UNIVERSITY OF CANBERRA

Bachelor of Health Science (Human Movement) (HLB101.1)

Please note these are the 2026 details for this course

Domestic students

Selection rank	60 **Note:** The selection rank is the minimum ATAR plus adjustment factors required for admission to the program in the previous year. This is an indicative guide only as ranks change each year depending on demand.
Delivery mode	On campus
Location	Bruce, Canberra
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	365268
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. View UC's academic entry requirements
Delivery mode	On campus
Location	Bruce, Canberra
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
CRICOS code	098277E
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

Turn your passion for human movement into a career

The Bachelor of Health Science (Human Movement) focuses on human performance as well as the roles and benefits of exercise and physical activity.

You will gain a foundation in sport sciences as it relates to human movement and sport performance including fundamental concepts in exercise physiology, biomechanics, motor control and exercise programming and prescription. Develop skills in physiological testing procedures, biomechanical analyses to measure a range of parameters relating to physical activity, exercise and sport performance. You'll also have opportunities to gain experiences in a number of health workplace settings embedded into your degree.

You'll graduate with a strong academic base in both sport and health science disciplines related to human movement, physical activity and performance and be well equipped to undertake further postgraduate study in research, high performance sport or other allied health degrees. Further study opportunities include Bachelor of Health Science (Honours), Master of Strength and Conditioning, Master of Occupational Therapy and Master of Physiotherapy.

Study a Bachelor of Health Science (Human Movement) at UC and you will:

- Work individually, collaboratively and ethically while building professional networks in the health sector.

- Translate and communicate discipline specific knowledge to a variety of health-related audiences such as professionals, government and non-government representatives and clients.
- Develop and apply critical analysis skills to a range of contemporary health related issues
- Develop technical, technological and communication skills to provide health or sport solutions for increasing complex problems.
- Design, apply and evaluate appropriate interventions for improved health or performance outcomes.
- Apply theoretical knowledge to practical situations in laboratory simulated learning environments, and community and industry settings, independently and as part of a team.
- Analyse and explain the impact of physical activity on human development and performance.

Work Integrated Learning

Work Integrated Learning (WIL) is at the very centre of all UC degrees. You'll complete units designed to help you develop the professional skills essential for employment in the health industry. You will work and study in real-world situations, learning from industry-active professionals and world-class scholars and graduate highly employable with the skills and knowledge for success.
As part of your degree you will undertake a 120-hour WIL experience during the final year of your course.

Career opportunities

- Sport and recreation officer
- Corporate health
- Strength and conditioning
- Public policy
- Sports coach
- Human movement research and development

Course Specific Information

You will be required to hold a valid Working with Vulnerable People registration.

Professional accreditation

None.

Admission requirements

Admission to this course is based on an entrance rank. A rank can be achieved by the following means:
- Year 12 ATAR
- other Australian Qualification
- work experience
- overseas qualification

We also offer a number of entry initiatives that give you the opportunity to gain entry to the University via alternate pathway programs and admissions schemes.

More information is available on our Alternative Entry page: http://www.canberra.edu.au/future-students/applications/apply-now/alternative-entry

Periods course is open for new admissions

Year	Location	Teaching period	Teaching start date	Domestic	International
2026	Bruce, Canberra	Semester 1	16 February 2026	✓	✓
2026	Bruce, Canberra	Semester 2	10 August 2026	✓	✓
2027	Bruce, Canberra	Semester 1	15 February 2027	✓	✓
2027	Bruce, Canberra	Semester 2	09 August 2027	✓	✓

Credit arrangements

A credit transfer arrangement is available for this course for the following institutions:

Other Australian Tafe

- Any Australian Certificate IV (AQF4) (25693)
- Any Australian Diploma (AQF5) (25633)

University Of Canberra College

- Diploma of Health (22010)

Course requirements

Bachelor of Health Science (Human Movement) (HLB101) | 72 credit points

Expand All | Collapse All

Required - 48 credit points as follows

Core Major in Health Science (CM0017) | 24 credit points

Required - Must pass 24 credit points as follows

- Systemic Anatomy and Physiology (6529) | 3 credit points — Level 1
- Regional Anatomy and Physiology (9808) | 3 credit points — Level 1
- Industry and Community Engagement (Health) (10120) | 3 credit points — Level 3
- Introduction to Research in the Health Sciences (11398) | 3 credit points — Level 1

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

Professional Orientation (Health) (11400) | 3 credit points — Level 1

Professional Practice (Health) 1 (11401) | 3 credit points — Level 2

Professional Evidence (Health) (11402) | 3 credit points — Level 3

Specialist Major in Human Movement (SM0036) | 24 credit points

Required - Must pass 18 credit points as follows

Biomechanics 1 (6834) | 3 credit points — Level 2

Biomechanics 2 (6835) | 3 credit points — Level 3

Advanced Functional Anatomy (8279) | 3 credit points — Level 3

Human Growth and Development (8338) | 3 credit points — Level 1

Physiology of Exercise 1 (8391) | 3 credit points — Level 2

Physiology of Exercise 2 (8392) | 3 credit points — Level 3

Restricted Choice - Must pass 6 credit points from the following

Part B - Must pass 3 credit points from the following

Exercise Programming and Prescription 2 (9812) | 3 credit points — Level 2

Exercise Programming and Prescription for Performance (12136) | 3 credit points — Level 2

Note:

- From Sem 1, 2025 unit 12136 Exercise Programming and Prescription for Performance replaces unit 9812 Exercise Programming and Prescription 2

Part A - Must pass 3 credit points from the following

Exercise Programming and Prescription 1 (9811) | 3 credit points — Level 1

Exercise Programming and Prescription Fundamentals (12134) | 3 credit points — Level 1

Note:

- From Sem 1, 2025 unit 12134 Exercise Programming and Prescription Fundamentals replaces unit 9811 Exercise Programming and Prescription 1

Open Electives - 24 credit points as follows

- - 1. Must pass 24 credit points from anywhere in the University, as a breadth major, a breadth minor and/or as individual units.
- - 2. B Health Science (HM) (HLB101): Students are required to complete at least one 3 credit point unit at

level 3 through their open electives.

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

Professional Orientation (Health) (11400)

One Open Elective Unit

Regional Anatomy and Physiology (9808)

Understanding People and Behaviour (11399)

Semester 2

Exercise Programming and Prescription Fundamentals (12134)

Human Growth and Development (8338) OR One Open Elective Unit

Introduction to Research in the Health Sciences (11398)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

One Open Elective Unit

Advanced Functional Anatomy (8279)

Biomechanics 1 (6834)

Physiology of Exercise 1 (8391)

Semester 2

Biomechanics 2 (6835)

Exercise Programming and Prescription for Performance (12136)

Physiology of Exercise 2 (8392)

Professional Practice (Health) 1 (11401)

Year 3

Semester 1

Three Open Elective Units

Industry and Community Engagement (Health) (10120)

Semester 2

Human Growth and Development (8338) OR One Open Elective Unit

Professional Evidence (Health) (11402)

Two Open Elective Units

Standard Full Time, Semester 2 Commencing

Year 1

Semester 2

Introduction to Research in the Health Sciences (11398)

Professional Orientation (Health) (11400)

Systemic Anatomy and Physiology (6529)

One Open Elective Unit

Year 2

Semester 1

Regional Anatomy and Physiology (9808)

Understanding People and Behaviour (11399)

Two Open Elective Units

Semester 2

Exercise Programming and Prescription Fundamentals (12134)

Human Growth and Development (8338)

Two Open Elective Units

Year 3

Semester 1

Advanced Functional Anatomy (8279)

Biomechanics 1 (6834)

Physiology of Exercise 1 (8391)

Professional Practice (Health) 1 (11401)

Semester 2

Biomechanics 2 (6835)

Exercise Programming and Prescription for Performance (12136)

Physiology of Exercise 2 (8392)

Professional Evidence (Health) (11402)

Year 4

Semester 1

Industry and Community Engagement (Health) (10120)

Three Open Elective Units

Course information

Course duration

Standard 3 years full time or part-time equivalent. Maximum 10 years from date of enrolment to date of course completion.

Learning outcomes

Learning outcomes	Related graduate attributes
Work individually, collaboratively and ethically while building professional networks in the health sector.	UC graduates are professional: work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; and take pride in their professional and personal integrity. UC graduates are global citizens: think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; and behave ethically and sustainably in their professional and personal lives. UC graduates are lifelong learners: reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; and be self-aware.

Translate and communicate discipline specific knowledge to a variety of health-related audiences such as professionals, government and non-government representatives and clients.	UC graduates are professional: employ up-to-date and relevant knowledge and skills; communicate effectively; and use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.
Develop and apply critical analysis skills to a range of contemporary health related issues.	UC graduates are professional: use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.
Develop the technical, technological and communication skills to provide health or sport solutions for increasingly complex problems.	UC graduates are professional: employ up-to-date and relevant knowledge and skills; and communicate effectively. UC graduates are global citizens: communicate effectively in diverse cultural and social settings; and make creative use of technology in their learning and professional lives. UC graduates are lifelong learners: adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; and evaluate and adopt new technology.
Design, apply and evaluate appropriate interventions for improved health or performance outcomes.	UC graduates are professional: employ up-to-date and relevant knowledge and skills; and use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.
Apply theoretical knowledge to practical situations in laboratory simulated learning environments, and community and industry settings, independently and as part of a team.	UC graduates are professional: employ up-to-date and relevant knowledge and skills; and work collaboratively as part of a team, negotiate, and resolve conflict. UC graduate are global citizens: communicate effectively in diverse cultural and social settings; and make creative use of technology in their learning and professional lives. UC graduates are lifelong learners: adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; and evaluate and adopt new technology.
Analyse and explain the impact of physical activity on human development and performance.	UC graduates are professional: employ up-to-date and relevant knowledge and skills; and communicate effectively.

Placements requirements

Students may require: - Working with vulnerable people card

Majors

- Specialist Major in Human Movement (SM0036)
- Core Major in Health Science (CM0017)

Awards

Award	Official abbreviation
Bachelor of Health Science (Human Movement)	B HthScience (HumanMovement)

Honours

Students who complete this course with a GPS of 5.5 or more may be eligible for admission to 318JA Bachelor of Health Science (Honours).

Alternative exits

Combined horizontal degree (double degree) Bachelor of Health Science (Human Movement)/ Bachelor of Human Nutrition (HLHL01):

For details see the separate entry for the double degree course on this website.

Combined horizontal degree (double degree) Bachelor of Science in Psychology/ Bachelor of Health Science (Human Movement) (SCHL01):

For details see the separate entry for the double degree course on this website.

Enrolment data

2023 enrolments for this course by location. Please note that enrolment numbers are indicative only and in no way reflect individual class sizes.

Location	Enrolments
UC - Canberra, Bruce	61

Enquiries

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

Download your course guide

Scholarships

Find the scholarship that's the right fit for you

Explore Scholarships

University of Canberra, Bruce ACT 2617 Australia

+61 2 6201 5111

ABN 81 633 873 422

CRICOS 00212K

TEQSA Provider ID: PRV12003 (Australian University)

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.