

CC-60028		Bachelor of Exercise and Sports Performance			
Version 1		<b>Sep Intake</b>			
September	2023 Semester 1	CORE11-001 Critical Thinking and Communication	SPEX11-102 Foundations of Exercise and Sport Science	BMED11-109 Principles of Human Structure and Function	SPEX11-104 Sport, Health and Exercise Psychology
January	2023 Semester 2	CORE11-002 Collaboration, Teams and Leadership	BMED11-114 Chemistry for Living Systems	BMED11-110 Human Organ Systems 1	Elective General Elective
May	2023 Semester 3	CORE11-003 Responsibility, Integrity and Civic Discourse	SPEX11-103 Biochemistry of Exercise and Sport	SPEX11-113 Functional Anatomy	Elective General Elective
		<a href="#">Subject Catalogue</a>	<a href="#">Major Catalogue</a>	<a href="#">Program Catalogue</a>	
September	2023 Semester 1	SPEX12-311 Motor Control and Learning in Exercise and Sport	SPEX11-304 Biomechanics of Exercise and Sport	SPEX12-312 Physiology and Biochemistry of Exercise and Sport	ELECTIVE General Elective
January	2024 Semester 2	SPEX13-335 Exercise Testing, Prescription and Delivery	HPER12-101 Health Research Methods	Elective General Elective	Elective General Elective
May	2024 Semester 3	SPEX13-336 Advanced Physiology and Biochemistry of Exercise and Sport	SPEX13-338 Advanced Exercise Testing, Prescription and Delivery	SPEX13-300 Exercise and Sports Performance Practice and Practicum (Capstone Project)	Elective General Elective
		<a href="#">Subject Catalogue</a>	<a href="#">Major Catalogue</a>	<a href="#">Program Catalogue</a>	
<b>GENERAL INFORMATION</b>					
You are registered into Beyond Bond which is a practical, activity-based program that extends across the duration of all undergraduate degrees.					
Students may choose to take either a six subject major (60cps) from the pre-defined major OR a four subject minor (40cps) from the pre-defined minors plus two general electives or HSM identified subjects OR six (6) general university elective subjects OR take (6) HSM discipline subject options					
<b>PROGRAM INFORMATION</b>					
The Bond University Bachelor of Exercise and Sports Performance 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 health and fitness, and sport performance at all levels. Focusing on real-world learning, this program is delivered by award-winning teaching staff through significant practical experience and authentic assessment to maximise employment outcomes for graduates. This program allows you the flexibility to tailor your studies to your interests and career aspirations by choosing from a range of subdisciplines, including biomechanics; exercise testing, prescription and delivery; or physiology and biochemistry of exercise, as well as electives in entrepreneurship and innovation, sport management, and tourism and events management.					
This program is primarily delivered at the Bond Institute of Health and Sport where you will gain high-quality and practical learning experiences through our National Strength and Conditioning Association-accredited High-Performance Training Centre. These facilities provide sports science testing, training and recovery services to state, national and international athletes and teams. You will also gain industry accreditations in Strength and Conditioning as well as Sport First Aid. The program prepares graduates for exciting career opportunities in exercise and sports performance including 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.					
<b>SUBJECT INFORMATION</b>					

## CC-60028 Bachelor of Exercise and Sports Performance

Version 1

Total Subjects Total Credit Points 240 Cricos Code 0100510

Structure

**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.**

Available	Code	Title	Assumed Knowledge	Requisite
<b>You must complete the following required subjects:</b>				
J/M/S	BMED11-109	Principles of Human Structure and Function		
J/M	BMED11-110	Human Organ Systems 1	BMED11-109	
J/M	BMED11-114	Chemistry for Living Systems		
J/M/S	CORE11-001	Critical Thinking and Communication		
J/M/S	CORE11-002	Collaboration, Teams and Leadership	BCDP02-101 or CORE11-001	
J/M/S	CORE11-003	Responsibility, Integrity and Civic Discourse	BCDP02-101 or CORE11-001, BCDP02-102 or CORE11-002	
J	HPER12-101	Health Research Methods		
J/S	SPEX11-102	Foundations of Exercise and Sport Science		
M	SPEX11-103	Biochemistry of Exercise and Sport		BMED11-114
S	SPEX11-104	Sport, Health and Exercise Psychology		
M	SPEX11-113	Functional Anatomy	BMED11-109	
S	SPEX11-304	Biomechanics of Exercise and Sport		
S	SPEX12-311	Motor Control and Learning in Exercise and Sport		
S	SPEX12-312	Physiology and Biochemistry of Exercise and Sport	BMED11-109, BMED11-110	BMED11-205 or SPEX11-103
M	SPEX13-300	Exercise and Sports Performance Practice and Practicum (Capstone Project)		
J	SPEX13-335	Exercise Testing, Prescription and Delivery		
M	SPEX13-336	Advanced Physiology and Biochemistry of Exercise and Sport		SPEX12-312
M	SPEX13-338	Advanced Exercise Testing, Prescription and Delivery		SPEX13-335
<b>SPT options</b>				
<b>Students can choose up to 60 Credit Points of General Elective Subjects (60cp) or add subjects from the discipline subject options or add a major or minor to diversify your skills and enhance your employability</b>				
S	NUTR12-101	Sport and Exercise Nutrition	BMED11-110, BMED11-205	
M	SPEX13-334	Behaviour Change to Enhance Health		
S	SPEX13-337	Exercise and Sport for Lifelong Health		
M	SPEX13-339	Advanced Biomechanics of Exercise and Sport		SPEX11-304

LINK TO SUBJECTS WITH MAJORS / MINORS

<https://bond.edu.au/major-minor-and-specialisation-study-areas>

LINK TO ELECTIVE SUBJECT INFORMATION

<https://bond.edu.au/intl/program/bachelor-exercise-and-sports-perf>