

Bachelor of Science in Psychology/Bachelor of Sport Coaching and Exercise Science (156JA.1)

Please note these are the 2015 details for this course

Domestic students

Selection rank	
Delivery mode	
Location	
Duration	4.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science Discipline of Psychology
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
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meet UC's academic entry requirements, visit our [academic entry requirements page](#).

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

Delivery mode

Location

Duration 4.0 years

Faculty Faculty of Health

Discipline Discipline of Sport and Exercise Science
Discipline of Psychology

CRICOS code 071090E

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

Sport and Exercise Psychology has proven to be a popular area of study in recent times with particular interest being centred on how psychology might enhance athlete performance at the elite level. Many nations now have sport psychologists as part of their sport medicine team at Olympic Games, recognising the importance of their skills in maximising individual performances at the highest possible level. This double degree provides training in both coaching science and psychology and is ideal preparation for a career in sport psychology where professionals require tertiary qualifications in sports science and psychology. The National body that accredits psychology training, the Australian Psychological Society (APS) has formed a College of Sport Psychologists (COSP) as one of its specialisations. This step in some way reflects the interest and standing sports and exercise now have in the profession of psychology. The COSP requires study in both sports science and psychology, with the double degree in Applied Psychology and Sport Coaching and Exercise Science representing an excellent start in the path towards qualification as a sport psychologist. However, it is important to note that students would still have to complete an additional year of study in psychology (at either Graduate Diploma or Honours) to become eligible for accreditation with the APS. The Sport Coaching and Exercise Science qualifications mean that graduates can also expect to find employment in coaching children and adults, developing coaching resources and facilities, and in sport development in Commonwealth and State Government Departments of sport and recreation. Students are able to graduate with the degree of Bachelor of Science in Psychology at the end of three years. Recognition of Prior Learning (RPL) applies to this course.

Professional accreditation

Graduates are eligible to apply for membership with Exercise and Sport Science Australia (ESSA).

Admission requirements

Normal UC 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](#).

Course requirements

Bachelor of Science in Psychology/Bachelor of Sport Coaching and Exercise Science (156JA) | 96 credit points

Required - 90 credit points as follows

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

Psychology - 39 credit points as follows

- All of the following are required for accreditation by the Australian Psychological Accreditation Council (APAC) and approval by the Australian Psychological Society (APS).

Required Units - Must pass 15 credit points as follows

[Introduction to Psychological Research \(6611\)](#) | 3 credit points – Level 1

[Physiological Psychology \(7120\)](#) | 3 credit points – Level 2

[Developmental Psychology \(7121\)](#) | 3 credit points – Level 2

[Motivation and Emotion \(7124\)](#) | 3 credit points – Level 3

[Learning \(7127\)](#) | 3 credit points – Level 2

Major in Psychological Science (MJ0102) | 24 credit points

Required - Must pass 21 credit points as follows

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

Experimental Psychology (7118) | 3 credit points – Level 2

Personality and Individual Differences (7122) | 3 credit points – Level 2

Cognitive Psychology (7123) | 3 credit points – Level 3

Social Psychology (7125) | 3 credit points – Level 3

Survey Research and Design in Psychology (7126) | 3 credit points – Level 3

Psychopathology (7128) | 3 credit points – Level 3

Restricted Choice - Must pass 3 credit points from the following

Psychology 101 (4309) | 3 credit points – Level 1

Understanding People and Behaviour (11399) | 3 credit points – Level 1

Note:

- From Semester 1 2019 11399 Understanding People and Behaviour replaces 4309 Psychology 101. Students who have passed 4309 do not need to complete the new unit.

Sport Coaching and Exercise Science - 51 credit points as follows

Required Units - Must pass 12 credit points as follows

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

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

Human Growth and Development (8338)

Psychology 101 (4309)

Regional Anatomy and Physiology (6534)

Sport Coaching Principles (8912)

Semester 2

Exercise Programming and Prescription (8911)

Introduction to Psychological Research (6611)

Psychology 102 (4310)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

Biomechanics 1 (6834)

Motor Control and Skill Acquisition (8913)

Physiology of Exercise 1 (8391)

Sport and Performance Psychology (7224)

Semester 2

Biomechanics 2 (6835)

Health, Disease and Exercise (8340)

Physiology of Exercise 2 (8392)

Sport Coaching Pedagogy (8914)

Year 3

Semester 1

Cognitive Psychology (7123)

Developmental Psychology (7121)

Experimental Psychology (7118)

Psychopathology (7128)

Semester 2

Motivation and Emotion (7124)

Personality and Individual Differences (7122)

Physiological Psychology (7120)

Social Psychology (7125)

Year 4

Semester 1

Introductory Nutrition (9280)

Open Elective Unit

Survey Research and Design in Psychology (7126)

Semester 2

Open Elective Unit

Learning (7127)

Performance Analysis in Sport (8390)

Course information

Course duration

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

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 Psychological Science (MJ0102)
- Major in Sports Science (MJ0115)
- Major in Sport Coaching (Restricted) (MJ0186)

Awards

Award	Official abbreviation
Bachelor of Science in Psychology	BSc Psych
Bachelor of Sport Coaching and Exercise Science	B SportCoach&ExerciseSc

Honours

Refer to individual courses.

Enquiries

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

Download your course guide



Scholarships

Find the scholarship that's the right fit for you

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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.