

# Bachelor of Sport Coaching and Exercise Science/Bachelor of Human Nutrition (154JA.1)

Please note these are the 2013 details for this course

## Domestic students

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Selection rank

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English language requirements

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

[View IELTS equivalences](#)

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Duration

4.0 years

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UAC code

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Faculty

Faculty of Health

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Discipline

Discipline of Nutrition and Dietetics

Discipline of Sport and Exercise Science

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Location

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## International students

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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.

[View UC's academic entry requirements](#)

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English language requirements

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

[View IELTS equivalences](#)

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CRICOS code

071086A

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Faculty

Faculty of Health

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Discipline

Discipline of Nutrition and Dietetics

**Location**

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**Duration**                      4.0 years

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## About this course

A double degree in Sport Coaching and Exercise Science and Human Nutrition provides professional preparation for people seeking a career as a coach or sports scientist. The role of nutrition in sports performance is well established and is now an integral part of accredited coaching courses throughout Australia. This course offers a solid core in human physiology and anatomy and sports nutrition and provides the knowledge and skills needed to become a competent sports scientist/coach. Specialised nutrition related subjects are nutritional science, (including sports nutrition), pathobiology, food and consumer science and nutrition issues from a global perspective are integrated with sports science and coaching subjects. Graduates can expect to find employment in coaching children and adults, developing coaching resources and facilities, and in sports development in Commonwealth and State Government Departments of Sport and Recreation. The combination of sports coaching and nutrition provides a wider range of employment opportunities in the health sector, particularly in the areas of community and public health, and in nutrition organisations. Graduates with a double degree have flexible career options and can also pursue careers in biological, human or medical sciences. Graduates will also be qualified to apply for specialised postgraduate courses in sports nutrition, human nutrition, dietetics, pharmacy, physiotherapy and public health nutrition available at the University of Canberra. Normally students are able to graduate with the degree of Bachelor of Sport Coaching and Exercise Science at the end of three years. Graduates will also be qualified to apply for specialised postgraduate courses in sports nutrition, human nutrition, dietetics, pharmacy, physiotherapy and public health nutrition available at the University of Canberra. Normally students are able to graduate with the degree of Bachelor of Sport Coaching and Exercise Science at the end of three years.

## Professional accreditation

Refer to individual courses.

## Admission requirements

Normal University of Canberra requirements for admission to an undergraduate course.

## Additional admission requirements

Refer to individual courses.

## Assumed knowledge

Refer to individual courses.

## 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](#). Credit is not permitted towards completion of a graduate certificate.

## Course requirements

# Bachelor of Sport Coaching and Exercise Science/Bachelor of Human Nutrition (154JA) | 96 credit points

Required - 93 credit points as follows

**Sport Coaching and Exercise Science - 54 credit points as follows**

**Required Units - Must pass 15 credit points as follows**

- Psychology 102 (4310) | 3 credit points – Level 1
- 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

**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 (6833) | 3 credit points – Level 2
- 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**

- Special Sports Studies (part A) (8183) | 0 credit points – Level 3
- Special Sports Studies (part B) (8184) | 6 credit points – Level 3
- 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**

- Physiological Exercise Mechanisms and Conditioning (8380) | 3 credit points – Level 2
- Exercise Programming and Prescription (8911) | 3 credit points – Level 2

**Part B - Must pass 3 credit points from the following**

- Advanced Coaching Studies (6840) | 3 credit points – Level 3
- Sport Coaching Pedagogy (8914) | 3 credit points – Level 2

**Part C - Must pass 3 credit points from the following**

- Introduction to Coaching Science (8388) | 3 credit points – Level 1
- Sport Coaching Principles (8912) | 3 credit points – Level 1

**Human Nutrition - 39 credit points as follows**

**Minor in Biological Chemistry (MN0008) | 12 credit points**

**Required - Must pass 12 credit points as follows**

- Chemistry 1a (1516) | 3 credit points – Level 1
- Chemistry 1b (1517) | 3 credit points – Level 1
- Human Biochemistry (6518) | 3 credit points – Level 2
- Biochemistry (6530) | 3 credit points – Level 2

**Major in Human Nutrition (MJ0051) | 18 or 21 or 24 credit points**

**For the 18cp Major - Must pass 18 credit points as follows**

- Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1
- Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3
- Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3
- Nutrition and Disease (8255) | 3 credit points – Level 3
- Nutritional Science (8257) | 3 credit points – Level 2
- Nutrition, Society and Health (8259) | 3 credit points – Level 3

**For the 21cp Major - Must pass 21 credit points as follows**

**Required - Must pass 18 credit points as follows**

- Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1
- Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3
- Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3
- Nutrition and Disease (8255) | 3 credit points – Level 3
- Nutritional Science (8257) | 3 credit points – Level 2
- Nutrition, Society and Health (8259) | 3 credit points – Level 3

**Restricted Choice - Must pass 3 credit points from the following**

- Advanced Physiology (8373) | 3 credit points – Level 3
- Sports Nutrition (8721) | 3 credit points – Level 3

**For the 24cp Major - Must pass 24 credit points as follows**

**Required - Must pass 21 credit points as follows**

- Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1
- Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3
- Food Science (8251) | 3 credit points – Level 2
- Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3
- Nutrition and Disease (8255) | 3 credit points – Level 3
- Nutritional Science (8257) | 3 credit points – Level 2
- Nutrition, Society and Health (8259) | 3 credit points – Level 3

**Restricted Choice - Must pass 3 credit points from the following**

- Advanced Physiology (8373) | 3 credit points – Level 3
- Sports Nutrition (8721) | 3 credit points – Level 3

**Required Units - Must pass 6 credit points as follows**

- Introduction to Statistics (6540) | 3 credit points – Level 1
- Pathobiology (8797) | 3 credit points – Level 3

## Open Electives - 3 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 3 credit points from anywhere in the University.

In addition to course requirements, in order to successfully complete your course you may need to 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

[Chemistry 1a \(1516\)](#)

[Introduction to Statistics \(6540\)](#)

[Regional Anatomy and Physiology \(6534\)](#)

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

#### Semester 2

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

[Chemistry 1b \(1517\)](#)

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

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

### Year 2

#### Semester 1

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

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

[Human Physiology and the Lifecycle \(6532\)](#)

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

#### Semester 2

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

[Exercise Programming and Prescription \(8911\)](#)

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

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

### Year 3

#### Semester 1

[Biochemistry \(6530\)](#)

[Motor Control and Skill Acquisition \(8913\)](#)

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

[Sport Coaching Pedagogy \(8914\)](#)

#### Semester 2

[Advanced Physiology \(8373\)](#)

[Human Biochemistry \(6518\)](#)

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

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

### Year 4

#### Semester 1

[Nutrition Across the Lifecycle \(8253\)](#)

[Pathobiology \(8797\)](#)

[Special Sports Studies \(part A\) \(8183\)](#)

#### Semester 2

[Food Science \(8251\)](#)

[Nutrition and Disease \(8255\)](#)

[Nutrition, Society and Health \(8259\)](#)

## Course information

### Course duration

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

### Majors

- [Major in Sport Coaching \(Restricted\) \(MJ0186\)](#)
- [Major in Sports Science \(MJ0115\)](#)
- [Minor in Biological Chemistry \(MN0008\)](#)

### Awards

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

### Honours

Refer to individual courses.

### Related courses

- [Bachelor of Coaching Science \(684AA\)](#)
- [Bachelor of Coaching Science/Bachelor of Human Nutrition \(700AA\)](#)
- [Bachelor of Human Nutrition \(686AA\)](#)

### Enquiries

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

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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.