

EXERCISE SCIENCE, MINOR (0279)

Western Sydney University Minor Code: 0279

Previous Code: SM4008.1

Available to students in other Western Sydney University programs?
No

This minor offers study in the physiology, analysis, and measurement of exercise and movement. The minor is relevant to students studying health science, physical education and data science. The minor is highly recommended for Bachelor of Health Science (Clinical Sciences) students who are interested in graduate entry programs in physiotherapy or exercise physiology. There are 7 subjects in this minor of which student choose only 4. Minor subject recommendations are based on the student's program.

Location

Campus	Mode	Advice
Campbelltown Campus	Internal	healthsciences@westernsydney.edu.au
Penrith Campus	Internal	healthsciences@westernsydney.edu.au

Recommended Sequence

Select the link for your program below to see details of the minor

Bachelor of Data Science

Course	Title	Credit Points
Year 1		
Autumn session		
NATS 1019	Scientific Literacy	10
COMP 1014	Thinking About Data	10
MATH 1006	Discrete Mathematics	10
COMP 1005	Programming Fundamentals	10
Credit Points		40
Spring session		
MATH 1014	Mathematics 1A	10
COMP 2025	Introduction to Data Science	10
And two major, minor or elective subjects		20
Credit Points		40
Year 2		
Autumn session		
COMP 1013	Analytics Programming	10
COMP 2026	Visual Analytics	10
SPRT 1001	Fundamentals of Exercise Science	10
SPRT 2002	Exercise Testing and Measurement	10
Credit Points		40
Spring session		
MATH 3007	Predictive Modelling	10
INFS 2001	Database Design and Development	10
COMP 3020	Social Web Analytics	10
COMP 2003	Computer Algebra	10
Credit Points		40
Year 3		
Autumn session		
COMP 3002	Applications of Big Data	10

MATH 3011	Probabilistic Models and Inference	10
INFO 3008	Professional Development	10
HLTH 2003	Biomechanics	10
Credit Points		40
Spring session		
MATH 3004	Discovery Project	10
HLTH 2005	Exercise Prescription I	10
And two major, minor or elective subjects		20
Credit Points		40
Total Credit Points		240

Equivalent Subjects

The subjects listed below count towards completion of this program for students who passed these subjects in 2021 or earlier.

MATH 1033 Thinking About Data, replaced by COMP 1014 Thinking About Data

MATH 2009 Introduction to Data Science, replaced by COMP 2025 Introduction to Data Science

MATH 1002 Analytics Programming, replaced by COMP 1013 Analytics Programming

MATH 2014 Visual Analytics, replaced by COMP 2026 Visual Analytics

- Bachelor of Health Science (Clinical Sciences) - Diploma in Health Science/Bachelor of Health Science

Course	Title	Credit Points
Year 1		
Autumn session		
PUBH 1006	Population Health and Society	10
HLTH 1013	Professional Competencies in Health	10
NATS 1009	Human Anatomy and Physiology 1	10
PUBH 2005	Culture, Diversity and Health	10
Credit Points		40
Spring session		
COMM 1007	Communication in Health	10
HLTH 1012	Evidence in Health	10
BIOS 1036	Human Development and Disease across the lifespan	10
NATS 1010	Human Anatomy and Physiology 2	10
Credit Points		40
Year 2		
Autumn session		
NATS 2038	Pathophysiology 1	10
SPRT 1001	Fundamentals of Exercise Science	10
HLTH 2003	Biomechanics	10
Select one elective		10
Credit Points		40
Spring session		
BEHV 1014	Psychology and Health	10
NATS 3037	Neuroanatomy	10
NATS 1022	Functional Anatomy	10
Select one elective		10
Credit Points		40

Year 3**Autumn session**

PUBH 3028	Transforming Health	10
BEHV 3015	Motor Control and Skill Acquisition	10
BIOS 2012	Exercise Physiology	10
Select one elective		10
Credit Points		40

Spring session

PUBH 3023	Evidence in Professional Reasoning	10
BEHV 3002	Abnormal Psychology	10
HLTH 2025	Exercise Nutrition	10
Select one elective		10
Credit Points		40

Total Credit Points		240
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Bachelor of Health Science (Health and Physical Education) pathway

Course	Title	Credit Points
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Year 1**Autumn session**

PUBH 1006	Population Health and Society	10
SPRT 1001	Fundamentals of Exercise Science	10
BIOS 1035	Anatomy and Physiology in Health	10
HLTH 1013	Professional Competencies in Health	10
Credit Points		40

Spring session

SPRT 1005	Outdoor Recreation	10
HLTH 1006	Movement and Skill Development	10
BEHV 1014	Psychology and Health	10
HLTH 1012	Evidence in Health	10
Credit Points		40

Year 2**Autumn session**

PUBH 2005	Culture, Diversity and Health	10
BEHV 3025	Sport and Exercise Psychology	10
HLTH 2003	Biomechanics	10
And one subject from Education Studies minor		10
Credit Points		40

Spring session

SPRT 2007	PDHPE: Games for Diverse Groups	10
NATS 2040	Physical Activity, Nutrition and Health	10
HLTH 2025	Exercise Nutrition	10
And one subject from Education Studies minor		10
Credit Points		40

Year 3**Autumn session**

SPRT 3003	Coaching Sport and Recreation Activities	10
SPRT 3005	Contemporary Youth Health Issues	10
BEHV 3015	Motor Control and Skill Acquisition	10
SPRT 2002	Exercise Testing and Measurement	10
Credit Points		40

Spring session

HLTH 3008	Gymnastics and Dance	10
SPRT 3001	Applied Exercise Science for Personal Trainers and Coaches	10

HLTH 2005	Exercise Prescription I	10
And one subject from Education Studies minor		10
Credit Points		40
Total Credit Points		240

- Bachelor of Health Science (Health and Physical Education)**- Diploma in Health Science/Bachelor of Health Science (Health and Physical Education)**

Course	Title	Credit Points
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Year 1**Autumn session**

PUBH 1006	Population Health and Society	10
SPRT 1001	Fundamentals of Exercise Science	10
BIOS 1035	Anatomy and Physiology in Health	10
HLTH 1013	Professional Competencies in Health	10
Credit Points		40

Spring session

SPRT 1005	Outdoor Recreation	10
HLTH 1006	Movement and Skill Development	10
BEHV 1014	Psychology and Health	10
COMM 1007	Communication in Health	10
Credit Points		40

Year 2**Autumn session**

BEHV 3025	Sport and Exercise Psychology	10
PUBH 2005	Culture, Diversity and Health	10
PUBH 1010	Health Promotion Theory and Approaches	10
HLTH 2003	Biomechanics	10
Credit Points		40

Spring session

SPRT 2007	PDHPE: Games for Diverse Groups	10
HLTH 1012	Evidence in Health	10
NATS 2040	Physical Activity, Nutrition and Health	10
HLTH 2023	Introduction to Physical Cultural Studies	10
Credit Points		40

Year 3**Autumn session**

SPRT 3003	Coaching Sport and Recreation Activities	10
SPRT 3005	Contemporary Youth Health Issues	10
BEHV 3015	Motor Control and Skill Acquisition	10
SPRT 2002	Exercise Testing and Measurement	10
Credit Points		40

Spring session

HLTH 3008	Gymnastics and Dance	10
SPRT 3001	Applied Exercise Science for Personal Trainers and Coaches	10
HLTH 2005	Exercise Prescription I	10
HLTH 2025	Exercise Nutrition	10
Credit Points		40
Total Credit Points		240

Bachelor of Sport Development

Course	Title	Credit Points
Year 1		
Autumn session		
PUBH 1006	Population Health and Society	10
SPRT 1001	Fundamentals of Exercise Science	10
BUSM 1031	The World of Sport Business	10
SPRT 1008	Sport for Social Development	10
Credit Points		40
Spring session		
SPRT 1005	Outdoor Recreation	10
REHA 1008	Introduction to Leisure and Recreation Theory	10
HLTH 1012	Evidence in Health	10
PUBH 1011	Promoting Health Collaboratively in Communities	10
Credit Points		40
Year 2		
Autumn session		
PUBH 2005	Culture, Diversity and Health	10
BUSM 3065	Special Event Management	10
HLTH 2003	Biomechanics	10
SPRT 2002	Exercise Testing and Measurement	10
Credit Points		40
Spring session		
SPRT 2012	Community Sport Development	10
SPRT 2007	PDHPE: Games for Diverse Groups	10
NATS 2040	Physical Activity, Nutrition and Health	10
BUSM 2037	Sport Entertainment	10
Credit Points		40
Year 3		
Autumn session		
BEHV 3025	Sport and Exercise Psychology	10
SPRT 3012	Sport Development Internship	10
BUSM 3070	Strategic Sport Leadership	10
SPRT 3005	Contemporary Youth Health Issues	10
Credit Points		40
Spring session		
BUSM 3053	Our Sporting Future	10
SPRT 3011	Sport Development Applied Project	10
HLTH 2005	Exercise Prescription I	10
HLTH 2025	Exercise Nutrition	10
Credit Points		40
Total Credit Points		240

Related Programs

Bachelor of Data Science (3769) (<https://hbook.westernsydney.edu.au/archives/2021-2022/programs/bachelor-data-science/>)

Bachelor of Health Science (4656) (<https://hbook.westernsydney.edu.au/archives/2021-2022/programs/bachelor-health-science/>)

Diploma in Health Science/Bachelor of Health Science (6000) (<https://hbook.westernsydney.edu.au/archives/2021-2022/programs/diploma-health-science-bachelor-health-science/>)