

School of Exercise and Nutrition Sciences
Bachelor of Exercise and Sport Science (H343) – Geelong Warrn Ponds Campus - 2016

COMPULSORY CORE UNITS: Students must complete the following core units:

HBS109 Human Structure and Function, HSE101 Principles of Exercise and Sport Science, HSE103 Introduction to Exercise and Sport Science Practice, HSE104 Research Methods and Statistics, HBS110 Health Behaviour, HSE102 Functional Human Anatomy, HSE201 Exercise Physiology, HSE203 Exercise Behaviour, HSE202 Biomechanics, HSE204 Motor Learning and Development, HSE301 Principles of Exercise Prescription, HSE302 Exercise Programming, HSE312 Exercise and Sport Science Practicum, and 1 unit chosen from HSE303, HSE304, HSE309, HSE311, HSE313, HSE314, HSE316, HSE320, HSE323.

B = available on campus at Burwood
 G = available on campus at Geelong – Warrn Ponds
 S = available on campus at Geelong – Waterfront
 W = available on campus at Warrnambool
 X = available online/off campus

This list is an example of majors available – for a full list including majors from other Faculties please refer to the online handbook

<http://www.deakin.edu.au/students/university-handbook>

| EXERCISE PHYSIOLOGY (MJ-H000029) | | | | | |
|----------------------------------|--|-------------|-------------|-------------|------------------------------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Pre-reqs |
| HSE201 | Exercise Physiology | B, G | | X-BLOCK | HBS109 |
| HSE208 | Integrated Human Physiology | | B, G | X-BLOCK | HBS109 |
| HSE301 | Exercise Prescription for Fitness and Health | B, G, X | | | HSE103/ HSE201/ HSN211 |
| HSE303 | Exercise Metabolism | B, G | | | HSE201 |
| HSE304 | Physiology of Sport Performance | | B, G | | HSE201 |
| HSE320 | Exercise in Health and Disease | | B, G | | HSE301 |

| NUTRITION (MJ-H000007) | | | | | |
|------------------------|---|-------------|-------------|-------------|---------------------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Pre-reqs |
| HBS109 | Human Structure and Function | B, G, W, X | B | X | |
| HSN101 | Foundations of Food, Nutrition and Health | B, G, W | | X | |
| HSN211 | Nutritional Physiology | B, G, W | | X | HBS109 |
| HSN202 | Lifespan Nutrition | | B, G, W | | HSN201 or HSN211 |
| HSN301 | Diet and Disease | B, G, W, X | | | HSN211 |
| HSN302 | Population Nutrition | | X | | HSN202 |

| SPORTS NUTRITION (MJ-H000028) | | | | | |
|-------------------------------|---|-------------|-------------|-------------|---------------------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Pre-reqs |
| HSN101 | Foundations of Food, Nutrition and Health | B, G, W | | X | |
| HSN211 | Nutritional Physiology | B, G, W | | X | HBS109 |
| HSN202 | Lifespan Nutrition | | B, G, W | | HSN201 or HSN211 |
| HSE303 | Exercise Metabolism | B, G | | | HSE201 |
| HSN305 | Assessing Food Intake and Activity | | B, G | | HSN201 or HSN211 |
| HSN307 | Sports Nutrition: Theory and Practice | B, X | | | HSN201 or HSN211 |

| EXERCISE SCIENCE – ESSA SEQUENCE (SP-H000001) | | | | | |
|---|---|-------------|-------------|-------------|----------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Pre-reqs |
| HSE208 | Integrated Human Physiology | | B, G | X-BLOCK | HBS109 |
| HSE303 | Exercise Metabolism | B, G | | | HSE201 |
| HSE304 | Physiology of Sport Performance | | B, G | | HSE201 |
| HSE309 | Behavioural Aspects of Sport and Exercise | B, G, X | | | |
| HSE311 | Applied Sport Science 1 | B, G | | | |
| HSE314 | Applied Sport Science 2 | | B, G | | |
| HSE320 | Exercise in Health and Disease | | B, G | | HSE301 |
| HSE323 | Clinical and Sport Biomechanics | B, G | | | HSE202 |

| PHYSICAL ACTIVITY and HEALTH (MJ-H000023) | | | | | |
|---|--|-------------|-------------|-------------|---|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Pre-reqs |
| HBS107 | Understanding Health | B, G, W, X | B | X | |
| HBS110 | Health Behaviour | B, X | B, G, W, X | X | |
| HSE203 | Exercise Behaviour | B, G, W, X | | | HBS110 or ESH404 or both of EEH101 and EEH102 |
| HSE212 | Physical Activity Promotion and Evaluation | | B, G, W | | HSE203 |
| HSE313 | Children's Physical Activity & Sport | B, G, W, X | | | HSE203 |
| HSE316 | Physical Activity and Population Health | | B, G, W | | HSE203 |

| FAMILY, SOCIETY and HEALTH (MJ-H000002) | | | | | |
|---|--|-------------|-------------|-------------|-------------------------------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Prerequisites |
| HBS108 | Health Information and Data | X | X | X | |
| HSH105 | Understanding Families and Health | B, X | | | |
| HSH206 | Human Development and Healthy Families | B, X | | | |
| HSH207 | Socio-Economic Status and Health | | B, X | | |
| HSH306 | People, Health and Place | B, X | | | HBS107 and 4 level 2 subjects |
| HSH313 | Contemporary Health Issues | | B, G, W, X | | HBS107 and 4 Level 2 units |

| PEOPLE, SOCIETY and DISABILITY (MJ-H000025) | | | | |
|---|--|-------------|-------------|---------------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Prerequisites |
| HDS101 | Communication and Diversity | B, S, X | | |
| HDS106 | Diversity, Disability and Social Exclusion | | B, X | |
| HDS209 | Diversity in Childhood and Adolescence | B, X | | |
| HDS210 | Diversity at Work | | B, X | |
| HDS301 | The Effective Practitioner | B, X | | |
| HDS310 | Human Rights and Advocacy | | B, X | |

| HEALTH PROMOTION (MJ-H000004) | | | | | |
|-------------------------------|-----------------------------|-------------|-------------|-------------|----------------------------------|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Pre-reqs |
| HBS107 | Understanding Health | B, G, W, X | B | X | |
| HBS110 | Health Behaviour | B, X | B, G, W, X | X | |
| HSH201 | Planning and Evaluation 1 | B, G, W, X | | | HBS107 or HSH111 |
| HSH218 | Planning and Evaluation 2 | | B, G, W, X | | HSH201 |
| HSH302 | Politics, Policy and Health | B, G, W, X | | | HBS107 or HSH111 and HSH2XX unit |
| HSH313 | Contemporary Health Issues | | B, G, W, X | | HBS107 & 4 Level 2 units |

| PSYCHOLOGY (6 unit sequence) (MJ-H000008) | | | | | |
|---|---|-------------|-------------|-------------|---|
| Unit Code | Unit Name | Trimester 1 | Trimester 2 | Trimester 3 | Prerequisites |
| HPS111 | Psychology A: Fundamentals of Human Behaviour | B, G, W, X | X | X | |
| HPS121 | Psychology B: Individual and Social Development | X | B, G, W, X | X | |
| Plus two units from: | | | | | |
| HPS201 | Research Methods in Psychology A | X | B, G, W, X | X | HPS111 & HPS121 |
| HPS202 | Child and Adolescent Development | | B, G, W, X | X | |
| HPS203 | The Human Mind | B, G, W, X | | X | |
| HPS204 | Human Social Behaviour | B, G, W, X | | X | |
| Plus two units from: | | | | | |
| HPS301 | Research Methods in Psychology B | B, G, W, X | X | X | HPS201 |
| HPS307 | Personality | | B, G, X | X | HPS201 / HPS202 / HPS203 / HPS204 / HPS205 / HPS310 |
| HPS308 | Psychopathology | | B, G, W, X | X | HPS111 & HPS121 |
| HPS310 | Brain, Biology and Behaviour | B, G, X | | X | |

- *Students intending to become psychologists must complete four years of academic study (three years of undergraduate study, including all ten units of Psychology, plus either an Honours year or the Graduate Diploma of Psychology).*

COURSE RULES: Students must ensure that they have met the following course rules to be eligible to graduate:

- Must complete a total of 24 credit points, must complete 14 core units, must not complete more than ten credit points at Level 1.
- Must complete at least 14 credit points at Level 2 or 3.
- Must complete at least 16 credit points from units offered by the Faculty of Health (i.e. can only complete 8 credit points from outside of the Faculty).
- Must complete at least 2 elective credit points beginning with HXX.
- Must complete all on campus units at the Geelong Waurn Ponds Campus. Cross-campus study is not permitted, with the exception of off campus and online units.
- Must complete co-requisite laboratory safety unit HSE010 prior to first laboratory class in course. This 0 credit point 'unit' is required to be completed only once.