

# BACHELOR OF HEALTH AND PHYSICAL EDUCATION (4792)

Western Sydney University Program Code: 4792

AQF Level: 7

CRICOS Code: 110881B

This program applies to students who commenced in 2023 or later.

Students should follow the program structure for the session start date relevant to the year they commenced.

For Commencement Year 2017 - 2022 please refer to 4747 Bachelor of Health Science (Health and Physical Education) (<https://hbook.westernsydney.edu.au/programs/bachelor-health-science-health-physical-education/>)

The Health and Physical Education (HPE) program brings together a comprehensive foundation of health sciences, understanding of physical activity, and skills in interacting with people. The course explores challenging areas of personal development, including youth health, sexuality, drugs, mental health, risk-taking behaviours, health promotion and research. Facilities include a gymnasium, dance and gym studio, sports fields, and undercover sport courts where learning to lead practical experiences are a strong feature of the program. The program is a popular pathway to a Master of Teaching degree, and then on to a teaching career. Teaching opportunities can be extended beyond HPE by studying subjects in other disciplines to gain a second teaching area. Graduates also work as sport development officers, sports coaches, research assistants, and community-based recreation.

## Study Mode

Three years full-time or six years part-time.

## Program Advice

[healthsciences@westernsydney.edu.au](mailto:healthsciences@westernsydney.edu.au)

Prospective students should visit the following websites for general enquiries about this program.

Enquire about this program (<https://enquiry.westernsydney.edu.au/courseenquiry/>) | Local Admission (<https://www.westernsydney.edu.au/future/>) | International Admission (<https://www.westernsydney.edu.au/international/home/apply/admissions/>) |

Campus	Attendance	Mode	Advice
Penrith	Full time	Internal	See above
Penrith	Part time	Internal	See above

## Accreditation

Graduates may be eligible to apply for accreditation with the NSW Education Standards Authority following the successful completion of a recognised teaching qualification such as the Master of Teaching (Secondary).

## Work Integrated Learning

Western Sydney University seeks to enhance student learning experiences by enabling students to engage in the culture, expectations and practices of their profession or discipline. This program includes a placement or other community-based unpaid practical experience.

There is a mandatory work component required for completion of this program. Please contact the Program Advisor listed above for information.

International students should also refer to the link below for more information and a link to the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS).

Work Integrated Learning (WIL) for international students ([https://www.westernsydney.edu.au/currentstudents/current\\_students/services\\_and\\_facilities/international\\_student\\_support/working\\_in\\_australia/work\\_integrated\\_learning/](https://www.westernsydney.edu.au/currentstudents/current_students/services_and_facilities/international_student_support/working_in_australia/work_integrated_learning/))

## Admission

- Assumed knowledge: Any 2 units of English
- Recommended Studies: Personal Development, Health and Physical Education, or Community and Family Studies.

Applications from Australian and New Zealand citizens and holders of permanent resident visas may be made via the Universities Admissions Centre (UAC) or directly through the Western Portal. Use the links below to apply via UAC or Western Sydney University. Applications made directly to Western Sydney do not have an application fee.

<http://www.uac.edu.au/>  
<https://westernsydney.uac.edu.au/ws/>

Applicants who have undertaken studies overseas may have to provide proof of proficiency in English. Local applicants who are applying through the Universities Admissions Centre (UAC) will find details of minimum English proficiency requirements and acceptable proof on the UAC website. Local applicants applying directly to the University should also use the information provided on the UAC website.

International students currently completing an Australian Year 12 in or outside Australia, an International Baccalaureate in Australia or a New Zealand National Certificate of Educational Achievement (NCEA) level 3 must apply via UAC International.

<http://www.uac.edu.au/>

All other International applicants must apply directly to the University via the International Office.

International students applying to the University through the International Office can find details of minimum English proficiency requirements and acceptable proof on their website.

International Office (<http://www.westernsydney.edu.au/international/>)

Overseas qualifications must be deemed by the Australian Education International - National Office of Overseas Skills Recognition (AEI-NOOSR) to be equivalent to Australian qualifications in order to be considered by UAC and Western Sydney University.

## Special Requirements

In order to enrol in First Year Spring units, all students must have:

1. Working with Children Check
2. Child Protection Certificate

These will be incorporated as part of the new first year subject Foundations of HPE

## Recommended Sequence

Qualification for this award requires the successful completion of 240 credit points which include the units listed in the recommended sequence below.

## Start Year Intake

Course	Title	Credit Points
<b>Year 1</b>		
<b>Autumn session</b>		
SPRT 1008	Sport for Social Development	10
PUBH 1006	Population Health and Society	10
SPRT 1001	Fundamentals of Exercise Science	10
HLTH 1020	Foundations of HPE	10
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
NATS 2040	Physical Activity, Nutrition and Health	10
HLTH 1012	Evidence in Health	10
SPRT 1009	Exercise Performance and Health	10
SPRT 2013	Leading Games and Sports	10
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Autumn session</b>		
PUBH 2005	Culture, Diversity and Health	10
HLTH 2031	Motor Behaviour	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
BEHV 3025	Sport and Exercise Psychology	10
HLTH 3026	Movement and Skill Analysis	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>
<b>Year 3</b>		
<b>Autumn session</b>		
SPRT 3023	Advanced HPE and Sport Leadership	10
SPRT 3024	Contemporary Youth Health	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
SPRT 3020	Applied Research Project	10
SPRT 3022	Outdoor Education, Sustainability and Health	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>
<b>Total Credit Points</b>		<b>240</b>

## Mid-year Intake

Course	Title	Credit Points
<b>Year 1</b>		
<b>Spring session</b>		
NATS 2040	Physical Activity, Nutrition and Health	10
HLTH 1012	Evidence in Health	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>
<b>Autumn session</b>		
SPRT 1008	Sport for Social Development	10
PUBH 1006	Population Health and Society	10
SPRT 1001	Fundamentals of Exercise Science	10
HLTH 1020	Foundations of HPE	10
<b>Credit Points</b>		<b>40</b>

## Year 2

<b>Spring session</b>		
BEHV 3025	Sport and Exercise Psychology	10
SPRT 1009	Exercise Performance and Health	10
SPRT 2013	Leading Games and Sports	10
HLTH 3026	Movement and Skill Analysis	10
<b>Credit Points</b>		<b>40</b>

<b>Autumn session</b>		
PUBH 2005	Culture, Diversity and Health	10
HLTH 2031	Motor Behaviour	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>

## Year 3

<b>Spring session</b>		
SPRT 3020	Applied Research Project	10
SPRT 3022	Outdoor Education, Sustainability and Health	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>

<b>Autumn session</b>		
SPRT 3023	Advanced HPE and Sport Leadership	10
SPRT 3024	Contemporary Youth Health	10
And two flexible subjects		20
<b>Credit Points</b>		<b>40</b>
<b>Total Credit Points</b>		<b>240</b>

## Minor flexible spaces

Elective units may be used toward obtaining an additional approved minor.

Students who maintain a GPA of 5 or higher may use elective units toward obtaining an additional approved minor in Critical and Systems Thinking

0287 - Critical and Systems Thinking (<https://hbook.westernsydney.edu.au/majors-minors/critical-systems-thinking-minor/#text>)

Western Sydney University offers minors in a range of areas including Sustainability and Indigenous Studies.

0015 - Indigenous Australian Studies (<https://hbook.westernsydney.edu.au/majors-minors/indigenous-australian-studies-minor/>)