



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

ESSA Sequence

Name: _____

Student Id: _____

Date: _____

Student Adviser: _____

YEAR 1	TRI 1	Human Structure and Function HBS109	Principles of Exercise and Sport Science HSE101 (co-req:HSE010)	Introduction to Exercise and Sport Science Practice HSE103 (co-req: HSE010)	Exercise and Sport Laboratory Safety HSE010 (0 credit points)	Elective unit Recommend Level 1
	TRI 2	Research Methods and Statistics HSE104	Health Behaviour HBS110	Functional Human Anatomy HSE102 (co-req:HSE010)	Elective unit Recommend level 1	
YEAR 2	TRI 1	Exercise Physiology HSE201 (pre-req:HBS109) (co-req:HSE010)	Exercise Behaviour HSE203 (pre-req:HBS110 or ESH404 or EEH101 & EEH102)	Principles of Exercise Prescription HSE301 (pre-req: One of HSE103 or HSE201 or HSN211) (Co-req:HSE010)	Applied Sports Science 1 HSE311 (co-req or pre-req: one of HSE201, HSE202, HSE203 or HSE204) (co-req:HSE010)	
	TRI 2	Biomechanics HSE202 (co-req:HSE010)	Motor Learning and Development HSE204 (co-req:HSE010)	Integrated Human Physiology HSE208 (pre-req:HBS109) (co-req:HSE010)	Elective unit Recommend level 2 or 3	
YEAR 3	TRI 1	Exercise and Sport Science Practicum HSE312 (pre-req: All level 1& 2 core units in H343)	Behavioural Aspects of Sport and Exercise HSE309	Exercise Metabolism HSE303 (pre-req:HSE201) (co-req:HSE010)	Clinical and Sport Biomechanics HSE323 (pre-req:HSE202) (co-req:HSE010)	
	TRI 2	Exercise Programming HSE302 (pre-req:HSE301) (co-req:HSE010)	Physiology of Sport Performance HSE304 (pre-req:HSE201) (co-req:HSE010)	Applied Sports Science 2 HSE314 (pre-req:HSE201, HSE202, HSE203 or HSE204) (co-req:HSE010)	Exercise in Health and Disease HSE320 (pre-req:HSE301) (co-req:HSE010)	

Last update 5/11/2015

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/>

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.

School of Exercise and Nutrition Sciences

Student Advisers

Phone: 9244 5436

Email: ens-enquire@deakin.edu.au

School website: <http://www.deakin.edu.au/exercise-nutrition-sciences>