

# PHYSICAL ACTIVITY AND HEALTH, MINOR

Western Sydney University Minor Code: 0257

Previous code: SM4007.1

Available to students in other Western Sydney University programs?

No

The Physical Activity and Health minor offers an introduction to knowledge and skills associated with the use of physical activity as a means of promoting health. Students will further develop in areas associated with physical activity, exercise, nutrition, outdoor recreation, games for diverse groups and sport and exercise psychology. The minor is recommended as complementary study for students in the 4656 Bachelor of Health Science. Subjects are taken from the Health and Physical Education program and as such students will be expected to travel to Penrith campus for some subjects.

## Location

Campus	Mode	Advice
Penrith Campus	Internal	Program Advice ( <a href="https://directory.westernsydney.edu.au/search/email/HealthSciences@westernsydney.edu.au">https://directory.westernsydney.edu.au/search/email/HealthSciences@westernsydney.edu.au</a> )

## Minor Structure

Subject	Title	Credit Points
Select four of the following:		40
HLTH 2023	Introduction to Physical Cultural Studies	
SPRT 1005	Outdoor Recreation	
SPRT 2007	PDHPE: Games for Diverse Groups	
NATS 2040	Physical Activity, Nutrition and Health	
BEHV 3025	Sport and Exercise Psychology	
<b>Total Credit Points</b>		<b>40</b>

## Related Programs

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

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