from three (3) compulsory Courses.

7.3 Course substitutions
Course substitutions, where permitted, must be approved by the Dean.

7.4 Structure
For the Bachelor of Exercise and Sports Science (Honours) Award structure, refer to Appendix A.

7.4.1 Compulsory Honours coursework Courses
A student invited to enrol in the Bachelor of Exercise and Sports Science (Honours) Award must undertake coursework components HLTH4990 Advanced Research Methods, Statistics & Ethics in Health Science and a relevant postgraduate Exercise and Sports Science course as part of this Award. The choice of the postgraduate Course needs to be approved by the Program coordinator of the Bachelor of Exercise Sports Science. (See Appendix A).

7.4.2 Compulsory Research component
(a) A student must submit a research proposal and, if applicable, an ethics application to the School of Health Sciences within the first semester of enrolment in this Award.
(b) A student must also submit for examination an Honours-level thesis of between 15,000 and 18,000 words.

7.4.3 Other Components of the Honours Program
Students are required to present at the School of Health Sciences Seminar series in each semester of their enrolment.

7.5 Examination of a Research Component
(a) The Bachelor of Exercise Sports Science (Honours) research thesis will be examined by one internal and one external marker.
(b) The School of Health Sciences arrange the examination of the honours thesis using its own established guidelines and rubrics that are made available to students and examiners, and which are consistent with the Policy: The Award of a Degree with Honours and the General Regulations of the University of Notre Dame Australia.
7.6 **Progress within Honours**  
Students may be terminated from the Honours Award due to failing any component within the Award.

8 **DEFINITIONS**

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

- Leave of Absence
- Major
- Units of Credit
- Pre-requisite Course
- Minor
- Elective
- Co-requisite Course
- Specialisation
- General Elective
## APPENDIX A: Bachelor of Exercise and Sport Science (Honours)

### YEAR ONE

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
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<tr>
<td><strong>Course Code</strong></td>
<td><strong>Course Title</strong></td>
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<tr>
<td>HLTH4990</td>
<td>Advanced Research Methods, Statistics &amp; Ethics in Health Science</td>
</tr>
<tr>
<td>HLTH6XXX</td>
<td>Cognate course from postgraduate Exercise Science offerings</td>
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<tr>
<td>HLTH4010</td>
<td>Supervised Honours Health Science</td>
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<td><strong>Total Units of Credit for S1</strong></td>
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**TOTAL PROGRAM UNITS OF CREDIT: 190**