



Bachelor of Sport Coaching and Exercise Science

(153JA.1)

Please note these are the 2015 details for this course

Domestic students

Selection rank	
Delivery mode	
Location	
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).
	View IELTS equivalences

International students

Academic entry requirements	To study at UC, you'll need to meet our academic entry requirements and any admission requirements specific to your course. Please read your course admission requirements below. To find out whether you meet UC's academic entry requirements, visit our academic entry requirements page.
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[View UC's academic entry requirements](#)

Delivery mode

Location

Duration 3.0 years

Faculty Faculty of Health

Discipline Discipline of Sport and Exercise Science

CRICOS code 071085B

English language requirements An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).

[View IELTS equivalences](#)

About this course

Admission requirements

Normal UC requirements for admission to an undergraduate course.

Additional admission requirements

Police checks are required.

Assumed knowledge

ACT: Biology, Chemistry, Mathematical Methods and Physics majors. NSW: Biology, Chemistry, Mathematics and Physics.

Periods course is open for new admissions

This course is not open for new admissions.

Credit arrangements

There are currently no formal credit transfer arrangements for entry to this course. Any previous study or work experience will only be considered as part of the application process in accordance with current [course rules and university policy](#).

Course requirements

Bachelor of Sport Coaching and Exercise Science (153JA) | 72 credit points

Required - 66 credit points as follows

[Expand All](#) | [Collapse All](#)

Required Units - Must pass 27 credit points as follows

- Psychology 102 (4310) | 3 credit points – Level 1
- Introduction to Statistics (6540) | 3 credit points – Level 1
- Sports Medicine (6839) | 3 credit points – Level 3
- Sport and Performance Psychology (7224) | 3 credit points – Level 2
- Nutritional Science (8257) | 3 credit points – Level 2
- Human Growth and Development (8338) | 3 credit points – Level 1
- Biochemistry of Exercise (8339) | 3 credit points – Level 1
- Health, Disease and Exercise (8340) | 3 credit points – Level 2

Major in Sports Science (MJ0115) | 21 credit points

Required - Must pass 15 credit points as follows

- Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1
- Biomechanics 1 (6834) | 3 credit points – Level 2
- Biomechanics 2 (6835) | 3 credit points – Level 3
- Physiology of Exercise 1 (8391) | 3 credit points – Level 2
- Physiology of Exercise 2 (8392) | 3 credit points – Level 3

Restricted Choice - 6 credit points as follows

Part A - Must pass 3 credit points from the following

- Motor Control and Skill Acquisition (8913) | 3 credit points – Level 2

Part B - Must pass 3 credit points from the following

- Regional Anatomy and Physiology (6534) | 3 credit points – Level 2
- Regional Anatomy and Physiology (9808) | 3 credit points – Level 1

Major in Sport Coaching (Restricted) (MJ0186) | 18 credit points

Required - Must pass 9 credit points as follows

Performance Analysis in Sport (8390) | 3 credit points – Level 3

Restricted Choice - 9 credit points as follows

Part A - Must pass 3 credit points from the following

Exercise Programming and Prescription (8911) | 3 credit points – Level 2

Part B - Must pass 3 credit points from the following

Sport Coaching Pedagogy (8914) | 3 credit points – Level 2

Part C - Must pass 3 credit points from the following

Sport Coaching Principles (8912) | 3 credit points – Level 1

Open Electives - 6 credit points as follows

- Unit Levels: In selecting electives students should note that no more than 30 credit points at Level 1 is permitted for the entire course.

Note:

- Must pass 6 credit points from anywhere in the University.

In addition to course requirements, in order to successfully complete your course you must meet the inherent requirements. Please refer to the [inherent requirements statement](#) applicable to your course

Typical study pattern

UC - Canberra, Bruce

Standard Full Time, Semester 1 Commencing

Year 1

Semester 1

Introduction to Statistics (6540)

Regional Anatomy and Physiology (6534)

MJ0186 Part C Unit

Semester 2

[Biochemistry of Exercise \(8339\)](#)

[Psychology 102 \(4310\)](#)

MJ0186 Part A Unit

[Systemic Anatomy and Physiology \(6529\)](#)

Year 2

Semester 1

[Physiology of Exercise 1 \(8391\)](#)

MJ0115 Restricted Choice Unit

[Biomechanics 1 \(6834\)](#)

[Human Growth and Development \(8338\)](#)

Semester 2

[Biomechanics 2 \(6835\)](#)

[Health, Disease and Exercise \(8340\)](#)

[Physiology of Exercise 2 \(8392\)](#)

[Sport and Performance Psychology \(7224\)](#)

Year 3

Semester 1

[Nutritional Science \(8257\)](#)

MJ0186 Part B Unit

Open Elective Unit

Semester 2

[Performance Analysis in Sport \(8390\)](#)

Open Elective Unit

[Sports Medicine \(6839\)](#)

Course information

Course duration

Standard six semesters full-time or equivalent. Maximum twenty semesters.

Learning outcomes

Learning outcomes	Related graduate attributes
Academic training for academic pathways into masters programs	<ol style="list-style-type: none"> 1. Communication (a-e) 2. Information literacy and numeracy 3. Information and communication technology 4. Problem solving (a-e) 5. Working with others (a-f) 7. Professional ethics (a-b) 8. Social responsibility (a-d) 9. Life long learning (a-d) 10. Personal attributes (a-e)

Academic training for employment in the coalface delivery of sport

1. Communication (a-e)
2. Information literacy and numeracy
3. Information and communication technology
4. Problem solving (a-e)
5. Working with others (a-f)
6. Effective workplace skills (a-c)
7. Professional ethics (a-b)
8. Social responsibility (a-d)
9. Life long learning (a-d)
10. Personal attributes (a-e)

Eligibility for membership to the Australian Association for Exercise and Sport science	<ol style="list-style-type: none"> 1. Communication (a-e) 2. Information literacy and numeracy 3. Information and communication technology 4. Problem solving (a-e) 5. Working with others (a-f) 6. Effective workplace skills (a-c) 7. Professional ethics (a-b) 8. Social responsibility (a-d) 9. Life long learning (a-d) 10. Personal attributes (a-e)
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Placements requirements

This course requires students to meet compulsory placement requirements prior to undertaking professional placement (Work-Integrated Learning) in a clinical or professional setting. For information on what these requirements are and how to meet these requirements, please visit www.canberra.edu.au/placement

Majors

- [Major in Sports Science \(MJ0115\)](#)
- [Major in Sport Coaching \(Restricted\) \(MJ0186\)](#)

Awards

Award	Official abbreviation
Bachelor of Sport Coaching and Exercise Science	B SportCoach&ExerciseSc

Honours

None.

Enquiries

Student category	Contact details
Current and Commencing Students	Please contact the Faculty of Health faculty office.
Prospective Students	Email: study@canberra.edu.au Ph: 1800 UNI CAN (1800 864 226)

Download your course guide



Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

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UC acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.