

2021 Course Brochure
Bachelor of Health Science
(Fitness)



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION

“My focus has shifted from playing sport myself, to helping others improve their fitness for the game”

Michael Dale

Bachelor of Health Science (Exercise) graduate
Currently studying a Masters of Physiotherapy



The Bachelor of Health Science (Fitness) provides students with the foundational health and bioscience units with an accompanying fitness major. The degree covers health promotion and awareness as well as foundational science relevant to the human body. The fitness major provides students with an in-depth knowledge and understanding of exercise prescription, anatomy, physiology and biomechanics. Students are exposed to fitness programming, strength and conditioning, sports business and exercise for various populations. Practical learning is undertaken in the laboratory, gym and in the field, providing students with exposure to the latest technology and equipment. This degree also develops professional communication skills essential for engagement with prospective clients.

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 are qualified to pursue a range of careers including:

- Gym and Facility Manager
- Group Exercise Instructor
- Strength and Conditioning Coach
- Specialist Trainer
- Bachelor of Health Science (Fitness) graduates are eligible to register as Personal Trainers with Fitness Australia

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 (FITNESS)

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		✓
HSC1201	Application of Maths and Statistics for Health and Sport	3	6	0.125	Nil	✓	✓
PER1102	Fitness Principles and Programming	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	✓	✓
PER1206	Introduction to Performance and Exercise Psychology	3	6	0.125	Nil	✓	✓
SEMESTER 3 – 2ND YEAR							
HSC2101	Systems Anatomy and Physiology	3	6	0.125	HSC1202		✓
HSC2103	Applied Exercise Physiology	3	6	0.125	HSC1202		✓
PER1104	Introduction to Responsible Fitness Management	3	6	0.125	Nil		✓
PER2105	Strength and Conditioning	3	6	0.125	HSC1202	✓	✓
SEMESTER 4 – 2ND YEAR							
GHS2202	Principles of Health Promotion	3	6	0.125	GHS1301	✓	✓
HSC1204	Exercise Prescription throughout the Lifespan	3	6	0.125	Nil	✓	✓
HSC2201	Biomechanics	3	6	0.125	HSC1202	✓	✓
SPB1205	Small Business Management Principles	3	6	0.125	Nil		✓
SEMESTER 5 – 3RD YEAR							
GHS2301	Professional Integrity	3	6	0.125	GHS1301	✓	✓
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		✓
HSC3202	Health, Lifestyle, Disease and Exercise Prescription	3	6	0.125	HSC2103		✓
HSC3204	Health and Physical Assessment	3	6	0.125	HSC2101		✓
PER1207	Exercise and Social Development through the Lifespan	3	6	0.125	Nil		✓

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 demonstrate that matter has physical and chemical properties with respect to the natural environment and health.
HSC1201	Application of Maths and Statistics for Health and Sport	This unit introduces students to mathematical and statistical knowledge required for future tertiary studies.
PER1102	Fitness Principles and Programming	This unit provides students with the opportunity to build the knowledge and skills required to develop basic fitness programs, developing the instructor's ability to apply exercise prescription protocols in preparation for fitness programming.
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.
PER1206	Introduction to Performance and Exercise Psychology	This unit introduces important issues in the field of sport and exercise psychology. The psychological, social, and emotional impacts of sport, exercise and dance involvement are examined with the application of basic performance enhancement strategies.
SEMESTER 3		
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.
PER1104	Introduction to Responsible Fitness Management	This unit develops the instructor's ability to take an individual through the induction, screening and basic fitness appraisal protocols in preparation for fitness program development.
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 Health 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.
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.
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.
SPB1205	Small Business Management Principles	This unit addresses the key principles, theories, tools and policies for small businesses operating in the fitness industry. The theories of management, governance, planning and appraisal will be analysed and related to typical management scenarios relevant to the fitness industry.
SEMESTER 5		
GHS2301	Professional Integrity	This unit introduces students to a range of ethical issues that arise in 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.
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.
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.
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.
PER1207	Exercise and Social Development through the Lifespan	This unit analyses the factors that contribute to growth and development across the lifespan from birth to late adulthood, including diversity.