

# Enrolment Course Structure – 2025

**Course Code:** PX5  
**Course Name:** Bachelor of Exercise and Sport Science  
**Locations:** FLXG (Gippsland), Mt Helen  
**Course Plan:** **Full-time Mid-year course structure**

Unit Code	Unit Name	Unit Rules
<b>FIRST YEAR</b>		
<b>Semester 2 (2025)</b>		
EXSCI 1701	Introduction to Biomechanics	Nil
EXSCI 1704	Principles of Research in Exercise Science	Nil
HEALT 1112	Anatomy & Physiology for Health Professionals	Nil
HEALT 1706	Health & Physical Activity Promotion	Nil
<b>Semester 1 (2026)</b>		
EXSCI 1801	Anatomy & Physiology for Human Movement 1	Nil
EXSCI 1802	Foundations of Exercise Programming & Prescription	Nil
EXSCI 1703	Motor Learning & Control	Nil
HEALT 1706	Health and Physical Activity Promotion	Nil
<b>SECOND YEAR</b>		
<b>Semester 2 (2026)</b>		
EXSCI 2173	Psychology of Sport & Exercise	<b>PR:</b> HEALT1706
EXSCI 2175	Exercise Prescription 1	<b>PR:</b> EXSCI1702 or EXSCI1802 EXSCI2171 (waiver)
EXSCI 3171	Advanced Motor Learning & Control	<b>PR:</b> EXSCI1703
EXSCI 2176	Inclusion through Physical Activity	<b>PR:</b> EXSCI1702 or EXSCI1802

## Applied Exercise Stream

Semester 1		
EXSCI 2171	Exercise Physiology	<b>PR:</b> HEALT1111 or EXSCI 1801 and HEALT1112 or EXSCI1803
EXSCI 2172	Functional Human Anatomy	<b>PR:</b> HEALT1111 or EXSCI 1801 and HEALT1112 or EXSCI1803
EXSCI 2008	Applied Biomechanics	<b>PR:</b> EXSCI1701
EXSEL 2001	Work Integrated Learning for Exercise Science 1	<b>PR:</b> EXSCI1802 or EXSCI1702

## THIRD YEAR

Semester 2		
EXSCI 3002	Physical Preparation for Sport	<b>PR:</b> EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management	<b>PR:</b> EXSCI2172
EXSCI 3177	Applied Research in Exercise Science	<b>PR:</b> At least 240 credit points (waiver)
	Elective	
Semester 1		
HEALT 2175	Nutrition for Health, Exercise and Performance	<b>PR:</b> EXSCI2171
EXSCI 3179	Assessment, Programming & Prescription 2	<b>PR:</b> EXSCI2175
EXSEL 3001	Work Integrated Learning for Exercise Science 2	<b>PR:</b> EXSEL2001
	Elective	

## Health Sciences Stream

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

## THIRD YEAR

### Semester 1

EXSCI 3172	Exercise Prescription 2	<b>PR:</b> EXCI2175
HEALT 2174	Nutrition for Health & Exercise	<b>PR:</b> EXSCI2171
HMPRC 3170	Exercise Science Workplace Readiness	<b>PR:</b> HMPRC2170
BEHAV 2002	Abnormal Behaviour & Disorders	<b>PR:</b> 60 credit points <b>EX:</b> ATSGC2820 and PSYCB3102

### Semester 2

EXSCI 3002	Physical Preparation in Sport	<b>PR:</b> EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	<b>PR:</b> EXSCI2172
EXSCI 3177	Applied Exercise Science	<b>PR:</b> 240 credit points <b>EX:</b> EXSCI3174
BEHAV 2001	Lifespan Human Development	<b>PR:</b> 60 credit points of study from any discipline

## Teaching Stream

### Semester 2

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

## THIRD YEAR

### Semester 1

EXSCI 3172	Exercise Prescription 2	<b>PR:</b> EXCI2175
HEALT 2174	Nutrition for Health & Exercise	<b>PR:</b> EXSCI2171
HMPRC 3170	Exercise Science Workplace Readiness	<b>PR:</b> HMPRC2170
EDHPE 4000	Games Pedagogy	Nil

### Semester 2

EXSCI 3002	Physical Preparation in Sport	<b>PR:</b> EXSCI2171 and EXSCI2175
EXSCI 3173	Injury Prevention & Management in Human Movement	<b>PR:</b> EXSCI2172
EXSCI 3177	Applied Exercise Science	<b>PR:</b> 240 credit points <b>EX:</b> EXSCI3174
EDHPE 3002	Health & Physical Activity in Society	<b>EX:</b> 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](mailto:internationaladmissions@federation.edu.au)

### Course Coordinators

Lindy Hall

E: [m.hall@federation.edu.au](mailto: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+