Bachelor of

Sports Studies

Moreton Bay, Semester 1 2023

Program structure

Introductory courses (6) 72 units

HLT100 Anatomy and Physiology
HLT140 Think Health
SPX101 Introduction to Sport and Exercise Science
SPX102 Introduction to Coaching Science
SPX121 Exercise Prescription and Programming I
PUB104 Introduction to Behavioural Health

Developing courses (3) 36 units

NUT212 Principles of Nutrition
SPX222 Sport and Exercise Psychology
SPX231 Motor Control and Learning

Graduate courses (2) 24 units

NUT300 Nutrition for Health and Exercise
SPX304 Professional Placement in Sport Studies

Major courses (8) 96 units

- Journalism
- Marketing
- Tourism, Leisure and Event Management

Elective courses (5) 60 units

Select 5 elective courses (60 units) from the undergraduate elective course options. You may need to include 300 level courses in your elective selection to meet the requirement to complete four 300 level courses in the program.

Sports Studies students are encouraged to use electives to complete courses in the following discipline areas:

- Journalism
- Marketing
- Nutrition
- Outdoor Environmental Studies
- Public Relations
- Small Business Management
- Sports and Exercise Nutrition
- Tourism, Leisure & Event Management

NOTE: Students MUST complete a minimum of 4 x 300-level courses (48 units) overall in the program.

Note: Program structures are subject to change. Not all UniSC courses are available on every UniSC campus.

Total units: 288

Study sequence

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Study options and teaching period of offer can vary depending on the study location. For full details, visit usc.edu.au.

Year 1

Semester 1

COURSE	SEMESTER OF OFFER (MORETON BAY)	UNITS	REQUISITES
HLT140 Think Health	• Semester 1	12	
SPX101 Introduction to Sport and Exercise Science	• Semester 1	12	
PUB104 Introduction to Behavioural Health	• Semester 1	12	

PLUS select 1 course towards your chosen major OR an elective course from the undergraduate elective course options.

Semester 2

COURSE	SEMESTER OF OFFER (MORETON BAY)	UNITS	REQUISITES
HLT100 Anatomy and Physiology	• Semester 1, Semester 2	12	Pre: Enrolled in Program SC010, SC108, ED312, ED315, SC306, SC347, SC367, SC391, SC392, SC393 or Applied Environmental Health Extended Major or Health and Physical Education Major Anti: (LFS112 or LFS201 or LFS202) and LFS122) or SPX103
SPX102 Introduction to Coaching Science	• Semester 2	12	Anti: SPX321
SPX121 Exercise Prescription and Programming I	• Semester 2	12	Pre: Enrolled in Program AB101, SC304, SC344, SC347, SC110 Anti: SPX212

PLUS select 1 course towards your chosen major OR an elective from the undergraduate elective course options.

Year 2

Semester 1

COURSE	SEMESTER OF OFFER (MORETON BAY)	UNITS	REQUISITES
NUT212 Principles of Nutrition	• Online: Session 1, Semester 1	12	Pre: LFS103 or LFS112 or HLT100 or SPX103 Anti: FSN212

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Select 3 courses towards your chosen major OR elective courses from the undergraduate elective course options.

Semester 2

COURSE	SEMESTER OF OFFER (MORETON BAY)	UNITS	REQUISITES
SPX222 Sport and Exercise Psychology	• Semester 2	12	Pre: PSY100 or PUB104 or SPX101 or SPX102
SPX231 Motor Control and Learning	• Semester 2	12	Pre: LFS122 or HLT100 or SPX103
NUT300 Nutrition for Health and Exercise	• Semester 2	12	Pre: NUT212 or SPX211 Anti: NUT203

PLUS select 1 course towards your chosen major OR elective course from the undergraduate elective course options.

Year 3

Semester 1

Select 4 courses towards your chosen major OR elective courses from the undergraduate elective course options.

Semester 2

COURSE	SEMESTER OF OFFER (MORETON BAY)	UNITS	REQUISITES
SPX304 Professional Placement in Sport Studies	• Sunshine Coast: Semester 1, Semester 2	12	Pre: SPX121 and enrolled in Program SC347 and in final year of study. Mandatory requirements need to be submitted to SONIA for this course before you are eligible to attend a manual enrolment meeting with the Course coordinator.

PLUS select 3 courses towards your chosen major OR elective courses from the undergraduate elective course options.

Program requirements and notes

In order to graduate you must:

- Successfully complete 288 units as outlined in the Program Structure
- Successfully complete a minimum of four (4) 300 level courses (48 units) overall in the program
- Complete no more than 10 introductory level (100 coded) courses

Program notes

- Completing this program within the specified (full-time) duration is based on studying 48 unit points per semester (normally 4 courses) and following the recommended study sequence
- The unit value of all courses is 12 units unless otherwise specified

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- It is each students responsibility to enrol correctly according to your course requisites, program rules and requirements and be aware of the academic calendar dates
- Courses within this program are assessed using a variety of assessment methods which may include essays, seminar presentations, reports, in-class tests and examinations
- As part of your UniSC program, you may apply to Study Overseas to undertake courses with an overseas higher education provider
- Only a full-time study option is available to international students on a Student Visa
- Refer to the Managing your progression page for help in understanding your program structure, reviewing your progress and planning remaining courses.
- This program does not meet the application eligibility requirements for Exercise Scientist or Sport Scientist membership of Exercise and Sports Science Australia (ESSA). If professional membership in a sport or coaching area is required consider the Bachelor of Sport and Exercise Science or the Bachelor of Clinical Exercise Physiology.

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