## Bachelor of Exercise and Sports Science With Advanced Standing from the Bond University College Diploma of Health Sciences



This Program Structure and Sequence (PSS) is ONLY for students admitted to CC-60025 Bachelor of Exercise and Sports \*\*\* Science Prior to enrolling, students are responsible for checking any assumed knowledge, pre-requisite conditions & potential timetabling clashes. Please seek advice from an Academic Advisor in the Student Business Centre

2020

SPEX13-334

<b>Program Structure</b>							
Program Code	Version	CRICOS	Intakes	Total Subjects	Credit Points	Duration	
CC-60025	5	080641D	January	23	240	2 Years	
Assumed Knowledge							
This is the minimum level of knowledge needed to successfully complete this subject. Students who do not possess this knowledge are strongly recommended against enrolling and do so at their own risk. While this is not a barrier to enrolment, students lacking the recommended knowledge will be considerably							
disadvantaged. There will					commended knowledge will be	considerably	
8	Code		Title		Assumed Knowledge	Pre-requisite	
Advanced Standing	CORE11-001	Critical Thinking and Communication				•	
from the Bond	CORE11-002	Leadership and Team Dynamics					
University College	BMED11-109	Principles of Human Structure & Function					
Diploma of Health	BMED11-114	Chemistry for Living Systems					
Sciences* (6)	SPEX11-102	Foundations of Exercise and Sport					
	BMED11-110	Human Organ	Systems 1				
Foundation Subjects	(17)						
Jan/May/Sep	CORE11-003	Ethical Though	nt and Action				
May	SPEX11-113	Functional Anatomy			BMED11-109		
May	SPEX11-103	Biochemistry of Exercise and Sport			BMED11-114		
Sep	SPEX11-304	Biomechanics of Exercise and Sport					
Sep	SPEX12-311	Motor Contro	l and learning inExer	cise and Sport			
Sep	SPEX11-104	Sport, Health	and Exercise Psychol	ogy			
Sep	SPEX12-312	Physiology an	d Biochemistry of Ex	ercise and Sport	BMED11-110, BMED11-109	SPEX11-103	
Jan	HPER12-01	Health Resear	ch Methods				
Jan	SPEX13-335		ng, Prescription and				
Jan	SPEX12-313	Introduction t Science	o Professional Practi	ce in Exercise and Sports			
May	SPEX13-336	Advanced Phy Sport	siology and Biochem	nistry of Exercise and		SPEX12-312	
May	SPEX13-339	•	mechanics of Exercis	e and Sport		SPEX11-304	
May	SPEX13-338	Advanced Exercise Testing, Prescription and Delivery				SPEX13-335	
	SPEX13-334	Behaviour Cha	ange to Enhance Hea	lth			
Sep	NUTR12-101	Sport and Exe	rcise Nutrition				
Sep	SPEX13-337	Exercise and S	port for Lifelong Hea	alth			
Sep	SPEX13-333	Professional P	ractice and Practicu	m (20CP)		SPEX13-336 SPEX13-339 SPEX13-338	

		Sequence Plan for students via BUC commencing N	1ay 2020	
Semester	Code	Title	Assumed Knowledge	Pre-requisite
202	CORE11-003	Ethical Thought and Action		
	SPEX11-113	Functional Anatomy	BMED11-109	
	SPEX11-103	Biochemistry of Exercise and Sport		BMED11-114
203	SPEX11-304	Biomechanics of Exercise and Sport		
	SPEX12-311	Motor Control and Learning in Exercise and Sport		
	SPEX11-104	Sport, Health and Exercise Psychology		
	SPEX12-312	Physiology and Biochemistry of Exercise and Sport	BMED11-110, BMED11-109	SPEX11-103
221	HPER12-101	Health Research Methods		
	SPEX13-335	Exercise Testing, Prescription and Delivery		
	SPEX12-313	Introduction to Professional Practice in Exercise and Sports S		
222	SPEX13-336	Advanced Physiology and Biochemistry of Exercise and Sport		SPEX12-312
	SPEX13-339	Advanced Biomechanics of Exercise and Sport		SPEX11-304
	SPEX13-338	Advanced Exercise Testing, Prescription and Delivery		SPEX13-335
	SPEX13-334	Behaviour Change to Enhance Health		
223	NUTR12-101	Sport and Exercise Nutrition	BMED11-110, BMED11-205	
	SPEX13-337	Exercise and Sport for Lifelong Health		
				SPEX13-336
	SPEX13-333	Professional Practice and Practicum (20CP)		SPEX13-339
				SPEX13-338 SPEX13-334
	Sea	uence Plan for students via BUC commencing Sept	emher 2020	
	9 9 9	defice i fair for students the Boe commencing sept	CITIBET 2020	
Semester	Code	Title	Assumed Knowledge	Pre-requisite
Semester 203	-			Pre-requisite
	Code	Title		Pre-requisite
	Code SPEX11-304	Title  Biomechanics of Exercise and Sport		Pre-requisite
	Code SPEX11-304 SPEX12-311	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery		Pre-requisite
203	Code  SPEX11-304  SPEX12-311  SPEX11-104	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports		Pre-requisite
203	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery		Pre-requisite
203	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science	Assumed Knowledge	Pre-requisite  BMED11-114
203	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy	Assumed Knowledge	·
203	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport	Assumed Knowledge	BMED11-114
203	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103  SPEX13-338	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery	Assumed Knowledge	BMED11-114 SPEX13-335
203 221 222	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103  SPEX13-338  SPEX13-339	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport	Assumed Knowledge  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304
203 221 222	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103  SPEX13-338  SPEX13-339  SPEX12-312	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport  Physiology and Biochemistry of Exercise and Sport	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304
203 221 222	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103  SPEX13-338  SPEX13-339  SPEX13-339  SPEX12-312  NUTR12-101	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304
203 221 222 223	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103  SPEX13-338  SPEX13-339  SPEX12-312  NUTR12-101  SPEX13-337	Biomechanics of Exercise and Sport Motor Control and Learning in Exercise and Sport Sport, Health and Exercise Psychology Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport Advanced Exercise Testing, Prescription and Delivery Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition Exercise and Sport for Lifelong Health	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304
203 221 222 223	SPEX11-304 SPEX11-304 SPEX12-311 SPEX11-104 SPEX13-335 SPEX12-313 SPEX11-113 SPEX11-103 SPEX13-338 SPEX13-339 SPEX12-312 NUTR12-101 SPEX13-337 HPER12-101	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition  Exercise and Sport for Lifelong Health Health Research Methods Ethical Thought and Action Advanced Physiology and Biochemistry of Exercise and	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304
203 221 222 223 231	Code  SPEX11-304  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-103  SPEX11-103  SPEX13-338  SPEX13-339  SPEX13-339  SPEX12-312  NUTR12-101  SPEX13-337  HPER12-101  CORE11-003  SPEX13-336	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition Exercise and Sport for Lifelong Health Health Research Methods Ethical Thought and Action Advanced Physiology and Biochemistry of Exercise and Sport	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304 SPEX11-103
203 221 222 223 231	Code  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-113  SPEX11-103  SPEX13-338  SPEX13-339  SPEX13-339  SPEX13-337  HPER12-101  CORE11-003	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition  Exercise and Sport for Lifelong Health Health Research Methods Ethical Thought and Action Advanced Physiology and Biochemistry of Exercise and	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304 SPEX11-103
203 221 222 223 231 232	SPEX11-304 SPEX11-304 SPEX12-311 SPEX11-104 SPEX13-335 SPEX12-313 SPEX11-113 SPEX11-103 SPEX13-338 SPEX13-339 SPEX12-312 NUTR12-101 SPEX13-337 HPER12-101 CORE11-003 SPEX13-336 SPEX13-334	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition Exercise and Sport for Lifelong Health Health Research Methods Ethical Thought and Action Advanced Physiology and Biochemistry of Exercise and Sport Behaviour Change to Enhance Health	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304 SPEX11-103
203 221 222 223 231	Code  SPEX11-304  SPEX11-304  SPEX12-311  SPEX11-104  SPEX13-335  SPEX12-313  SPEX11-103  SPEX11-103  SPEX13-338  SPEX13-339  SPEX13-339  SPEX12-312  NUTR12-101  SPEX13-337  HPER12-101  CORE11-003  SPEX13-336	Title  Biomechanics of Exercise and Sport  Motor Control and Learning in Exercise and Sport  Sport, Health and Exercise Psychology  Exercise Testing, Prescription and Delivery Introduction to Professional Practice in Exercise and Sports Science Functional Anatomy Biochemistry of Exercise and Sport  Advanced Exercise Testing, Prescription and Delivery  Advanced Biomechanics of Exercise and Sport Physiology and Biochemistry of Exercise and Sport Sport and Exercise Nutrition Exercise and Sport for Lifelong Health Health Research Methods Ethical Thought and Action Advanced Physiology and Biochemistry of Exercise and Sport	BMED11-109  BMED11-109	BMED11-114 SPEX13-335 SPEX11-304 SPEX11-103  SPEX12-312  SPEX13-336

 $<sup>{}^*</sup>$ Students will complete CORE11-004 Beyond Bond during their degree. This subject is worth 0 Credit Points

<sup>\*\*</sup>Any change to this recommended study plan will not ensure completion within 6 semesters