

| CC-60025  |                    | Bachelor of Exercise and Sports Science                                  |  |  |   |
|---|--------------------|--|--|--|---|
| Version   |                    | 5  |  | <b>Jan Intake</b>  |   |
| January   | 2023<br>Semester 1 | CORE11-001<br>Critical Thinking and Communication                        | SPEX11-102<br>Foundations of Exercise and Sport Science              | BMED11-109<br>Principles of Human Structure and Function           | BMED11-114<br>Chemistry for Living Systems  |
| May   | 2023<br>Semester 2 | CORE11-002<br>Collaboration, Teams and Leadership                        | SPEX11-113<br>Functional Anatomy                                     | BMED11-110<br>Human Organ Systems 1                                | SPEX11-103<br>Biochemistry of Exercise and Sport                                  |
| September   | 2023<br>Semester 3 | SPEX11-304<br>Biomechanics of Exercise and Sport                         | SPEX12-311<br>Motor Control and Learning in Exercise and Sport       | SPEX11-104<br>Sport, Health and Exercise Psychology                | SPEX12-312<br>Physiology and Biochemistry of Exercise and Sport                   |
|   |                    | <a href="#">Subject Catalogue</a>  | <a href="#">Major Catalogue</a>                                      | <a href="#">Program Catalogue</a>                                  |   |
| January   | 2024<br>Semester 1 | CORE11-003<br>Responsibility, Integrity and Civic Discourse              | HPER12-101<br>Health Research Methods                                | SPEX13-335<br>Exercise Testing, Prescription and Delivery          | SPEX12-313<br>Introduction to Professional Practice in Exercise and Sport Science |
| May   | 2024<br>Semester 2 | SPEX13-336<br>Advanced Physiology and Biochemistry of Exercise and Sport | SPEX13-339<br>Advanced Biomechanics of Exercise and Sport            | SPEX13-338<br>Advanced Exercise Testing, Prescription and Delivery | SPEX13-334<br>Behaviour Change to Enhance Health                                  |
| September   | 2024<br>Semester 3 | NUTR12-101<br>Sport and Exercise Nutrition                               | SPEX13-333<br>Professional Practice and Practicum (Capstone Project) | SPEX13-337<br>Exercise and Sport for Lifelong Health               |   |
|   |                    | <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.   |                    |  |  |  |   |
| <b>PROGRAM INFORMATION</b>  |                    |  |  |  |   |
| <p>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.</p> <p>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 health and 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.</p> <p>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.</p> |                    |  |  |  |   |
| <b>SUBJECT INFORMATION</b>  |                    |  |  |  |   |
| Please note that the CORE subjects will be changing CODE for new students from September Semester 2023  |                    |  |  |  |   |
| <b>ASSUMED KNOWLEDGE</b>  |                    |  |  |  |   |
| 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.  |                    |  |  |  |   |

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|---|------------|---|----------------------------------|---|--------------------------|
| Version   | 5          |   |                                  |   |                          |
| Total Subjects  |            | Total Credit Points   | Bachelors Degree                 |   | Cricos Code              |
| Structure   |            |   |                                  |   |                          |
| Available   | Code       | Title   | Assumed Knowledge                | Requisite   |                          |
| <b>You must complete the following required subjects:</b> |            |   |                                  |   |                          |
| J/M/S   | CORE11-001 | Critical Thinking and Communication                                 |                                  |   |                          |
| J/M/S   | CORE11-002 | Collaboration, Teams and Leadership                                 | BCDP02-101 CORE11-001            |   |                          |
| J/M/S   | CORE11-003 | Responsibility, Integrity and Civic Discourse                       | BCDP02-101 CORE11-001 CORE11-002 |   |                          |
| J/S   | SPEX11-102 | Foundations of Exercise and Sport Science                           |                                  |   |                          |
| M/S   | BMED11-109 | Principles of Human Structure and Function                          |                                  |   |                          |
| M   | BMED11-114 | Chemistry for Living Systems  |                                  |   |                          |
| M   | SPEX11-113 | Functional Anatomy  | BMED11-109                       |   |                          |
| M   | BMED11-110 | Human Organ Systems 1   |                                  |   |                          |
| 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                       | BMED11-109_Assumed                                | BMED11-205<br>SPEX11-103 |
| J   | HPER12-101 | Health Research Methods   |                                  |   |                          |
| J   | SPEX13-335 | Exercise Testing, Prescription and Delivery                         |                                  |   |                          |
| J   | SPEX12-313 | Introduction to Professional Practice in Exercise and Sport Science |                                  | SPEX11-104, SPEX11-304,<br>SPEX12-311, SPEX12-312 |                          |
| J   | SPEX13-336 |   |                                  | SPEX12-312  |                          |
| 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                       |   |                          |
| S   | SPEX13-333 | Professional Practice and Practicum (Capstone Project)              |                                  | SPEX12-313 SPEX13-336 SPEX13-338                  |                          |
| S   | SPEX13-337 | Exercise and Sport for Lifelong Health                              |                                  | SPEX13-339  |                          |
| S   |            |   |                                  |   |                          |