## 2016 H343 Bachelor of Exercise and Sport Science
Offered at Melbourne Burwood Campus and Geelong Waurn Ponds Campus

### ESSA Sequence

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th>TRI 1</th>
<th>Human Structure and Function</th>
<th>HBS109</th>
<th>Principles of Exercise and Sport Science</th>
<th>HSE101 (co-req: HSE010)</th>
<th>Introduction to Exercise and Sport Science Practice</th>
<th>HSE103 (co-req: HSE010)</th>
<th>Exercise and Sport Laboratory Safety</th>
<th>HSE010 (0 credit points)</th>
<th>Elective unit</th>
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<td></td>
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<td>Research Methods and Statistics</td>
<td>HSE104</td>
<td>Health Behaviour</td>
<td>HBS110</td>
<td>Functional Human Anatomy</td>
<td>HSE102 (co-req: HSE010)</td>
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<tr>
<td>YEAR 2</td>
<td>TRI 1</td>
<td>Exercise Physiology</td>
<td>HSE201 (pre-req:HBS109) (co-req:HSE010)</td>
<td>Exercise Behaviour</td>
<td>HSE203 (pre-req:HBS110 or ESH404 or EEH101 &amp; EEH102)</td>
<td>Principles of Exercise Prescription</td>
<td>HSE301 (pre-req: One of HSE103 or HSE201 or HSNZ11) (co-req: HSE010)</td>
<td>Applied Sports Science 1</td>
<td>HSE311 (co-req or pre-req: one of HSE201, HSE202, HSE203 or HSE204) (co-req:HSE010)</td>
<td>Elective unit</td>
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<td></td>
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<td>Biomechanics</td>
<td>HSE202 (co-req:HSE010)</td>
<td>Motor Learning and Development</td>
<td>HSE204 (co-req:HSE010)</td>
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<td>TRI 2</td>
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<td>Exercise and Sport Science Practicum</td>
<td>HSE312 (pre-req: All level 1 &amp; 2 core units in H343)</td>
<td>Behavioural Aspects of Sport and Exercise</td>
<td>HSE309</td>
<td>Exercise Metabolism</td>
<td>HSE303 (pre-req:HSE201) (co-req:HSE010)</td>
<td>Clinical and Sport Biomechanics</td>
<td>HSE323 (pre-req:HSE202) (co-req:HSE010)</td>
<td>Elective unit</td>
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<td>YEAR 3</td>
<td>TRI 1</td>
<td>Exercise Programming</td>
<td>HSE302 (pre-req:HSE301) (co-req:HSE010)</td>
<td>Physiology of Sport Performance</td>
<td>HSE304 (pre-req:HSE201) (co-req:HSE010)</td>
<td>Applied Sports Science 2</td>
<td>HSE314 (pre-req:HSE201, HSE202, HSE203 or HSE204) (co-req:HSE010)</td>
<td>Exercise in Health and Disease</td>
<td>HSE320 (pre-req:HSE301) (co-req:HSE010)</td>
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<td>TRI 2</td>
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### Course Rules:
1. Must complete 24 credit points.
2. No more than 10 credit points may be taken at level 1.
3. The three elective units of the ESSA sequence can be taken from any Faculty within the University.

All students must complete HSE010 Exercise and Sport Science Laboratory Safety Unit when completing their first unit with a lab based component. HSE010 only needs to be completed once.

**Further information:** [http://www.deakin.edu.au/students/university-handbook/](http://www.deakin.edu.au/students/university-handbook/)

**Last update:** 5/11/2015
NOTES:

(a) If you are undertaking the ESSA sequence, please enrol in the ‘ESSA Sequence’ AND the ‘Exercise Physiology’ unit sets via studentconnect.

(b) Students who undertake the Exercise Science – ESSA Sequence will be eligible for Level 1 Exercise Scientist (ES) membership through Exercise and Sports Science Australia (ESSA). The ESSA Sequence is a direct pathway into postgraduate study to be a Level 2 Accredited Exercise Physiologist (AEP) including Deakin University's Master of Clinical Exercise Physiology. Please see the ESSA website for further details www.essa.org.au

(c) We also wish to remind all Exercise and Sport Science students completing the ESSA sequence of units who have been awarded 3 credit points or more of Credit for Prior Learning for non-university studies (such as credit for prior learning obtained via TAFE study or Deakin College) that they may not be eligible for immediate registration with ESSA. This does not mean that ESSA registration is not available to you. What it means is that registration is not automatically granted as a Deakin graduate from the H343 Bachelor of Exercise and Sport Science course. You can still apply to ESSA for membership but you will need to apply on your own directly to ESSA when you have completed your course. Application details can be found on the ESSA website, and the non-NUCAP form would be required (https://www.essa.org.au/membership/membership-types/exercise-science/). In the application you would need to demonstrate that you meet the exercise science knowledge and skills requirements.

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Student Advisers
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