

# Bachelor of Exercise and Sport Science

## Study Plan

|        |            |  |   |  |  |
|--------|------------|--|---|--|--|
| Year 1 | Semester 1 | <b>BIOL1102</b><br>Molecular Basis of Life<br><br>4.5 units  | <b>EXSC1001</b><br>Fundamentals of Exercise Science<br><br>4.5 units  | <b>HLPE1552</b><br>Human Functional Anatomy in Sport and Exercise<br><br>4.5 units | <b>HLTH1010</b><br>Research & Study Skills 1<br><br>4.5 units  |
|        | Semester 2 | <b>HLPE2533</b><br>Exercise Prescription and Physiology<br><br><b>HLPE1552</b><br>4.5 units                                      | <b>HLTH1004</b><br>Human Bioscience<br><br>4.5 units  | <b>NUTD1106</b><br>Nutrition Physical Activity and Health<br><br>4.5 units         | <b>OPTION TOPIC</b><br><br>4.5 units   |
| Year 2 | Semester 1 | <b>EXSC2002</b><br>Motor Learning and Control<br><br><b>HLTH1004</b><br><b>EXSC1001</b><br>4.5 units                             | <b>HLPE2530</b><br>Physical Activity and Health<br><br>4.5 units  | <b>HLTH2107</b><br>Research & Study Skills 2<br><br><b>HLTH1010</b><br>4.5 units   | <b>MMED2931</b><br>Human Physiology<br><br><b>HLTH1004</b><br>4.5 units                                    |
|        | Semester 2 | <b>ENGR2862</b><br>Sport Biomechanics<br><br><b>EXSC1001</b><br>4.5 units  | <b>EXSC2003</b><br>Exercise Physiology<br><br><b>EXSC1001</b><br><b>HLTH1004</b><br><b>HLPE2533</b><br>4.5 units                                    | <b>HLTH2105</b><br>Health: A Psychological Perspective<br><br>4.5 units            | <b>NUTD3203</b><br>Nutrition for Sports Performance<br><br><b>NUTD1106</b><br><b>MMED2931</b><br>4.5 units |
| Year 3 | Semester 1 | <b>EXSC3001</b><br>Advanced Topics in Exercise Science<br><br><b>EXSC2002</b><br><b>EXSC2003</b><br><b>MMED2931</b><br>4.5 units | <b>EXSC3002</b><br>Professional Practice in Exercise Science<br><br><b>EXSC1001</b><br><b>EXSC2003</b><br><b>EXSC3001</b> <sup>^</sup><br>4.5 units | <b>HLTH3112</b><br>Research & Study Skills 3<br><br><b>HLTH2107</b><br>4.5 units   | <b>MMED3932</b><br>Body Systems<br><br><b>MMED2931</b><br>4.5 units  |
|        | Semester 2 | <b>EXSC3010</b><br>Psychology of Exercise, Health and Behaviour Change<br><br><b>HLTH2105</b><br>4.5 units                       | <b>HLTH3116</b><br>Legal and Ethical Aspects of Health Care<br><br>4.5 units  | <b>OPTION TOPIC</b><br><br>See notes<br><br>4.5 units                              | <b>OPTION TOPIC</b><br><br>See notes<br><br>4.5 units  |

Prerequisites apply  
^ may be concurrent

**Option topics** are available from a select list of topics as per the course rule.

Students intending to apply for **Master of Physiotherapy**, Choose MMED3941 and REHB2001

Please note:

- This document is provided as a guide only. It is the student's responsibility to review and assess any changes to the course rule, topic prerequisites and semester availability; this information is available [online](#)
- Topic information can be found on the [Topic Page](#)
- For enrolment advice please submit an [Ask Flinders](#) request.