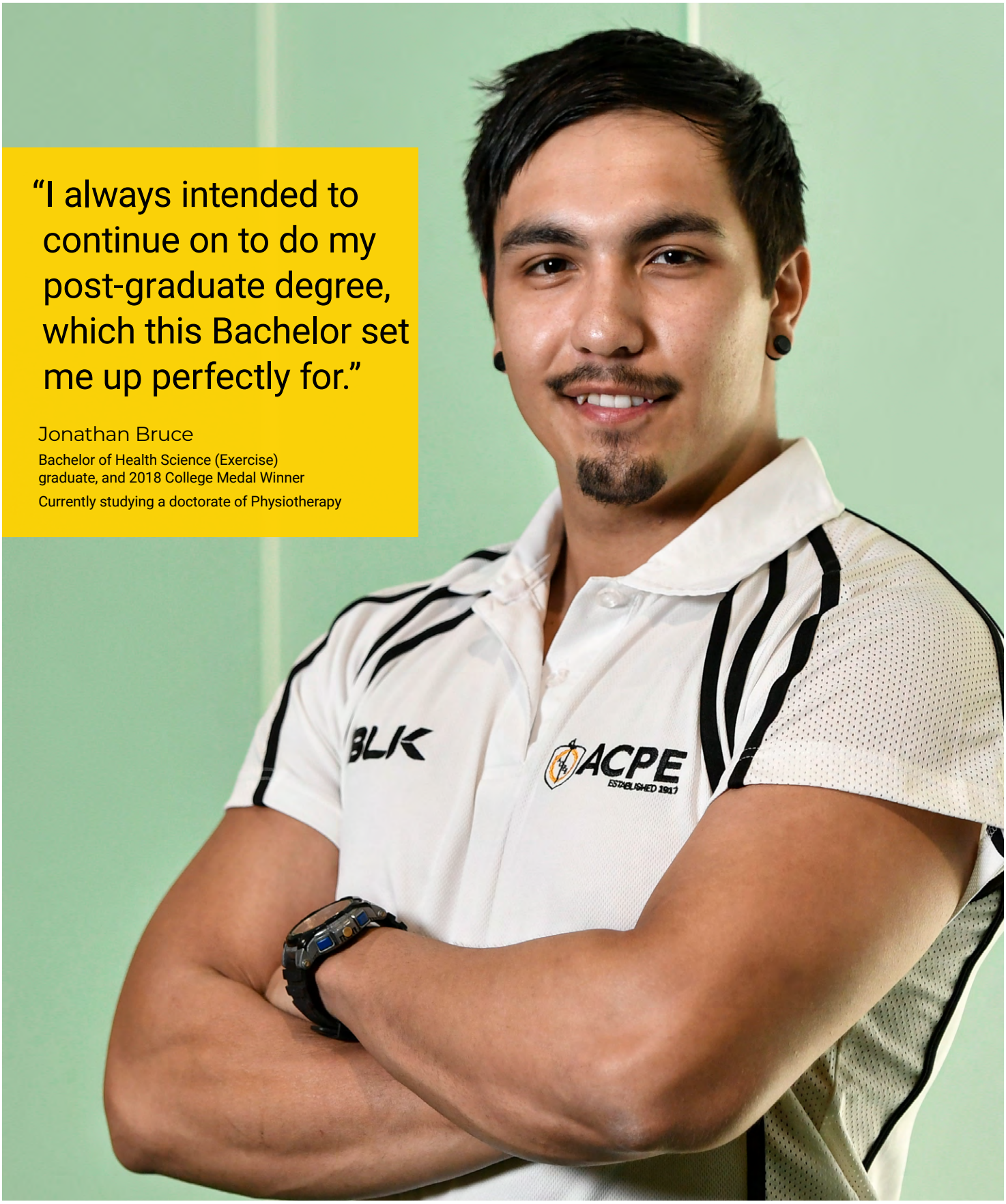
2021 Course Brochure

Bachelor of Health Science (Exercise)

ACPE
AUSTRALIAN COLLEGE OF PHYSICAL EDUCATION



"I always intended to continue on to do my post-graduate degree, which this Bachelor set me up perfectly for."

Jonathan Bruce

Bachelor of Health Science (Exercise) graduate, and 2018 College Medal Winner

Currently studying a doctorate of Physiotherapy

NSW CRICOS Provider #01822J

The Bachelor of Health Science (Exercise) provides students with foundational health and bioscience units with an exercise major. Students will study areas such as health promotion and awareness and also foundational sciences relevant to the human body. The exercise major provides students with an in-depth knowledge and understanding of exercise prescription, anatomy, physiology and biomechanics. This degrees also exposes students to areas of special populations, nutrition, psychology and motor learning. Students learn in a practical environment using current and relevant equipment and technology in both the lab and field settings. In addition, the degree provides students with problem solving and critical thinking skills, including the ability to interpret scientific information.

COURSE DURATION
3 years full time or part time equivalent.

STUDY MODE
Face-to-face on campus, selected units available online.

SEMESTER INTAKES
March and August annually on campus.

FEE-HELP
FEE-HELP Approved, Payment Plans, Upfront payment available.

Tuition payment arrangements must be confirmed upon admission to the college.

TRANSFER CREDIT
An applicant may apply for an assessment of their prior learning at the time of applying for entry to an award course of the college.

ENTRY REQUIREMENTS
Applicants must meet at least ONE of the following criteria to be considered for admission:

1. A minimum HSC (Higher School Certificate) or equivalent. ACPE will review the HSC results to determine if students require any additional support in their studies and will be counselled about the most appropriate course for them based on their own previous studies and results.
2. A qualification from a recognised higher education provider
3. An Associate Diploma, Diploma, Advanced Diploma, or Tertiary Preparation Certificate from a TAFE or other recognised VET provider qualification (Students wishing to enter through Certificate IV must have completed Year 11 or equivalent)
4. One year full-time or equivalent in a degree course at an Australian university
5. Satisfaction of entry requirements specified under formal articulation arrangements as determined by the ACPE Academic Board
6. A recognised overseas qualification with demonstrated proficiency in English
7. Demonstration to the Dean's satisfaction of good selection prospects as a student (for example, relevant work experience and motivation to study), and ineligibility to compete for admission based on the academic achievement criteria (1) to (6)

ALTERNATE ENTRY
An applicant seeking admission who is unable to demonstrate that they satisfactorily meet the General Admission Criteria above may apply to the College to be considered for Alternate Entry. The applicant may be requested to provide evidence that will demonstrate they have a reasonable likelihood of success in studies with the College. This includes mature entry (over 21 years) with relevant experience, elite athletes with interrupted study due to sports commitments, and any other potential applicants who may not meet the criteria above. Entry with advanced standing through educational pathways (e.g. RPL or credit transfer) may also be available based on previous study.

For students who have left school but who haven't completed their HSC and are under 21 years of age, ACPE has an alternative entry pathway to allow potential access to an ACPE degree. For more information head to acpe.edu.au/earlyaccept/

ASSESSMENTS
While some units require mid-term and final exams, assessments are also authentic and practical to prepare you for the workplace. Students enrolled in an online unit sit their final exam at the College or if they live at a distance, under external supervision.

ONLINE LEARNING
Selected units available online **for students enrolled in courses that are not fully online**. Online units in these courses are taught with a viable cohort of students. If the cohort in these units is too small to ensure an optimal student experience, the College reserves the right to alter the delivery mode to on campus or mixed mode.

CAREER OPPORTUNITIES
Graduates can pursue a range of career opportunities and/or articulation into postgraduate study including:

- Exercise Physiology
- Physiotherapy
- Other Allied Health
- Health and Exercise Research
- Sport Scientist
- Sports Trainer
- High Performance Sport

ABOUT ACPE
The Australian College of Physical Education (ACPE) is one of the oldest higher education providers in NSW. For 100 years the College has provided first rate qualifications in physical education (PDHPE), dance education, sports business, health science, health and movement, coaching, applied fitness, and community health. ACPE courses are delivered at its purpose-built campus in Sydney Olympic Park, with a range of courses and individual units offered online.

FEE-HELP Available

Selected Units Available Online

Full Time or Part Time Study Load

BACHELOR OF HEALTH SCIENCE (EXERCISE)

FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Pre-req	Online	Campus
SEMESTER 1 – 1ST YEAR							
GHS1301	Understanding Health	5	6	0.125	Nil		✓
HSC1102	Chemistry I	4	6	0.125	Nil		✓
HSC1104	Skill Acquisition	3	6	0.125	Nil	✓	✓
HSC1201	Application of Maths and Statistics for Health and Sport	3	6	0.125	Nil	✓	✓
SEMESTER 2 – 1ST YEAR							
HSC1101	Biology I	4	6	0.125	Nil		✓
HSC1202	Musculoskeletal Anatomy and Physiology	3	6	0.125	Nil	✓	✓
HSC1203	Biochemistry and Nutrition	3	6	0.125	Nil	✓	✓
HSC1204	Exercise Prescription throughout the Lifespan	3	6	0.125	Nil	✓	✓
SEMESTER 3 – 2ND YEAR							
GHS2301	Professional Integrity	3	6	0.125	GHS1301	✓	✓
HSC2101	Systems Anatomy and Physiology	3	6	0.125	HSC1202		✓
HSC2103	Applied Exercise Physiology	3	6	0.125	HSC1202		✓
PER2105	Strength and Conditioning	3	6	0.125	HSC1202	✓	✓
SEMESTER 4 – 2ND YEAR							
GHS2202	Principles of Heath Promotion	3	6	0.125	GHS1301	✓	✓
HSC2201	Biomechanics	3	6	0.125	HSC1202	✓	✓
HSC3202	Health, Lifestyle, Disease and Exercise Prescription	3	6	0.125	HSC2103		✓
HSC3203	Sports Medicine	3	6	0.125	HSC2103		✓
SEMESTER 5 – 3RD YEAR							
GHS3102	Raising Health Awareness	3	6	0.125	GHS2202	✓	✓
HSC3101	Human Pathophysiology and Pharmacology	3	6	0.125	HSC2101		✓
HSC2102	Functional Anatomy	3	6	0.125	HSC1202	✓	✓
HSC3103	Research Design and Epidemiology	3	6	0.125	HSC2201		✓
SEMESTER 6 – 3RD YEAR							
GHS2204	Psychology	3	6	0.125	HSC1101		✓
HSC2202	Nutrition, Health and Sporting Performance	3	6	0.125	HSC1203		✓
HSC3201	Advanced Training Principles and Exercise Prescription	3	6	0.125	HSC2103	✓	✓
HSC3204	Health and Physical Assessment	3	6	0.125	HSC2101		✓

Students have the opportunity to apply for ASCA Level 1 Accreditation upon the completion of PER2105

HOW TO APPLY?

Domestic Students
1300 302 867
Apply online at acpe.edu.au

International Students
+61 2 9739 3314
international@acpe.edu.au

Code	Unit Title	Description
SEMESTER 1		
GHS1301	Understanding Health	This unit provides students with an understanding of the various social, biological and environmental determinants that shape the health of individuals and populations. It is also designed to equip students with the foundational academic learning, numeracy and literacy skills required for success in all aspects of their studies.
HSC1102	Chemistry I	This unit provides the basic principles of inorganic and organic chemistry and examining chemical reactions and processes. This unit will demonstrated that matter has physical and chemical properties with respect to the natural environment and health.
HSC1104	Skill Acquisition	This unit provides students with the theoretical background and practical experiences that allow them to understand how the acquisition of motor skills affects performance.
HSC1201	Application of Maths and Statistics for Health and Sport	This unit introduces students to mathematical and statistical knowledge required for future tertiary studies.
SEMESTER 2		
HSC1101	Biology I	This unit explores the knowledge and terminology of biological systems relating to organisms: bacterial, plant and animal. Content covered includes structure of cells, organ tissue and body systems. Evolution and natural selection as an application of science will be explored, exposing students to ecological factors affecting organisms.
HSC1202	Musculoskeletal Anatomy and Physiology	This unit provides students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the neuro-musculoskeletal system relevant to human movement.
HSC1203	Biochemistry and Nutrition	This unit provides a working knowledge of the nutritional sources of energy and the biochemical pathways. The unit will provide students with an understanding of the processes of metabolism and the roles that the three major food groups of carbohydrates, lipids and proteins play in the production of energy for cellular function.
HSC1204	Exercise Prescription throughout the Lifespan	This unit provides the tools needed to recognise health and development issues which may impact the type of exercise prescribed. Students will be introduced to the performance outcomes, skills and knowledge required to apply exercise prescription in accordance with industry standards.
SEMESTER 3		
GHS2301	Professional Integrity	This unit introduces students to a range of ethical issues that arise the fields of sport, recreation, dance, health, fitness and sports coaching. Through the examination of these issues, it is intended that students will gain a wider appreciation of the impact of ethics on the day-to-day and long term decision making processes and be capable of managing their own professional integrity.
HSC2101	Systems Anatomy and Physiology	This unit provides detailed knowledge of the structure, function and physiology of the 11 organ systems of the human body. Anatomy and physiology will be presented from a cellular to a gross level providing a more comprehensive approach to anatomy and physiology.
HSC2103	Applied Exercise Physiology	This unit introduces students to the physiological bases of human movement. It examines the interactions between cardiovascular, respiratory, and musculoskeletal systems as well as bioenergetics, neurological and hormonal aspects of human performance.
PER2105	Strength and Conditioning	This unit extends the students' knowledge in the physiological adaptations of strength and conditioning, allowing the development of skills, practices and understanding of its principles.
SEMESTER 4		
GHS2202	Principles of Heath Promotion	This unit introduces the core skills of health promotion through examining the principles, theories and the different methods of evaluating health promotion programs targeting specific public health issues.
HSC2201	Biomechanics	This unit enables students to have an understanding of the mechanical analysis of human movement and identify the biomechanical principles, which influence human movement in physical activity.
HSC3202	Health, Lifestyle, Disease and Exercise Prescription	This unit provides students with an understanding of clinical exercise physiology principles as well as an introduction into exercise testing and prescription. The unit explores lifestyle diseases and the promotion of exercise to treat such conditions.
HSC3203	Sports Medicine	This unit introduces the pathology, assessment and management of injuries commonly sustained during sporting activities, assist students in understanding their role and the role of various health professionals in recognising and managing sport related injuries.
SEMESTER 5		
GHS3102	Raising Health Awareness	This unit provides an opportunity to explore the practices of community health promotion. This practical experience will incorporate the role, contribution and responsibilities of government and community health professionals in promoting well-being.
HSC3101	Human Pathophysiology and Pharmacology	This unit provides a thorough working knowledge of the processes of cellular dysfunction resulting in disease. Students will also have a thorough understanding of the common treatments of these diseases from a medical perspective.
HSC2102	Functional Anatomy	This unit develops an understanding of the functional significance of the structures of the Musculoskeletal system, including mechanical properties, with a particular focus on human movement.
HSC3103	Research Design and Epidemiology	This unit examines scientific research methods used for clinical problem solving in the health science industry. Students will develop proficiencies in research design, analysis and critical appraisal of health science literature.
SEMESTER 6		
GHS2204	Psychology	In this unit, students are provided with an introduction to the science of psychology and its application to health, education, sport and everyday life. Students will explore the classical schools of psychology, major theorists, key concepts and principles for understanding and explaining behaviour in addition to investigating the research methods used in psychology.
HSC2202	Nutrition, Health and Sporting Performance	This unit is an integrative unit which provides students with knowledge and understanding of the macro and micro nutrients that contribute to a healthy diet and to develop the students' skills in assessing the nutritional intake of wide range of individuals and their particular needs.
HSC3201	Advanced Training Principles and Exercise Prescription	This unit integrates scientific evidence underlying biophysical adaptations with training programs and methodologies. The unit will also use an evidence-based approach to expand on concepts related to the principles of training and exercise prescription in athletic participation and rehabilitation settings.
HSC3204	Health and Physical Assessment	This unit enables students to develop the knowledge, understanding and application of the theoretical aspect of physical examination. Students will also learn and apply examination techniques designed to screen for common physiological and cognitive exercise contraindications.