Course Enrolment Guide 2008

Bachelor of Exercise Science

School of Exercise Science
Melbourne Campus – Victoria

Contact Details:

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1. How to use this Guide

This *Course Enrolment Guide 2008* provides you with information on the units you will require completing your course; and when and where the units will be offered in 2008.

**Steps to enrol in units for 2008**

1. Read Section 2. ‘Program Information’ for information on course structure and unit sequence. Take note of any prerequisite or co-requisite requirements before selecting particular units.

2. Refer to the unit listings in Section 3. ‘Units Offered in 2008’ to select your units. Take note of the study period in which units are offered.

3. You must refer to ‘Enrolment Information 2008’ on the ACU intranet for information on how to complete your enrolment via Student Connect*. ‘Enrolment Information 2008’ also provides information on study period definitions, modes of study, campus locations, dates for each study period and census dates.

4. Log on to *Student Connect – Managing Your Studies* and enrol.

5. After you have completed your enrolment, go to http://my.acu.edu.au/student/managing_your_studies/timetables_and_tutorial_direct/tutorial_direct to register your preferences for tutorials, laboratories or practicals via the online tutorial registration using *Tutorial Direct*. (NB: There may be a delay of up to two hours before your unit enrolment information is updated in *Tutorial Direct*).

**Contacting your Adviser**

Course Coordinators / Advisers will be available to assist you with re-enrolment between 8am-12noon and 2-4pm on Friday 30th November, Wednesday 15th and Thursday 16th January, and Friday 1st February.

You may ring, email them or see them in person *on these days*. Course Coordinators may not be available at other times. Please contact your School for further information.

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* Student Connect is a web interface allowing students to complete their ACU National enrolment online.
## 2. Program Information

### PROGRAM MAP - Bachelor of Exercise Science

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<th>Year 1 – Enrolment in 4 units plus the required Field Experiences (TBA) per Semester</th>
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Electives may be chosen from units taught within the School of Exercise Science, the School of Psychology, or from any other School of this University providing pre-requisite requirements are met and are approved by the Course Coordinator.
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**PROGRAM MAP - Bachelor of Exercise Science**

**EXERCISE & HEALTH MANAGEMENT MAJOR**

| Year 1 – Enrolment in 4 units plus the required Field Experiences (TBA) per Semester |
|---|---|---|---|
| **Sem 1** | **EXSC100** Introduction to Research Methods | **EXSC110** Anatomical Bases of Exercise Science | **EXSC130** Foundations of Motor Development & Behaviour | 1 Elective from (see p5) Health Promotion Outdoor Recreation Coaching & Strength Conditioning Psychology + FXPE151 Personal Fitness FXPE155 Weight Training |
| **Sem 2** | **EXSC120** Mechanical Bases of Exercise Science | **EXSC210** Functional Anatomy (EXSC 110) | **EXSC140** Physiological Bases of Exercise Science | 1 Elective (as above) + 2 of FXPE150 Swimming FXPE353 Triathlon FXOR100 Adv Bushwalking + FXIX159 Industry Experience1 |

**Year 2**

| Sem 1 | **EXSC220** Biomechanics (EXSC120) | **EXSC230** Motor Control and Learning (EXSC130) | **EXSC240** Exercise Physiology (EXSC140) | 1 Elective from (see p5) Health Promotion Outdoor Recreation Coaching & Strength Conditioning Psychology + 2 of FXPE154 AFL FXPE157 Track & Field FXWR103 Level 2 First Aid FXWR100 Relaxation Massage |
| Sem 2 | **EXSC260** Introduction to Sport Management | **EXSC236** Exercise Psychology | **EXSC345** Exercise Programming | 1 Elective (as above) + 2 of FXPE152 Gymnastics FXWR101 Injury Strapping & Prevention FXWR201 Sports Massage FXOR201 Snorkel Instructor FXOR202 Alpine Pursuits + FXIX259 Industry Experience2 |

**Year 3**

| Sem 1 | **EXSC300** Ethics, Law & Exercise Science Practice | Any 1 of: EXSC235 Sport Psychology EXSC340 Advanced Exercise Physiology (EXSC240) EXSC348 Exercise, Sport Safety and Injury | Any 1 of: EXSC361 Human Resources in Sport & Activity Management (EXSC260) EXSC362 Financial Management of Sport & Physical Activity (EXSC260) | 1 Elective from (see p5) Health Promotion Outdoor Recreation Coaching & Strength Conditioning Psychology + FXPA350 Personal Challenge 1 or FXOR306 Expedition 1 & FXOR301 Canoeing Flat Water Guide (optional for Outdoor Recreation students) |

Electives may be chosen from units taught within the School of Exercise Science, the School of Psychology, or from any other School of this University providing pre-requisite requirements are met and are approved by the Course Coordinator.
COURSE STRUCTURE

COURSE TITLE: Bachelor of Exercise Science

CREDIT POINTS: 240

MAJOR/s: Exercise Science
Exercise and Sport Management
Exercise and Health Management

ELECTIVE UNITS CAN BE CHOSEN FROM THE FOLLOWING DISCIPLINE AREAS

ELECTIVES: From the School of Exercise Science:

HEALTH PROMOTION

Semester 1
EXSC181 Health Prom & Prevent Disease
(Health Promotion & Prevention of Human Disease)
EXSC280 Drugs & Soc: Hlth Prom Perspet
(Drugs & Society From A Health Promotion Perspective) Prerequisite: EXSC180
EXSC380 Foundations of Health Promotion Policy Prerequisite: EXSC281

Semester 2
EXSC180 Promotion of Healthy Lifestyles
EXSC281 Interpersonal Health Prerequisite: EXSC280
EXSC381 Programs and Practices (Programs & Practices for Health Promotion) Prerequisite: EXSC380

OUTDOOR RECREATION (Note the additional costs for outdoor activities, camps and first aid certificate. In Year 1 the cost is approximately $300.)

Semester 1
EXSC190 Foundations of Outdoor Exp
(Foundations of Outdoor Experience)
EXSC290 Marine Environ & Outdr Exp
(The Marine Environment and the Outdoor Experience) Prerequisite: EXSC191
EXSC390 Leadership Prac & Outdoor Exp
(Leadership Practices and the Outdoor Experience) Prerequisite: EXSC291

Semester 2
EXSC191 Journey in the Natural World
(Journeying in the Natural World) Prerequisite: EXSC190
EXSC291 Alpine Ecology & Outdoor Exp
(Alpine Ecology and the Outdoor Experience) Prerequisite: EXSC290
EXSC391 Evaluation of Outdoor Exp
(Evaluation of the Outdoor Experience) Prerequisite: EXSC390

COACHING AND STRENGTH CONDITIONING

Semester 1
EXSC131 Coaching Principles
EXSC231 Issues in Coaching Prerequisite: EXSC131
(1 other subject in year 3; see course coordinator)

Semester 2
EXSC141 Train. & Condition. Principles
(Training and Conditioning Principles)
EXSC241 Programming Resistance Trng
(Programming Resistance Training) Prerequisite: EXSC141
(1 other subject in year 3; see course coordinator)
ELECTIVES: From the School of Psychology

PSYCHOLOGY

Semester 1
PSYC100 Psychology A
PSYC200 Lifespan Development Prerequisite: PSYC101
PSYC300 Theories of Personality Prerequisite: PSYC202

Semester 2
PSYC101 Psychology B
PSYC202 Social Psychology Prerequisite: PSYC101
PSYC304 Abnormal Psychology Prerequisite: PSYC202

You must enrol fulltime or equivalent part-time in the program for the year.

Prerequisites/Co-requisites (check with Course Co-ordinator)
Some prerequisite units are shown in parentheses in the Course Enrolment Guide. These units must be successfully completed before the chosen units. For more detailed information regarding prerequisite requirements and unit content, please check the University Handbook, available from the ACU National website http://my.acu.edu.au/student/courses_and_applying/handbooks

Students are reminded that, if they are enrolled in any subject which they have not successfully completed the necessary prerequisites, they must withdraw from that subject.

Repeat Subjects
If you failed any core units in 2007, you must repeat them in 2008. Enrolment in these units takes priority over other units.

Overload/Maximum number of units to be taken
“The maximum number of units you may enrol in a term is four units, i.e. 40cp plus field experience if appropriate. Students who wish to undertake additional units must consult with the Course Coordinator and obtain approval”.

Unit outlines and assessment requirements
Unit outlines with details of textbooks and assessment requirements will be provided at the commencement of lectures.

Timetable
You can also check the availability of units for the next semester/term by accessing the Timetable on the University’s website at: http://my.acu.edu.au/student/managing_your_studies/timetables_and_tutorial_direct