SPRT 1002 FUNDAMENTALS OF EXERCISE SCIENCE (WSTC)

Credit Points 10

Legacy Code 700073

Coordinator Carissa Hanes (https://directory.westernsydney.edu.au/search/name/Carissa Hanes/)

Description This unit is designed to provide fundamental basic science and sport and exercise science content, with the intent to prepare the students for the more advanced scientific applications to the study and research of the sport and exercise sciences. Students will be exposed to computer software applications to aid data processing used in the sport and exercise sciences, with special applications to fields such as biomechanics, exercise physiology, motor learning, skill acquisition and sport psychology.

School Health Sciences

Discipline Sport and Recreation, Not Elsewhere Classified.

Student Contribution Band HECS Band 4 10cp

Check your HECS Band contribution amount via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 1 subject

Equivalent Subjects SPRT 1001 - Fundamentals of Exercise Science

Restrictions Students must be enrolled at Western Sydney University, The College. Students enrolled in Extended Diplomas must pass 40 credit points from the preparatory subjects listed in the program structure prior to enrolling in this University level subject. Students enrolled in the combined Diploma/Bachelor programs listed below must pass all College Preparatory subjects listed in the program structure before progressing to the Year 2 subjects.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Identify the scientific background of the sport and exercise sciences and outline career opportunities within this discipline.
2. Define and describe each of the main disciplines of the sport and exercise sciences: biomechanics; exercise physiology; motor learning & skill acquisition; and sports & health psychology.
3. Recall and illustrate knowledge of introductory principles within the main disciplines of the sport and exercise sciences.
4. Evaluate measurement techniques and procedures typically undertaken in the sport and exercise sciences.
5. Employ equipment and software applications to either: collect, process and/or present data common to the sport and exercise sciences.
6. Recall knowledge of and execute all practical skills and activities safely in compliance with discipline specific WH&S procedures and systems, and WSU standard operating procedures and laboratory rules.
7. Demonstrate communication, numeracy and social interaction skills, together with information and technology literacy.

Subject Content

Overview of the Sport and Exercise Sciences
Measurement in Sport and Exercise Science
Introduction to Biomechanics
Introduction to Exercise Physiology
Introduction to Physical Activity
Introduction to Motor Learning and Skill Acquisition
Introduction to Sport and Exercise Psychology

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/ Group Task
Log/ workbook — three logbooks submitted at regular intervals	Week 3, Week 8, Week 11	20	N	Individual
Professional task — 750-1000 words	750-1000 words	20	N	Individual
Presentation (group) — 15 minutes	15 minutes	30	N	Individual
End-of-session exam	2 hrs and 20 mins	30	N	Individual

Teaching Periods

Term 3

Nirimba Education Precinct

Day

Subject Contact Carissa Hanes (https://directory.westernsydney.edu.au/search/name/Carissa Hanes/)

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=SPRT1002_22-T3_BL_D#subjects)