SPRT 1002 FUNDAMENTALS OF EXERCISE SCIENCE (WSTC)

Credit Points 10

Legacy Code 700073

Coordinator Ryan Sidoti (https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/)

Description This subject 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 Human Movement

Student Contribution Band HECS Band 4 10cp

Check your fees 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.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Log/ Workbook	Week 3, Week 8, Week 11	20	N	Individual	N
Professional Task	750-1000 words	20	N	Individual	N
Presentation	15 minutes	30	N	Individual	N
End-of-session Exam	2 hrs and 20 mins	30	N	Individual	N

Teaching Periods

Term 3 (2025)

Campbelltown

On-site

Subject Contact Ryan Sidoti (https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=SPRT1002_25-T3_CA_1#subjects)