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Start Date: Semester 2 2024

| Year 1 – 2024 | | | Semester 2 Units | | CP | |
|---------------|---|-----------|---|---|----|-----------|
| | | | EXS102 Human Physiology | | 3 | |
| | | | EXS116 Functional Human Anatomy | | 3 | |
| | | | PSY172 Introduction to Psychological Health and Wellbeing | | 3 | |
| | | | SAH100 Foundation Skills for Studies in Allied Health | | 3 | |
| | | | Total | 12 | | |
| Year 2 - 2025 | Semester 1 Units | | CP | Semester 2 Units | | CP |
| | BMS101 Introduction to the Human Body | | 3 | BSC206 Introduction to Research Methodology and Evidence Based Practice | | 3 |
| | EXS124 Introduction to Sports Science | | 3 | EXS204 Biomechanics 1 | | 3 |
| | MSP100 Career Learning: Managing Your Career | | 3 | EXS205 Acquisition of Motor Skills | | 3 |
| | General Elective (choice) | | 3 | MSP200 Career Learning: Managing Your Career, OR, MSP201 Building Enterprise Skills Real World Learning,* OR, MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century | | 3 |
| | Total | | 12 | Total | | 12 |
| Year 3 - 2026 | Semester 1 Units | | CP | Semester 2 Units | | CP |
| | EXS201 Sport and Exercise Psychology | | 3 | EXS301 Advanced Sports and Exercise Psychology | | 3 |
| | EXS202 Exercise Physiology 1 | | 3 | EXS302 Exercise Physiology 2 | | 3 |
| | EXS203 Health, Fitness and Performance Assessment | | 3 | EXS304 Biomechanics 2 | | 3 |
| | EXS223 Strength and Resistance Training | | 3 | EXS309 Exercise Science Practicum** | | 0 |
| | Total | | 12 | Total | | 9 |
| Year 4 - 2027 | Semester 1 Units | | CP | | | |
| | BSC306 Research and Evidence Based Practice | | 3 | | | |
| | EXS303 Exercise Programming and Prescription | | 3 | | | |
| | EXS305 Advanced Skills and Motor Control | | 3 | | | |
| | EXS306 Physical Assessment and Rehabilitation | | 3 | | | |
| | EXS309 Exercise Science Practicum** | | 3 | | | |
| Total | | 15 | | | | |

TOTAL CREDIT POINTS 72

Notes

*MSP201 is not a self-enrolled unit and requires an approved application to grant enrolment. Students are required to organise their real-world learning experience prior to application for enrolment. See more info about the unit, eligibility, and application deadlines in the Handbook.

**EXS309 is a full year unit; you enrol in it in semester 2, 2026, and exit it in semester 1, 2027.

Please note: This course plan is a sample only and must be read in conjunction with the full course structure, unit prerequisites and enrolment options as outlined in the [Handbook](#). Students should note that due to unit prerequisites, commencing study in Semester 2 may extend the duration of the course. This information is correct as at 24/04/24.