



THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

COURSE REGULATIONS

SCHOOL OF HEALTH SCIENCES

BACHELOR OF EXERCISE AND SPORT SCIENCE

BExSc

COURSE CODE: 3161

THESE COURSE REGULATIONS ARE EFFECTIVE FROM 1.1.2017

SCHOOL OF HEALTH SCIENCES

1. These Course Regulations apply to all students who are enrolled in the Bachelor of Exercise and Sports Science Award on the Fremantle Campus.
2. The Dean is the responsible Executive of these Course Regulations.
3. The contact officer for this document is the Senior Administration Officer, School of Health Sciences, Fremantle Campus.

MODIFICATION HISTORY

1. These Course Regulations are effective from 1 January 2017.

Version	Date Amended	Modification Details	Name
1	January 2007	Amendments to course regulations	Dean
2	January 2008	Amendments to course regulations	Dean
3	December 2008	Amendments to course regulations	Dean
4	July 2011	Amendments to course regulations	Dean
5	December 2013	Regulations transferred to new template	Dean
6.	October 2014	Amendments to course regulations (Removal of Honours, name change to unit titles)	Dean
7.	August 2015	Amendments to course regulations	Dean

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1 INTRODUCTION AND INTERPRETATION

1.1 Introduction

These Course Regulations apply to all students enrolled in the Bachelor of Exercise and Sport Science Award at The University of Notre Dame Australia.

These Regulations should be read in conjunction with the University's General Regulations and the School of Health Sciences Regulations.

1.2 Interpretation

The terms included in these Regulations have the meanings as defined in the University's General Regulations and the School of Health Sciences Regulations.

1.3 Amendments made to Course Regulations

Unless otherwise specified, when amendments are made to the structure, content or academic requirements of these Awards, the amendments will automatically apply in accordance with General Regulation Section 1.7.

1.4 Applicability to Campuses of the University

The Bachelor of Exercise and Sport Science Award is available on the Fremantle Campus only.

1.5 The Australian Qualifications Framework (AQF)

The Bachelor of Exercise and Sport Science Award is a Level 7 AQF qualification.

2 ENTRY CRITERIA

2.1 General Criteria

The standard entry requirements for admission are detailed in the University's General Regulations and the School of Health Sciences Regulations.

2.2 Additional Entry Requirements / Pre-Requisites

There are no additional entry requirements or pre-requisites for this Award.

2.3 External Accreditation Requirements

This Award is accredited under National Universities Course Accreditation Program (NUCAP) in Exercise and Sport Science.

3 AWARD REQUIREMENTS

3.1 Structure

For the Bachelor of Exercise and Sport Science Award Structure, refer to Appendix A.

3.1.1 Compulsory Units

Refer to Award structure in Appendix A.

3.1.2 Elective Units

There are Elective unit(s) within this Award ().

3.1.3 Majors and Double Majors

A Major in Preventive Health is available with the Bachelor of Exercise and Sports Science Award (There are no Double Majors available with this Award).

3.1.4 Minors

A Minor in Preventive Health and a Minor in Biomedical Science is available within the Bachelor of Exercise and Sports Science Award.

3.1.5 Specialisations

There are no Specialisations available with this Award.

3.1.6 Special Interest Units

There are no Special Interest Units available within this Award.

3.2 Special Award Requirements

There are no Special Award Requirements in this Award.

3.3 Practicum or Internship requirements

Students are to complete two practicum units as detailed below:

HPE2500 Sport and Exercise Science Industry Practicum (comprising 150 hours)	25CPS
HPE3500 Sport and Exercise Science Industry Internship (comprising 150 hours)	30CPS

Placements are managed and authorized by the Practicum Coordinator and require students to formally register and seek approval, on the standard form, with the Practicum Coordinator prior to commencement of the placement.

3.4 Approved unit substitutions

Unit substitutions, where permitted, must be approved by the Dean.

3.5 Alternative Pathways

Alternative Pathways are not applicable for this Award.

3.6 Volume of Learning

3.6.1 Standard Duration

- The standard duration for the Bachelor of Exercise and Sport Science Award is three (3.0) years of equivalent full-time study.
- A student is able to enrol in the Bachelor of Exercise and Sports Science Award on a part-time basis, with the written approval from the Course Coordinator.

3.6.2 Accelerated Duration

An accelerated mode is not available for this Award.

3.6.3 Maximum Duration

The maximum period of time within which a student is permitted to complete this Award is 8 years (including any periods of approved leave of absence) from the date on which they were first enrolled into the course by the University's.

3.7 Graduation

Where a student has satisfied all the requirements of this Award as detailed in these Course Regulations and the General Regulations, the University may grant the student graduation status.

3.8 Exit Awards

An Exit Award pathway is not available for this Award.

END OF REGULATIONS



APPENDIX A:

YEAR ONE						
Semester One			Semester Two			
Unit Number	Unit Title	Credit Points	Unit Number	Unit Title	Credit Points	
CO115	Academic Research & Writing in Health Sciences	25	HB101	Applications of Fundamental Anatomy & Physiology to Physical Education	25	
HPE100	Physical Activity & Health	25	HPE110	Exercise Physiology	25	
HPE142	Human Growth & Development	25	HPE162	Health Issues & Preventive Approaches	25	
BMS100	Human Structure & Function	25	PH100 Or SM130	Introduction to Philosophy OR Mathematics Foundation (if no 2A/2B maths) (1 st elective substitute)	25	
Credit Point Total for Y1 S1		100	Credit Point Total for Y1 S2		100	
					Total Credit Points Year One	200
YEAR TWO						
Semester One			Semester Two			
Unit Number	Unit Title	Credit Points	Unit Number	Unit Title	Credit Points	
HPE220	Physiology of Training and Environmental Extremes	25	HPE200	Motor Control Development and Learning	25	
HPE241	Principles of Strength & Conditioning	25	HPE252	Health, Fitness and Performance Assessment	25	
HPE251	Exercise, Health & Disease	25	HPE340	Exercise Biomechanics	25	
PS111	Developmental Psychology	25	Elective OR PH100	Elective OR Introduction to Philosophy	25	
SS227	Data analysis & Experimental Design	25	BMS103	Anatomy and Physiology of Body Systems	25	
HPE2500	Exercise and Sport Science Industry Practicum (Full year unit)	25	Credit Point Total for Y2 S2		125	
Credit Point Total for Y2 S1		150	Total Credit Points Year Two			275
YEAR THREE						
Semester One			Semester Two			
Unit Number	Unit Title	Credit Points	Unit Number	Unit Title	Credit Points	
HPE321	Exercise Physiology for Special Populations	30	HPE310	Nutrition for Health & Physical Education	30	
HPE341	Advanced Biomechanics	30	HPE370	The Australian Sports System	30	
ET100	Ethics	25	TH101	Introduction to Theology	25	
Elective	2 nd Elective	25	Elective	3 rd Elective	25	
HPE3500	Exercise & Sport Science Industry Internship (Full year unit)	30	HPE210	Psycho-Social Aspects of Sport & Physical Activity	25	
Credit Point Total for Y3 S1		140	Credit Point Total for Y3 S2		135	
					Total Credit Points Year Three	275
					TOTAL COURSE CREDIT POINTS:	750