

Bachelor of Exercise and Sport Science (with specialisation)

includes:

Bachelor of Exercise and Sport Science (with specialisation)

The Bachelor of Exercise and Sport (with specialisation) prepares students for a rewarding career in the exercise and sports industry. Graduates will have a multifaceted understanding of sport, exercise and physical activity embedded within a community wellness philosophy.

The course includes the following awards:

Bachelor of Exercise and Sport Science *BEx&SportSc*

Bachelor of Exercise and Sport Science (Sport Management) *BEx&SportSc(SportMgt)*

Course Study Modes and Locations

Bachelor of Exercise and Sport Science (4414XS)

On Campus - Bathurst

Availability is subject to change, please verify prior to enrolment.

Normal course duration

Bachelor of Exercise and Sport Science (with specialisation)

Full-time 3.0 years (6.0 sessions)

Bachelor of Exercise and Sport Science - 3.0 years Bachelor of Exercise and Sport Science (Sport Management) - 3.0 years Part-time course duration (ie. two (2) subjects/session):
Bachelor of Exercise and Sport Science - 6.0 years Bachelor of Exercise and Sport Science (Sport Management) - 6.0 years

Normal course duration is the effective period of time taken to complete a course when studied Full-time (Full-time Equivalent: FTE). Students are advised to consult the Enrolment Pattern for the actual length of study. Not all courses are offered in Full-time mode.

Admission criteria

[CSU Admission Policy](#)

Charles Sturt University is a member of the University Admission Centre (UAC) system.

The Bachelor of Exercise and Sport Science also accepts applicants through the Pathways Admission Program and the Principals' Early Recommendation Scheme.

Credit

[CSU Credit Policy](#)

Students who have successfully completed the TAFE Certificate III in Fitness can receive proficiency credit for EHR221 Conditioning and Physical Activity.

Students who have successfully completed the TAFE Certificate IV/Diploma of Fitness can receive proficiency credit for EHR221 Conditioning and Physical Activity and EHR320 Work Integrated Learning Project.

Graduation requirements

To graduate students must satisfactorily complete 192 points.

Course Structure

Bachelor of Exercise and Sport Science Course structure

CORE SUBJECTS

[EHR101](#)Sociocultural Foundations of Human Movement

[EHR119](#)Anatomy & Physiology 1

[EHR128](#)Understanding Research

[EHR109](#)Introduction to Sport and Exercise Behaviour

[IKC101](#)Indigenous Cultures, Histories and Contemporary Realities

[EHR120](#)Anatomy & Physiology 2

[EHR221](#)Conditioning & Physical Activity

[EHR129](#)Contemporary Perspectives of Health

[EHR202](#)Human Exercise Physiology

[EHR225](#)Growth, Motor Development & Ageing

[EHR327](#)Indigenous People: Sport, Identity and Culture

[EHR211](#)Functional Anatomy & Human Performance

[EHR226](#)Exercise Testing & Prescription

[EHR218](#)Biomechanics

[EHR214](#)Skill Acquisition

[EHR213](#) Applied Psychology for Sport and Exercise
[EHR320](#) Work Integrated Learning Project
[EHR330](#) Neuroscience of Motor Behaviour
[EHR332](#) Nutrition for Health & Performance
[EHR329](#) Biomechanical Analysis of Movement
[EHR331](#) Exercise, Health & Disease
[EHR311](#) Advanced Human Exercise Physiology
[EHR328](#) Ethics in Sport

UNRESTRICTED ELECTIVE

1 x Unrestricted Elective

Bachelor of Exercise and Sport Science (Sport Management)

CORE SUBJECTS

[EHR101](#) Sociocultural Foundations of Human Movement
[EHR109](#) Introduction to Sport and Exercise Behaviour
[EHR119](#) Anatomy & Physiology 1
[EHR128](#) Understanding Research
[EHR120](#) Anatomy & Physiology 2
[EHR221](#) Conditioning and Physical Activity
[EHR129](#) Contemporary Perspectives of Health
[EHR202](#) Human Exercise Physiology
[EHR225](#) Growth, Motor Development and Ageing
[EHR327](#) Indigenous People: Sport, Identity and Culture
[EHR218](#) Biomechanics
[EHR333](#) Politics & Economics of Sport
[EHR303](#) Contemporary Issues in Physical Activity
[EHR320](#) Work Integrated Learning Project
[EHR220](#) Sports Media 2
[EHR328](#) Ethics in Sport
[IKC101](#) Indigenous Cultures, Histories and Contemporary Realities
[HRM210](#) Human Resource Management
[MGT100](#) Organisations and Management
[MKT110](#) Marketing and Society

RESTRICTED ELECTIVE SUBJECTS

SHMS Restricted Electives (Choose 2 from) :

[EHR211](#) Functional Anatomy & Human Performance
[EHR332](#) Nutrition for Health & Performance

[EHR329](#)Biomechanical Analysis of Movement
[EHR226](#)Exercise Testing & Prescription
[EHR214](#)Skill Acquisition
[EHR213](#)Applied Psychology for Sport and Exercise
[EHR331](#)Exercise, Health & Disease
[EHR311](#)Advanced Human Exercise Physiology
[EHR219](#)Games, Sport & Contemporary Physical Activity

Business electives:

Any 2 x 200/300 level business subjects

KEY SUBJECTSfrom 201430 for the Bachelor of Exercise and Sport Science and the Bachelor of Exercise and Sport Science (Sports Management) are:

- [EHR119](#)Anatomy & Physiology 1
- [EHR128](#)Understanding Research
- [EHR202](#)Human Exercise Physiology

Enrolment Pattern

Bachelor of Exercise and Sport Science - Session 1 Intake

Year 1

Session 1

[EHR101](#)Sociocultural Foundations of Human Movement
[EHR119](#)Anatomy & Physiology 1
[EHR128](#)Understanding Research
[EHR109](#)Introduction to Sport and Exercise Behaviour

Session 2

[IKC101](#)Indigenous Cultures, Histories and Contemporary Realities
[EHR120](#)Anatomy & Physiology 2
[EHR221](#)Conditioning & Physical Activity
[EHR129](#)Contemporary Perspectives of Health

Year 2

Session 1

[EHR202](#)Human Exercise Physiology
[EHR225](#)Growth, Motor Development & Ageing
[EHR327](#)Indigenous People: Sport, Identity and Culture
[EHR211](#)Functional Anatomy & Human Performance

Session 2

[EHR226](#) Exercise Testing & Prescription

[EHR218](#) Biomechanics

[EHR214](#) Skill Acquisition

[EHR213](#) Applied Psychology for Sport and Exercise

Session 3

[EHR320](#) Work Integrated Learning Project

Year 3

Session 1

[EHR330](#) Neuroscience of Motor Behaviour

[EHR332](#) Nutrition for Health & Performance

[EHR329](#) Biomechanical Analysis of Movement

Session 2

[EHR331](#) Exercise, Health & Disease

[EHR311](#) Advanced Human Exercise Physiology

[EHR328](#) Ethics in Sport

[] Unrestricted Elective

Bachelor of Exercise and Sport Science - Session 2 Intake

Year 1

Session 2

[IKC101](#) Indigenous Cultures, Histories and Contemporary Realities

[EHR120](#) Anatomy & Physiology 2

[EHR221](#) Conditioning & Physical Activity

[EHR129](#) Contemporary Perspectives of Health

Session 1

[EHR101](#) Sociocultural Foundations of Human Movement

[EHR119](#) Anatomy & Physiology 1

[EHR128](#) Understanding Research

[EHR109](#) Introduction to Sport and Exercise Behaviour

Year 2

Session 2

[EHR226](#) Exercise Testing & Prescription

[EHR218](#) Biomechanics

[EHR214](#) Skill Acquisition

[EHR213](#) Applied Psychology for Sport and Exercise

Session 3

[EHR320](#) Work Integrated Learning Project

Session 1

[EHR202](#) Human Exercise Physiology

[EHR225](#) Growth, Motor Development & Ageing

[EHR327](#) Indigenous People: Sport, Identity and Culture

[EHR211](#) Functional Anatomy & Human Performance

Year 3

Session 2

[EHR331](#) Exercise, Health & Disease

[EHR311](#) Advanced Human Exercise Physiology

[EHR328](#) Ethics in Sport

[] Unrestricted Elective

Session 1

[EHR330](#) Neuroscience of Motor Behaviour

[EHR332](#) Nutrition for Health & Performance

[EHR329](#) Biomechanical Analysis of Movement

Bachelor of Exercise and Sport Science - Session 3 Intake

Year 1

Session 3

[EHR128](#) Understanding Research

[EHR109](#) Introduction to Sport and Exercise Behaviour

Session 1

[EHR101](#) Sociocultural Foundations of Human Movement

[EHR119](#) Anatomy & Physiology 1

[IKC101](#) Indigenous Cultures, Histories and Contemporary Realities

Session 2

[EHR120](#) Anatomy & Physiology 2

[EHR221](#) Conditioning & Physical Activity

[EHR129](#) Contemporary Perspectives of Health

Year 2

Session 1

- [EHR202](#) Human Exercise Physiology
- [EHR225](#) Growth, Motor Development & Ageing
- [EHR327](#) Indigenous People: Sport, Identity and Culture
- [EHR211](#) Functional Anatomy & Human Performance

Session 2

- [EHR226](#) Exercise Testing & Prescription
- [EHR218](#) Biomechanics
- [EHR214](#) Skill Acquisition
- [EHR213](#) Applied Psychology for Sport and Exercise

Session 3

- [EHR320](#) Work Integrated Learning Project

Year 3**Session 1**

- [EHR330](#) Neuroscience of Motor Behaviour
- [EHR332](#) Nutrition for Health & Performance
- [EHR329](#) Biomechanical Analysis of Movement

Session 2

- [EHR331](#) Exercise, Health & Disease
- [EHR311](#) Advanced Human Exercise Physiology
- [EHR328](#) Ethics in Sport
- [] Unrestricted Elective

Bachelor of Exercise and Sport Science (Sport Management) – Session 1 Intake**Year 1****Session 1**

- [EHR101](#) Sociocultural Foundations of Human Movement
- [EHR119](#) Anatomy & Physiology 1
- [EHR128](#) Understanding Research
- [EHR109](#) Introduction to Sport and Exercise Behaviour

Session 2

- [IKC101](#) Indigenous Cultures, Histories and Contemporary Realities
- [EHR120](#) Anatomy & Physiology 2
- [EHR221](#) Conditioning and Physical Activity
- [EHR129](#) Contemporary Perspectives of Health

Year 2**Session 1**

[EHR202](#) Human Exercise Physiology

[EHR225](#) Growth, Motor Development and Ageing

[EHR327](#) Indigenous People: Sport, Identity and Culture

[MGT100](#) Organisations and Management

Session 2

[HRM210](#) Human Resource Management

[EHR218](#) Biomechanics

[EHR333](#) Politics & Economics of Sport

[EHR303](#) Contemporary Issues in Physical Activity

Session 3

[EHR320](#) Work Integrated Learning Project

Year 3**Session 1**

[EHR220](#) Sports Media 2

[MKT110](#) Marketing and Society

Plus one (1) Restricted Elective from either:

[EHR211](#) Functional Anatomy & Human Performance

OR

[EHR332](#) Nutrition for Health & Performance

OR

[EHR329](#) Biomechanical Analysis of Movement

Session 2

[EHR328](#) Ethics in Sport

Plus any two (2) Level 2 or 3 Business subject

Plus one (1) Restricted Elective from either:

[EHR226](#) Exercise Testing & Prescription

OR

[EHR214](#) Skill Acquisition

OR

[EHR213](#) Applied Psychology for Sport and Exercise

OR

[EHR331](#) Exercise, Health & Disease

OR

[EHR311](#) Advanced Human Exercise Physiology

OR

[EHR219](#) Games, Sport & Contemporary Physical Activity

Bachelor of Exercise and Sport Science (Sport Management) – Session 2 Intake**Year 1****Session 2**

[IKC101](#)Indigenous Cultures, Histories and Contemporary Realities

[EHR120](#)Anatomy & Physiology 2

[EHR221](#)Conditioning and Physical Activity

[EHR129](#)Contemporary Perspectives of Health

Session 1

[EHR101](#)Sociocultural Foundations of Human Movement

[EHR119](#)Anatomy & Physiology 1

[EHR128](#)Understanding Research

[EHR109](#)Introduction to Sport and Exercise Behaviour

Year 2**Session 2**

[HRM210](#)Human Resource Management

[EHR218](#)Biomechanics

[EHR303](#)Contemporary Issues in Physical Activity

[MKT110](#)Marketing and Society

Session 3

[EHR320](#)Work Integrated Learning Project

Session 1

[EHR202](#)Human Exercise Physiology

[EHR225](#)Growth, Motor Development and Ageing

[EHR327](#)Indigenous People: Sport, Identity and Culture

[MGT100](#)Organisations and Management

Year 3**Session 2**

[EHR333](#)Politics & Economics of Sport

[EHR328](#)Ethics in Sport

Plus any one (1) Level 2 or 3 Business subject

Plus one (1) Restricted Elective from either:

[EHR226](#)Exercise Testing & Prescription

OR

[EHR214](#)Skill Acquisition

OR

[EHR213](#) Applied Psychology for Sport and Exercise

OR

[EHR331](#) Exercise, Health & Disease

OR

[EHR311](#) Advanced Human Exercise Physiology

Session 1

[EHR220](#) Sports Media 2

Plus any one (1) Level 2 or 3 Business subject

Plus one (1) Restricted Elective from either:

[EHR211](#) Functional Anatomy & Human Performance

OR

[EHR332](#) Nutrition for Health & Performance

OR

[EHR329](#) Biomechanical Analysis of Movement

Bachelor of Exercise and Sport Science (Sport Management) – Session 3 Intake

Year 1

Session 3

[EHR128](#) Understanding Research

[EHR109](#) Introduction to Sport and Exercise Behaviour

Session 1

[EHR101](#) Sociocultural Foundations of Human Movement

[EHR119](#) Anatomy & Physiology 1

[IKC101](#) Indigenous Cultures, Histories and Contemporary Realities

Session 2

[EHR120](#) Anatomy & Physiology 2

[EHR221](#) Conditioning and Physical Activity

[EHR129](#) Contemporary Perspectives of Health

Year 2

Session 1

[EHR202](#) Human Exercise Physiology

[EHR225](#) Growth, Motor Development and Ageing

[EHR327](#) Indigenous People: Sport, Identity and Culture

[MGT100](#) Organisations and Management

Session 2

[HRM210](#) Human Resource Management

[EHR218](#)Biomechanics
[EHR333](#)Politics & Economics of Sport
[EHR303](#)Contemporary Issues in Physical Activity

Session 3

[EHR320](#)Work Integrated Learning Project

Year 3

Session 1

[EHR220](#)Sports Media 2
[MKT110](#)Marketing and Society
Plus one (1) Restricted Elective from either:
[EHR211](#)Functional Anatomy & Human Performance
OR
[EHR332](#)Nutrition for Health & Performance
OR
[EHR329](#)Biomechanical Analysis of Movement

Session 2

[EHR328](#)Ethics in Sport
Plus any two (2) Level 2 or 3 Business subjects
Plus one (1) Restricted Elective from either:
[EHR226](#)Exercise Testing & Prescription
OR
[EHR214](#)Skill Acquisition
OR
[EHR213](#)Applied Psychology for Sport and Exercise
OR
[EHR331](#)Exercise, Health & Disease
OR
[EHR311](#)Advanced Human Exercise Physiology
OR
[EHR219](#)Games, Sport & Contemporary Physical Activity

Workplace learning

Please note that the following subjects may contain a Workplace Learning component.

EHR320 Work Integrated Learning Project

Residential School

Please note that the following subjects may have a residential school component.

EHR202 Human Exercise Physiology
EHR211 Functional Anatomy & Human Performance
EHR221 Conditioning & Physical Activity
EHR226 Exercise Testing & Prescription
EHR329 Biomechanical Analysis of Human Movement
EHR330 Neuroscience of Motor Behaviour

Enrolled students can find further information about CSU residential schools via the [About Residential School](#) page.

Accreditation

The Bachelor of Exercise Science and Sport Science is accredited with Exercise and Sports Science Australia (ESSA) via the National University Course Accreditation Program (NUCAP).

Contact

For further information about Charles Sturt University, or this course offering, please contact info.csu on 1800 334 733 (free call within Australia) or email inquiry@csu.edu.au

The information contained in the 2016 CSU Handbook was accurate at the date of publication: October 2015. The University reserves the right to vary the information at any time without notice.

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