

Enrolment Course Structure – 2026

Course Code: PK5
Course Name: Bachelor of Exercise and Sport Science
Locations: Mt Helen, BLDG (Gippsland), BLDK (Berwick)
Course Plan: **Full-time**

Unit Code	Unit Name	Unit Rules	CP
FIRST YEAR			
Semester 1			
EXSCI 1801	Anatomy & Physiology for Human Movement 1	Nil	15
EXSCI 1802	Foundations of Exercise Programming and Prescription	Nil	15
EXSCI 1703	Motor Learning and Control	Nil	15
HEALT 1705	Psychosocial Aspects of Health Behaviour	EX: PSYCB3106	15
Semester 2			
EXSCI 1701	Introduction to Biomechanics	Nil	15
EXSCI 1704	Principles of Research in Exercise Science	Nil	15
EXSCI 1803	Anatomy & Physiology for Human Movement 2	Nil	15
HEALT 1706	Health and Physical Activity Promotion	Nil	15
SECOND YEAR			
Semester 1			
EXSCI 2008	Applied Biomechanics	PR: EXSCI1701	
EXSCI 2171	Exercise Physiology	PR: HEALT1111 and HEALT1112	
EXSCI 2172	Functional Human Anatomy	PR: HEALT1111 and HEALT1112	
EXSEL 2001	Work Integrated Learning for Exercise Science 1	PR: EXSCI1802 CO: EXSCI217	

Applied Exercise Stream

Semester 2		
EXSCI 2173	Psychology of Sport & Exercise	PR: Any one of: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
EXSCI 2174	Exercise Assessment, Programming & Delivery 1	PR: EXSCI1802
EXSCI 3173	Injury Prevention and Management in Human Movement	PR: EXSCI2172
EXSCI 2177	Advanced Motor Control and Learning	PR: EXCI1703 EX: EXSCI3171

THIRD YEAR

Semester 1		
EXSCI 3178	Inclusion Through The Lifespan	PR: EXCI2174
HEALT 2175	Nutrition for Health, Exercise and Performance	PR: EXSCI2171 or SCBCH1001 or NHPPS1122
HMPRC 3179	Exercise Assessment, Programming & Delivery 2	PR: EXSCI2174
EXSEL 3001	Work Integrated Learning for Exercise Science 2	PR: EXSEL2001
Semester 2		
EXSCI 3002	Physical Preparation in Sport	PR: EXSCI2171 and EXCI2175
EXSCI 3177	Applied Exercise Science	PR: 240 Credit Points EX: EXSCI3174
	Elective	
	Elective	

Health Sciences Stream

Semester 2		
EXSCI 2173	Psychology of Sport & Exercise	PR: Any 1 of: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
EXSCI 2175	Exercise Prescription 1	PR: EXCI1702 and EXSCI2171
EXSCI 3171	Advanced Motor Learning & Control	PR: EXCI1703
EXSCI 2176	Inclusion Through Physical Activity	PR: EXCI1702

THIRD YEAR

Semester 1		
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EXSCI 3172	Exercise Prescription 2	PR: EXCI2175
HEALT 2174	Nutrition for Health & Exercise	PR: EXSCI2171
HMPRC 3170	Exercise Science Workplace Readiness	PR: HMPRC2170
BEHAV 2002	Abnormal Behaviour & Disorders	PR: 60 credit points EX: ATSGC2820 and PSYCB3102
Semester 2		
EXSCI 3002	Physical Preparation in Sport	PR: EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	PR: EXSCI2172
EXSCI 3177	Applied Exercise Science	PR: 240 credit points EX: EXSCI3174
BEHAV 2001	Lifespan Human Development	PR: 60 credit points of study from any discipline

Teaching Stream

Semester 2		
EXSCI 2173	Psychology of Sport & Exercise	PR: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102
EXSCI 2175	Exercise Prescription 1	PR: EXCI1702 and EXSCI2171
EXSCI 3171	Advanced Motor Learning & Control	PR: EXCI1703
EXSCI 2176	Inclusion Through Physical Activity	PR: EXCI1702
THIRD YEAR		
Semester 1		
EXSCI 3172	Exercise Prescription 2	PR: EXCI2175
HEALT 2174	Nutrition for Health & Exercise	PR: EXSCI2171
HMPRC 3170	Exercise Science Workplace Readiness	PR: HMPRC2170
EDHPE 4000	Games Pedagogy	Nil
Semester 2		
EXSCI 3002	Physical Preparation in Sport	PR: EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	PR: EXSCI2172
EXSCI 3177	Applied Exercise Science	PR: 240 credit points EX: EXSCI3174
EDHPE 3002	Health & Physical Activity in Society	EX: HEALT3004

Important Enrolment Information

Student HQ

P: 1800 FED UNI (1800 333 864)

E: <mailto:info@federation.edu.au> <https://fred.federation.edu.au/>

International Admissions

P: 03 5327 9018

E: internationaladmissions@federation.edu.au

Course Coordinators

Lindy Hall

E: m.hall@federation.edu.au

P: (03) 5122 9693

Mt Helen Campus

Additional Information

If you are unable to, or are having difficulties enrolling in myStudentCentre, please contact Student HQ for Course administration information and assistance. *Note: If you wish to apply for unit credits, please contact Student HQ.*

Glossary

Semester – designated teaching period

Pre-requisite (PR) – a unit or units that must be completed prior to undertaking another unit

Co-requisite (CoR) – a unit or units that must be completed concurrently with the chosen unit

Exclusion (EX) – a unit that is the equivalent to another and so excludes students from repeating an equivalent unit.

Course Rules

Counselling: Fail any unit in a Term

Unsatisfactory: Fail \geq 50% in a term OR Fail a Unit 2 times

Exclusion: 2 Consecutive Unsatisfactory terms OR fail a Unit 3 times

Commendation: At least 45 credit points enrolled and GPA 6+