

# Bachelor of Exercise and Sport Science (with specialisation)

*includes:*

## **Bachelor of Exercise and Sport Science (with specialisation)**

The Bachelor of Exercise and Sport Science (with specialisation) prepares graduates 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)**

*Distance Education - Bathurst*

*On Campus - Bathurst*

*On Campus - Port Macquarie*

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)

Part-time 6.0 years (12.0 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.

Correction: Certificate IV in Fitness was incorrectly listed as being eligible for proficiency credit for 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 SUBJECTS** from 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.

EHR119 Anatomy & Physiology 1  
EHR120 Anatomy & Physiology 2  
EHR202 Human Exercise Physiology  
EHR211 Functional Anatomy & Human Performance  
EHR221 Conditioning & Physical Activity  
EHR226 Exercise Testing & Prescription  
EHR311 Advanced Human Exercise Physiology  
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**

#### **Current Students**

For any enquiries about subject selection or course structure you will need to contact your Course Director. You can find the name and contact details for your Course Director in your offer letter or contact your School office.

#### **Prospective Students**

For further information about Charles Sturt University, or this course offering, please contact info.csu on 1800 334 733 (free call within Australia) or [enquire online](#).

*The information contained in the 2017 CSU Handbook was accurate at the date of*

*publication: May 2017. The University reserves the right to vary the information at any time without notice.*

[Back](#)