

# Bachelor of Sport Coaching and Exercise Science

## (153JA.2)

Please note these are the 2014 details for this course

### Domestic students

Selection rank	
Delivery mode	On campus
Location	
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	365004
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).
	<a href="#">View IELTS equivalences</a>

### 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 <a href="#">academic entry requirements page</a> .
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[View UC's academic entry requirements](#)

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<b>Delivery mode</b>	On campus
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<b>Location</b>	
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<b>Duration</b>	3.0 years
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<b>Faculty</b>	Faculty of Health
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<b>Discipline</b>	Discipline of Sport and Exercise Science
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<b>CRICOS code</b>	071085B
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<b>English language requirements</b>	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent).  <a href="#">View IELTS equivalences</a>
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# 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

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

Introductory Nutrition (9280) | 3 credit points — Level 1

**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 \(6534\)](#)

[Sport Coaching Principles \(8912\)](#)

##### **Semester 2**

Biochemistry of Exercise (8339)

Exercise Programming and Prescription (8911)

Psychology 102 (4310)

Systemic Anatomy and Physiology (6529)

## **Year 2**

### **Semester 1**

Biomechanics 1 (6834)

Human Growth and Development (8338)

Motor Control and Skill Acquisition (8913)

Physiology of Exercise 1 (8391)

### **Semester 2**

Biomechanics 2 (6835)

Health, Disease and Exercise (8340)

Physiology of Exercise 2 (8392)

Sport and Performance Psychology (7224)

## **Year 3**

### **Semester 1**

Introductory Nutrition (9280)

Sport Coaching Pedagogy (8914)

Open Elective Unit

### **Semester 2**

Performance Analysis in Sport (8390)

Sports Medicine (6839)

Open Elective Unit

# Course information

## Course duration

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

## Learning outcomes

Learning outcomes	Related graduate attributes
Eligibility for membership to the Australian Association for Exercise and Sport science	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)
Academic training for academic pathways into masters programs	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)

## 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](http://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

## Enquiries

Student category	Contact details
Prospective Domestic Students	Email <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)
Prospective International Students	Email <a href="mailto:international@canberra.edu.au">international@canberra.edu.au</a> or Phone +61 2 6201 5342
Current and Commencing Students	Please contact the Faculty of Health faculty office, email <a href="mailto:student.centre@canberra.edu.au">student.centre@canberra.edu.au</a>

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

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University of Canberra, Bruce ACT 2617 Australia

+61 2 6201 5111

ABN 81 633 873 422

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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.