

# Enrolment Course Structure – 2025

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

| Unit Code          | Unit Name   | Unit Rules                         | CP |
|--------------------|---|------------------------------------|----|
| <b>FIRST YEAR</b>  |   |                                    |    |
| <b>Semester 1</b>  |   |                                    |    |
| EXSCI 1702         | Exercise Principles and Instruction                 | Nil                                | 15 |
| EXSCI 1703         | Motor Learning and Control                          | Nil                                | 15 |
| HEALT 1111         | Anatomy & Physiology for Health Professionals 1     | Nil                                | 15 |
| HEALT 1705         | Psychosocial Aspects of Health Behaviour            | Nil                                | 15 |
| <b>Semester 2</b>  |   |                                    |    |
| EXSCI 1701         | Introduction to Biomechanics                        | Nil                                | 15 |
| EXSCI 1704         | Principles of Research in Exercise Science          | Nil                                | 15 |
| HEALT 1112         | Anatomy & Physiology for Health Professionals 2     | Nil                                | 15 |
| HEALT 1706         | Health and Physical Activity Promotion              | Nil                                | 15 |
| <b>SECOND YEAR</b> |   |                                    |    |
| <b>Semester 1</b>  |   |                                    |    |
| EXSCI 2008         | Applied Biomechanics                                | <b>PR:</b> EXSCI1701               |    |
| EXSCI 2171         | Exercise Physiology                                 | <b>PR:</b> HEALT1111 and HEALT1112 |    |
| EXSCI 2172         | Functional Human Anatomy                            | <b>PR:</b> HEALT1111 and HEALT1112 |    |
| HMPRC 2170         | Introduction to Exercise Science Workplace Learning | <b>PR:</b> EXSCI1702               |    |

## Applied Exercise Stream

### Semester 2

|            |                                     |  |
|------------|-------------------------------------|--|
| EXSCI 2173 | Psychology of Sport & Exercise      | <b>PR:</b> Any one of: BEHAV1001, BEHAV1002, HEALT1705, PSYCB1101 or PSYCB1102 |
| EXSCI 2175 | Exercise Prescription 1             | <b>PR:</b> EXSCI1702 and EXSCI2171   |
| EXSCI 3171 | Advanced Motor Learning & Control   | <b>PR:</b> EXSCI1703   |
| 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 |
| EXSCI 3175 | Exercise Modalities                  | <b>PR:</b> EXCI2175  |

### Semester 2

|            |  |  |
|------------|--|--|
| EXSCI 3002 | Physical Preparation in Sport                    | <b>PR:</b> EXSCI2171 and EXCI2175                    |
| EXSCI 3173 | Injury Prevention & Management in Human Movement | <b>PR:</b> EXCI2175                                  |
| EXSCI 3177 | Applied Exercise Science                         | <b>PR:</b> 240 Credit Points<br><b>EX:</b> EXSCI3174 |
| EXSCI 3176 | Advanced Exercise Programming                    | <b>PR:</b> EXCI3172                                  |

## 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<br><b>EX:</b> ATSGC2820 and PSYCB3102 |
| <b>Semester 2</b> |  |   |
| 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<br><b>EX:</b> EXSCI3174              |
| BEHAV 2001        | Lifespan Human Development                       | <b>PR:</b> 60 credit points of study from any discipline          |

### Teaching Stream

|                   |  |  |
|-------------------|--|--|
| <b>Semester 2</b> |  |  |
| 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  |
| <b>THIRD YEAR</b> |  |  |
| <b>Semester 1</b> |  |  |
| 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  |
| <b>Semester 2</b> |  |  |
| 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<br><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+