CC-60025		Bachelor of Exercise and Sports Science			
Version	6	CRICOS Code: 080641D			Jan Intake
January	2025 Semester 1	CORE11-011 Critical Thinking and Communication	SPEX11-102 Foundations of Exercise and Sport Science	BMED11-109 Principles of Human Structure and Function	BMED11-114 Chemistry for Living Systems
May	2025 Semester 2	CORE11-012 Responsibility, Integrity and Civic Discourse	SPEX11-113 Functional Anatomy	BMED11-110 Human Organ Systems 1	SPEX11-103 Biochemistry of Exercise and Sport
September	2025 Semester 3	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
		Subject Catalogue	Major Catalogue	Program Catalogue	
January	2026 Semester 1	CORE11-013 Collaboration for Global Change	HPER12-101 Health Research Methods	SPEX13-335 Exercise Testing, Prescription and Delivery	SPEX12-313 Introduction to Professional Practice in Exercise and Sport Science
May	2026 Semester 2	SPEX13-340 Clinical Pathophysiology and Professional Practice	SPEX13-339 Advanced Biomechanics of Exercise and Sport	SPEX13-338 Advanced Exercise Testing, Prescription and Delivery	SPEX13-334 Behaviour Change to Enhance Health
September	2026 Semester 3	NUTR12-101 Sport and Exercise Nutrition	SPEX13-333 Professional Practice and Practicum (Capstone Project)	SPEX13-337 Exercise and Sport for Lifelong Health	
		Subject Catalogue	Major Catalogue	Program Catalogue	

GENERAL INFORMATION

You are registered into Beyond Bond which is a practical, activity-based program that extends across the duration of all undergraduate degrees.

PROGRAM INFORMATION

This program and its subjects have been developed to align with ESSA's Exercise Science Standards. This program currently has Qualifying Accreditation with ESSA and is currently seeking full accreditation. Graduates of the program will be fully accredited as an Accredited Exercise Scientist.
The Bond University Bachelor of Exercise and Sports Science equips you with comprehensive knowledge and applied skills in health, fitness and sport performance.
You will gain a comprehensive understanding of the basic and applied sciences as they apply to personal and community healthand fitness, and sport performance at all levels. Areas of study include human anatomy and physiology, exercise and sport physiology, exercise biochemistry and molecular biology, biomechanics, motor learning and control, exercise and sport psychology.
The program focuses on real-world learning delivered through significant practical experience and authentic assessment to maximise employment outcomes for graduates. Delivery of the program is primarily at the Bond Institute of Health and Sport where you will gain high-quality and practical learning experiences in our internationally-recognised High-Performance Training Centre, as well as our exercise and sports science teaching and research laboratories. These facilities provide sports science testing, training and recovery services to a variety of elite and sub-elite athletes including state, national and international athletes and teams, providing an exceptional and authentic learning experience for students. Throughout the degree, you will engage with and deliver a wide range of athlete testing, performance analysis, exercise prescription and delivery for healthy individuals and non-athletes, as well as strength and conditioning opportunities for athletes. You will also learn, engage and collaborate with other allied health professional students including physiotherapy, occupational therapy and nutrition and dietetics, which models the current best practice for allied health care.
The program prepares graduates for exciting career opportunities in exercise science, sports science and strength and conditioning as well as providing an accelerated undergraduate pathway to graduate-entry studies including physiotherapy, occupational therapy, nutrition and dietetic practice, and high-performance sports science.

SUBJECT INFORMATION

ASSUMED KNOWLEDGE

Assumed knowledge is the minimum level of knowledge of a subject area that students are assumed to have acquired through previous study. It is the responsibility of students to ensure they meet the assumed knowledge expectations of a specified subject. Students who do not possess this prior knowledge are strongly recommended against enrolling and do so at their own risk. No concessions will be made for students' lack of prior knowledge. Please check for all requirements on your subject outline prior to enrolment.

CC-60025 Bachelor of Exercise and Sports Science

Version 6

Total Subjects Structure | Total Credit Points | Bachelors Degree | Cricos Code | 080641D

Available	Code	Title	Assumed Knowledge	Requisite
You must complete the following required subjects:				
J/M/S	CORE11-011	Critical Thinking and Communication		
J/M/S	CORE11-012	Responsibility, Integrity and Civic Discourse		
J/M/S	CORE11-013	Collaboration for Global Change		
J/S	SPEX11-102	Foundations of Exercise and Sport Science		
J/M/S	BMED11-109	Principles of Human Structure and Function		
J/M	BMED11-114	Chemistry for Living Systems		
M	SPEX11-113	Functional Anatomy	BMED11-109	
J/M	BMED11-110	Human Organ Systems 1	BMED11-109	
M	SPEX11-103	Biochemistry of Exercise and Sport		BMED11-114
S	SPEX11-304	Biomechanics of Exercise and Sport		
S	SPEX12-311	Motor Control and Learning in Exercise and Sport		
S	SPEX11-104	Sport, Health and Exercise Psychology		
S	SPEX12-312	Physiology and Biochemistry of Exercise and Sport	BMED11-109, BMED11-110	BMED11-205 or SPEX11-103
J	HPER12-101	Health Research Methods		Anti_STAT11-112
J	SPEX13-335	Exercise Testing, Prescription and Delivery		
J	SPEX12-313	Introduction to Professional Practice in Exercise and Sport Science		SPEX11-104, SPEX11-304, SPEX12-311, SPEX12-312
M	SPEX13-340	Clinical Pathophysiology and Professional Practice		SPEX12-313
M	SPEX13-339	Advanced Biomechanics of Exercise and Sport		SPEX11-304
M	SPEX13-338	Advanced Exercise Testing, Prescription and Delivery		SPEX13-335
M	SPEX13-334	Behaviour Change to Enhance Health		
S	NUTR12-101	Sport and Exercise Nutrition	BMED11-110, BMED11-205	
S	SPEX13-333	Professional Practice and Practicum (Capstone Project)		SPEX13-334, SPEX13-338, SPEX13-339, SPEX13-340, SPEX12-313
S	SPEX13-337	Exercise and Sport for Lifelong Health		