

# BACHELOR OF HEALTH SCIENCE (SPORT AND EXERCISE SCIENCE) (4658)

Approved Abbreviation: BHLthSc(Sp&ExSc)  
Western Sydney University Program Code: 4658

CRICOS Code: 069280F

This program applies to students who commenced in 2022 or later.

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

For Commencement Year 2015 to 2021 - please refer to 4658.4 Bachelor of Health Science (Sport and Exercise Science) (<http://handbook.westernsydney.edu.au/hbook/course.aspx?course=4658.4>)

For Commencement Year 2013 to 2014 - please refer to 4658.3 Bachelor of Health Science (Sport and Exercise Science) (<http://handbook.westernsydney.edu.au/hbook/course.aspx?course=4658.3>)

For Commencement Year 2011 to 2012 - please refer to 4658.2 Bachelor of Health Science (Sport and Exercise Science) (<http://handbook.westernsydney.edu.au/hbook/course.aspx?course=4658.2>)

For Commencement Year 2010 - please refer to 4658.1 Bachelor of Health Science (Sport and Exercise Science) (<http://handbook.westernsydney.edu.au/hbook/course.aspx?course=4658.1>)

Sport and exercise science encompasses the science that underpins health, physical activity and exercise, and their applications to the design, implementation and evaluation of exercise programs. There are a range of career options in health and fitness centres, for example as a personal trainer, a health and fitness specialist or a fitness assessor, in government agencies associated with sport, physical activity and health, in teaching and research, and with professional sporting groups, rehabilitation clinics and hospitals. If you gain higher-level accreditation as an exercise physiologist, you will also be able to provide healthcare services funded by Medicare (Australian Government), pharmaceutical, health or food industries. Alternatively, graduates who elect studies in the physical sciences, mathematics or business are well placed for careers in the manufacturing industry.

The program combines studies in exercise physiology, sports psychology, biomechanics motor control and exercise prescription with a broad understanding of biomedicine and various health science fields to develop the professional competencies important for ethical and safe practice and high quality care and the skills to work in multidisciplinary teams. Facilities are state-of-the-art, centred on an Exercise and Sport Science Laboratory complex, and practical experience is a strong feature of the program.

## Study Mode

Three years full-time. Students may choose to study at a reduced load.

## 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/>) |

## Location

Campus	Attendance	Mode	Advice
Campbelltown Campus	Full Time	Internal	Dr Shona Papalia ( <a href="https://directory.westernsydney.edu.au/search/name/Shona%20Papali/">https://directory.westernsydney.edu.au/search/name/Shona%20Papali/</a> )

## Accreditation

The Bachelor of Health Science (Sport and Exercise Science) program is accredited at the level of exercise science by Exercise and Sports Science Australia (ESSA). Graduates are eligible for accreditation at the level of Exercise Science with Exercise and Sport Science Australia.

Additional English language competence standards apply for International and Non-English as first language student graduates. Please refer to ESSA for these standards

<https://www.essa.org.au/>

## 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 subjects of English
- Recommended Studies: Any 2 subjects of English, plus four subjects of Science and/or Mathematics. PDHPE can be counted as a science subject for this program.

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.

[https://www.westernsydney.edu.au/international/home/apply/admissions/entry\\_requirements](https://www.westernsydney.edu.au/international/home/apply/admissions/entry_requirements) ([https://www.westernsydney.edu.au/international/home/apply/admissions/entry\\_requirements/](https://www.westernsydney.edu.au/international/home/apply/admissions/entry_requirements/))

For programs that will lead to AHPRA registered careers and students studying Sport and Exercise Science and Speech Pathology, students are required to have a minimum IELTS score of 7.0 overall with a minimum score of 7.0 in Speaking and Listening, and 6.5 in Writing and Reading or equivalents, in an acceptable language test.

## Special Requirements Prerequisites

In order to enrol in Second Year Autumn subjects, all students must have:

1. Working with Children Check Student Declaration
2. National Police Check
3. First Aid Certificate
4. Student Undertaking

## Sequence Current

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

### Full-time start-year intake

Course	Title	Credit Points
<b>Year 1</b>		
<b>Autumn session</b>		
SPRT 1001	Fundamentals of Exercise Science	10
NATS 1009	Human Anatomy and Physiology 1	10
PUBH 2005	Culture, Diversity and Health	10
HLTH 1013	Professional Competencies in Health	10
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
NATS 1010	Human Anatomy and Physiology 2	10
BEHV 1014	Psychology and Health	10
HLTH 1012	Evidence in Health	10
NATS 1022	Functional Anatomy	10
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Autumn session</b>		
HLTH 2003	Biomechanics	10
BIOS 2012	Exercise Physiology	10
HLTH 2004	Exercise Bioenergetics	10

SPRT 2002	Exercise Testing and Measurement	10
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
HLTH 2005	Exercise Prescription I	10
BEHV 3025	Sport and Exercise Psychology	10
HLTH 3016	Strength and Conditioning	10
HLTH 2025	Exercise Nutrition	10
<b>Credit Points</b>		<b>40</b>
<b>Year 3</b>		
<b>Autumn session</b>		
REHA 3007	Exercise Prescription II	10
SPRT 3008	Exercise Physiology Across the Lifespan	10
HLTH 2024	Research Methods in Health	10
BEHV 3015	Motor Control and Skill Acquisition	10
Note: HLTH 2031 has replaced BEHV 3015		
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
BIOS 3005	Applied Biomechanics	10
SPRT 3017	Work Experience in Sport and Exercise Science	10
REHA 3010	Exercise for Health and Disease Prevention	10
NATS 3047	Applied Physiology	10
<b>Credit Points</b>		<b>40</b>
<b>Total Credit Points</b>		<b>240</b>

### Full-time mid-year intake

Course	Title	Credit Points
<b>Year 1</b>		
<b>Spring session</b>		
NATS 1010	Human Anatomy and Physiology 2	10
BEHV 1014	Psychology and Health	10
BEHV 3025	Sport and Exercise Psychology	10
HLTH 1012	Evidence in Health	10
<b>Credit Points</b>		<b>40</b>
<b>Autumn session</b>		
SPRT 1001	Fundamentals of Exercise Science	10
NATS 1009	Human Anatomy and Physiology 1	10
HLTH 2003	Biomechanics	10
SPRT 2002	Exercise Testing and Measurement	10
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Spring session</b>		
HLTH 2005	Exercise Prescription I	10
BIOS 3005	Applied Biomechanics	10
HLTH 2025	Exercise Nutrition	10
NATS 1022	Functional Anatomy	10
<b>Credit Points</b>		<b>40</b>
<b>Autumn session</b>		
BIOS 2012	Exercise Physiology	10
HLTH 2004	Exercise Bioenergetics	10
PUBH 2005	Culture, Diversity and Health	10
HLTH 1013	Professional Competencies in Health	10
<b>Credit Points</b>		<b>40</b>

**Year 3****Spring session**

HLTH 3016	Strength and Conditioning	10
SPRT 3017	Work Experience in Sport and Exercise Science	10
REHA 3010	Exercise for Health and Disease Prevention	10
NATS 3047	Applied Physiology	10
<b>Credit Points</b>		<b>40</b>

**Autumn session**

REHA 3007	Exercise Prescription II	10
SPRT 3008	Exercise Physiology Across the Lifespan	10
HLTH 2024	Research Methods in Health	10
BEHV 3015	Motor Control and Skill Acquisition	10
Note: HLTH 2031 has replaced BEHV 3015		
<b>Credit Points</b>		<b>40</b>
<b>Total Credit Points</b>		<b>240</b>

**Recommended Sequence 2022**

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

**Full-time start-year intake**

Course	Title	Credit Points
<b>Year 1</b>		
<b>Autumn session</b>		
SPRT 1001	Fundamentals of Exercise Science	10
NATS 1009	Human Anatomy and Physiology 1	10
PUBH 2005	Culture, Diversity and Health	10
HLTH 1010	Professional Health Competencies	10
Note: Subject HLTH 1013 Professional Competencies in Health replaces HLTH 1010 Professional Health Competencies from Autumn 2021.		
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
NATS 1010	Human Anatomy and Physiology 2	10
BEHV 1014	Psychology and Health	10
HLTH 1012	Evidence in Health	10
NATS 1022	Functional Anatomy	10
Note: Subject HLTH 1012 Evidence in Health replaces HLTH 1001 Foundations of Research and Evidence-based Practice from Autumn 2021.		
Note: Subject NATS 1022 Functional Anatomy replaces BIOS 1015 Functional Anatomy from Autumn 2020.		
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Autumn session</b>		
HLTH 2003	Biomechanics	10
BIOS 2012	Exercise Physiology	10
HLTH 2004	Exercise Bioenergetics	10
SPRT 2002	Exercise Testing and Measurement	10
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
HLTH 2005	Exercise Prescription I	10
BEHV 3025	Sport and Exercise Psychology	10
HLTH 3016	Strength and Conditioning	10

HLTH 2025	Exercise Nutrition	10
Note: Subject HLTH 2025 Exercise Nutrition replaces BIOS 2010 Exercise Nutrition from Autumn 2021.		

<b>Credit Points</b>	<b>40</b>
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**Year 3****Autumn session**

REHA 3007	Exercise Prescription II	10
SPRT 3008	Exercise Physiology Across the Lifespan	10
BEHV 3015	Motor Control and Skill Acquisition	10
HLTH 2024	Research Methods in Health	10
Note: subject HLTH 2024 replaces HLTH 2021 Research Methods (Quantitative and Qualitative) from Autumn 2022		

<b>Credit Points</b>	<b>40</b>
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**Spring session**

BIOS 3005	Applied Biomechanics	10
SPRT 3017	Work Experience in Sport and Exercise Science	10
REHA 3010	Exercise for Health and Disease Prevention	10
NATS 3047	Applied Physiology	10
Note: Subject NATS 3047 Applied Physiology replaces BIOS 3008 Applied Physiology from Autumn 2020.		
<b>Credit Points</b>		<b>40</b>
<b>Total Credit Points</b>		<b>240</b>

**Full-time mid-year intake**

Course	Title	Credit Points
<b>Year 1</b>		
<b>Spring session</b>		
NATS 1010	Human Anatomy and Physiology 2	10
BEHV 1014	Psychology and Health	10
BEHV 3025	Sport and Exercise Psychology	10
HLTH 1012	Evidence in Health	10
Note: Subject HLTH 1012 Evidence in Health replaces HLTH 1001 Foundations of Research and Evidence-based Practice from Autumn 2021.		
<b>Credit Points</b>		<b>40</b>
<b>Autumn session</b>		
SPRT 1001	Fundamentals of Exercise Science	10
NATS 1009	Human Anatomy and Physiology 1	10
HLTH 2003	Biomechanics	10
SPRT 2002	Exercise Testing and Measurement	10
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Spring session</b>		
HLTH 2005	Exercise Prescription I	10
BIOS 3005	Applied Biomechanics	10
HLTH 2025	Exercise Nutrition	10
NATS 1022	Functional Anatomy	10
Note: Subject HLTH 2025 Exercise Nutrition replaces BIOS 2010 Exercise Nutrition from Autumn 2021.		
Note: Subject NATS 1022 Functional Anatomy replaces BIOS 1015 Functional Anatomy from Autumn 2020.		
<b>Credit Points</b>		<b>40</b>
<b>Autumn session</b>		
BIOS 2012	Exercise Physiology	10

HLTH 2004	Exercise Bioenergetics	10
PUBH 2005	Culture, Diversity and Health	10
HLTH 1013	Professional Competencies in Health	10

Note: Subject HLTH 1013 Professional Competencies in Health replaces HLTH 1010 Professional Health Competencies from Autumn 2021.

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<b>Credit Points</b>	<b>40</b>
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### Year 3

#### Spring session

HLTH 3016	Strength and Conditioning	10
SPRT 3017	Work Experience in Sport and Exercise Science	10
REHA 3010	Exercise for Health and Disease Prevention	10
NATS 3047	Applied Physiology	10

Note: Subject NATS 3047 Applied Physiology replaces BIOS 3008 Applied Physiology from Autumn 2020.

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<b>Credit Points</b>	<b>40</b>
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#### Autumn session

REHA 3007	Exercise Prescription II	10
SPRT 3008	Exercise Physiology Across the Lifespan	10
BEHV 3015	Motor Control and Skill Acquisition	10
HLTH 2024	Research Methods in Health	10

Note: subject HLTH 2024 replaces HLTH 2021 Research Methods (Quantitative and Qualitative) from Autumn 2022

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<b>Credit Points</b>	<b>40</b>
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<b>Total Credit Points</b>	<b>240</b>
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