

# Bachelor of Sport and Exercise Science



Sunshine Coast, Semester 1 2024

## Program structure

Introductory courses (8) 96 units

HLT140 Think Health  
LFS112 Human Physiology  
LFS122 Human Anatomy  
SCI110 Science Research Methods  
SPX100 Physical Activity and Health  
SPX101 Introduction to Sport and Exercise Science  
SPX102 Introduction to Coaching Science  
SPX121 Exercise Prescription and Programming I

Developing courses (7) 84 units

SPX201 Functional Anatomy  
SPX202 Biomechanics I  
SPX203 Exercise Prescription and Programming II  
SPX211 Exercise Physiology I  
SPX221 Sports and Exercise Medicine  
SPX222 Sport and Exercise Psychology  
SPX231 Motor Control and Learning

Graduate courses (7) 84 units

NUT300 Nutrition for Health and Exercise  
SPX300 Exercise Science Professional Practicum  
SPX312 Performance Enhancement  
SPX322 Biomechanics II  
SPX331 Exercise Physiology II  
SPX340 Professional Placement in Sport and Exercise Science  
SPX371 Advanced Coaching Science

Elective course (2) 24 units

Select 2 elective course (24 units) from the undergraduate elective course options.

Note: Program structures are subject to change. Not all UniSC courses are available on every UniSC campus.

**Total units: 288**

## Study sequence

This Bachelor of Sport and Exercise Science recommended study sequence is for students commencing in the current semester.

[usc.edu.au/sc344](http://usc.edu.au/sc344)

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Study options and teaching period of offer can vary depending on the study location. For full details, visit [usc.edu.au](http://usc.edu.au).

## Year 1

### Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
HLT140 Think Health	• Semester 1	12	
SCI110 Science Research Methods	• Semester 1, Semester 2	12	Anti: SCI201 or CPH261
SPX100 Physical Activity and Health	• Semester 1	12	
SPX101 Introduction to Sport and Exercise Science	• Semester 1	12	

### Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
LFS112 Human Physiology	• Semester 2	12	Anti: LFS201 or LFS202 or LFS203
LFS122 Human Anatomy	• Semester 2	12	
SPX102 Introduction to Coaching Science	• Semester 2	12	Anti: SPX321
SPX121 Exercise Prescription and Programming I	• Semester 2	12	Pre: Enrolled in Program AB101, SC304, SC344, SC347, SC110  Anti: SPX212

## Year 2

### Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX203 Exercise Prescription and Programming II	• Semester 1	12	Pre: SPX121
SPX201 Functional Anatomy	• Semester 1	12	Pre: LFS122
SPX221 Sports and Exercise Medicine	• Semester 1	12	Pre: LFS122

PLUS select 1 elective course from the undergraduate elective course options.\*

### Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX202 Biomechanics I	• Semester 2	12	Pre:

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SPX211 Exercise Physiology I	• Semester 2	12	LFS122 Pre: LFS112 or SPX103
SPX222 Sport and Exercise Psychology	• Semester 2	12	Pre: PSY100 or PUB104 or SPX101 or SPX102
SPX231 Motor Control and Learning	• Semester 2	12	Pre: LFS122 or HLT100 or SPX103

## Year 3

### Semester 1

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX322 Biomechanics II	• Semester 1	12	Pre: SPX202
SPX331 Exercise Physiology II	• Semester 1	12	Pre: SPX211
SPX340 Professional Placement in Sport and Exercise Science	• Semester 1, Semester 2	12	Pre: Course Coordinator Consent Required. SPX121 and SPX203 and enrolled in Program SC344. Mandatory requirements must be submitted to SONIA before you are eligible to attend a manual enrolment meeting

PLUS 1 course from:

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX300 Exercise Science Professional Practicum	• Semester 1, Semester 2	12	Pre: Instructor Consent Required. SPX121 and SPX203 and SPX221 and SPX222 and enrolled in Program SC344, or SC304. Mandatory requirements need to be submitted to SONIA before you attend a manual enrolment meeting with the Course Coordinator.

1 elective course from the undergraduate elective course options.\*

### Semester 2

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
NUT300 Nutrition for Health and Exercise	• Semester 2	12	Pre: NUT212 or SPX211

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SPX312 Performance Enhancement	• Semester 2	12	Anti: NUT203  Pre: SPX322 or SPX331
SPX371 Advanced Coaching Science	• Semester 2	12	Pre: SPX102 and SPX203

PLUS 1 course from:

COURSE	SEMESTER OF OFFER (SUNSHINE COAST)	UNITS	REQUISITES
SPX300 Exercise Science Professional Practicum	• Semester 1, Semester 2	12	Pre: Instructor Consent Required. SPX121 and SPX203 and SPX221 and SPX222 and enrolled in Program SC344, or SC304. Mandatory requirements need to be submitted to SONIA before you attend a manual enrolment meeting with the Course Coordinator.

1 elective course from the undergraduate elective course options.\*

\*A maximum of 2 elective courses (24 units) allowed within program

## Program requirements and notes

In order to graduate you must:

- Successfully complete 288 units as outlined in the Program Structure

### Program notes

- Completing this program within the specified (full-time) duration is based on studying 48 unit points per semester (normally 4 courses) and following the recommended study sequence
- The unit value of all courses is 12 units unless otherwise specified
- It is each students responsibility to enrol correctly according to your course requisites, program rules and requirements and be aware of the academic calendar dates
- Courses within this program are assessed using a variety of assessment methods including essays, seminar presentations, reports, in-class tests and examinations. Not all courses will necessarily include all methods
- Only a full-time study option is available to international students on a Student Visa
- As part of your UniSC program, you may apply to Study Overseas to undertake courses with an overseas higher education provider. Students in this program should be aware there are restrictions applicable to credit transfer in order to obtain ESSA membership
- Refer to the Managing your progression page for help in understanding your program structure, reviewing your progress and planning remaining courses.

### WIL notes

- It is a Queensland Government requirement that students undertaking a placement within a clinical setting are fit tested annually for an approved respirator. Clinical settings include hospitals, residential aged care facilities, residential disability care facilities, prison health services, youth detention health services, community health care settings, and vaccination clinics). If the Fit Testing requirement applies to placement activity within your Program it will appear in your mandatory checks on Sonia Online. In

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accordance with Australian Standards, you must be clean shaven for your fit test. Facial hair that lies along the sealing surface of a tight-fitting respirator prevents an effective seal. Therefore, it is a requirement that there is no hair growth between the skin and the facepiece sealing surface in order to achieve a fit. At this stage, there is no exemption in Queensland to this requirement for religious or other reasons and UniSC is unable to waive this requirement.

- *It is no longer a requirement that students in Bachelor of Sport and Exercise Science are fully vaccinated against COVID-19.*

*Please note that some placement host organisations have chosen to continue requiring COVID-19 vaccination. If you are not fully vaccinated, it is important to know that placement opportunities in your program may be limited and may result in a delay to your placement.*

*UniSC still strongly recommends that all students undertaking placement are fully vaccinated and provide evidence of this vaccination status to the University.*

- *For more information on mandatory requirements refer to Sport and Exercise Science/Clinical Exercise Science - Placements*