

HLTH 7023 ADVANCED SPORT AND EXERCISE SCIENCE

Credit Points 20

Legacy Code 401414

Coordinator Simon Green ([https://directory.westernsydney.edu.au/search/name/Simon Green/](https://directory.westernsydney.edu.au/search/name/Simon%20Green/))

Description Please note, subject 401291.1 Advanced Sport and Exercise Science replaced by 401414.1 Advanced Sport and Exercise Science from 2020. This subject provides Bachelor of Research Studies/Masters of Research candidates with an interest in Sport & Exercise Science with an opportunity to further their knowledge and skill-sets in the field. Working closely with their assigned supervisor(s), students will prepare a work-plan to further enhance their theoretical knowledge through a combination of independent and guided-study. The subject will provide students with an opportunity to strengthen their knowledge and expertise in their selected field of Sport & Exercise Science. The subject is focused on the development of discipline-specific knowledge (theoretical and practical) to prepare students for their research thesis and future career in a Sport & Exercise Science related field.

School Health Sciences

Discipline Human Movement

Student Contribution Band HECS Band 4 20cp

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

Level Postgraduate Coursework Level 7 subject

Restrictions

Students must be enrolled in 8083 - Bachelor of Research Studies/ Masters of Research

Assumed Knowledge

Students to have completed an undergraduate degree in Sport and Exercise Science or other closely related Health, Allied Health or Medical Science/Medicine undergraduate equivalent.

Learning Outcomes

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

1. Plan, execute and evaluate two programs (learning contracts) of self-directed learning.
2. Develop and demonstrate sound knowledge and understanding of theory and practice in a chosen topic in Sports and Exercise Science.
3. Critically review published research about a topic related to your Masters research project.
4. Develop and demonstrate sound scientific writing skills.
5. Develop and demonstrate sound oral communication and presentation skills.

Subject Content

1. Advanced theoretical content related to the candidates research interests.

2. Developing skill-sets pertaining to Sport & Exercise Science research and/or clinical practice.
3. Management of self-directed learning programs.
4. Interpretation and evaluation of research contributions.

Special Requirements

Legislative pre-requisites

If you are involved in research work with human participants, you will need to consult with supervisors regarding any compulsory training or background checks that might be required.

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.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Learning Contract	2 pages for each contract	10	Y	Individual	Y
Reflection	1 page for each contract	10	Y	Individual	Y
Presentation	45 minutes	40	N	Individual	Y
Report	4,000 - 5,000 words	40	N	Individual	Y

Prescribed Texts

- None. Reading in these subjects will be given by the supervisors and will be recently published primary research and review articles. These publications are available through the library website.

Teaching Periods

Autumn (2025)

Campbelltown

On-site

Subject Contact Simon Green ([https://directory.westernsydney.edu.au/search/name/Simon Green/](https://directory.westernsydney.edu.au/search/name/Simon%20Green/))

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH7023_25-AUT_CA_1#subjects)