

2021 Course Brochure
Bachelor of Health & Movement
Elective Stream: Sport



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION

“Once I was working I could see the different opportunities that were available in rugby league – I just wanted to be part of it”

Sarah McDonald
Bachelor of Health & Movement graduate



The study of health and movement is a personally rewarding and increasingly important field in today's world. Health and Movement studies combine learning in the areas of health, movement and science, with a focus on improving individual and community health through sport. Career opportunities can be found in sport and recreation, and sports development.

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 may also be 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.



FEE-HELP Available



Selected Units Available Online



Full Time or Part Time Study Load

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.
PER1101	Principles of Movement	This unit explores the principles of movement and fundamental movement skills that form the foundation for future engagement in sport and physical activity.
PER1106	Sport and the Social Context	This unit provides a history of sport within Australia and addresses the sociological perspectives, including culture, gender, ethnicity, media and politics, emerging from the study of sport history.
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.
SEMESTER 2		
GHS2201	Health: A Sociological Perspective	This unit further explores the concept that health is a result of particular historical, social, cultural, political and economic circumstances. As such, the unit adopts the social model of health and investigates sociological issues and their influence on shaping individuals' knowledge, attitudes and beliefs about health; and how these factors may lead to health inequities within population groups.
GHS1201	Health Priorities for Australia	This unit examines the influences on Australians' health and wellbeing by exploring the national health priority areas of Australia and investigating risk and protective factors which contribute to these health priorities. Current governmental and non-governmental strategies which focus on improving the health of all Australians are also a focus.
PER1202	Theory and Application of Playing and Coaching Sport	Students are introduced to the components of movement skills as the foundation for physical activity and movement. The content and pedagogy of the movements skills, their components, and application to sport and physical activity are investigated.
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.
SEMESTER 3		
GHS1101	Global Health	This unit explores the major determinants of health in a global setting. Students will investigate how socio-cultural, environmental, political and economic factors influence global health issues and how global health players have been trying to address these.
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.
GHS2301	Professional Integrity	This unit introduces students to a range of ethical issues that arise in movement and health contexts. 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 react to these with integrity.
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.
PER2203	Inclusive Physical Activity	This unit explores the nature of diversity and difference in contemporary Australian society. This unit will facilitate student's critical self-reflection to form a perspective on how their future practice can effect positive change through sport.
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.
SEMESTER 5		
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.
PER2101	Composition and Performance	This unit emphasises analysis and refinement of performance and composition through the examination of dance and gymnastics. More generally, underlying themes of feedback and assessment are utilised in improving performance.
PER2104	Introduction to Understanding Sport and Fitness Research	This unit introduces the concept of research through the study of sport and fitness, and the application of appropriate theoretical and practical methodologies.
PER2301	Athletics and Aquatics Specialisation	This unit develops a deep understanding of the training demands, skills and movement principles in both athletic (track and field) and aquatic events. It also critically analyses the specific biomechanical and physiological principles that apply to various athletic and aquatic events.
SEMESTER 6		
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.
HSC3202	Health, Lifestyle, Disease and Exercise Prescription	This unit will provide 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.
PER3201	Leadership Through Outdoor Activities	This unit introduces students to the challenges and opportunities that are presented through outdoor physical activity.
PER3206	Research in Action (Sport)	This unit will develop a research perspective in students and an awareness of research methodologies. Students will explore discipline and methodological literature which will lead to a research proposal and a small scale investigation into an area of academic interest.

BACHELOR OF HEALTH & MOVEMENT – ELECTIVE STREAM: SPORT

FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Unit Type	Pre-req	Online	Campus
SEMESTER 1 – 1ST YEAR								
GHS1301	Understanding Health	5	6	0.125	GHS	Nil		✓
PER1101	Principles of Movement	3	6	0.125	PER	Nil		✓
PER1106	Sport and the Social Context	3	6	0.125	PER	Nil	✓	✓
HSC1104	Skill Acquisition	3	6	0.125	HSC	Nil	✓	✓
SEMESTER 2 – 1ST YEAR								
GHS2201	Health: A Sociological Perspective	3	6	0.125	GHS	GHS1301	✓	✓
GHS1201	Health Priorities for Australia	3	6	0.125	GHS	Nil	✓	✓
PER1202	Theory and Application of Playing and Coaching Sport	3	6	0.125	PER	Nil	✓	✓
HSC1202	Musculoskeletal Anatomy and Physiology	3	6	0.125	HSC	Nil	✓	✓
SEMESTER 3 – 2ND YEAR								
GHS1101	Global Health	3	6	0.125	GHS	Nil	✓	✓
HSC2103	Applied Exercise Physiology	3	6	0.125	HSC	HSC1202		✓
GHS2301	Professional Integrity	3	6	0.125	GHS	GHS1301	✓	✓
PER2105	Strength and Conditioning	3	6	0.125	HSC	HSC1202	✓	✓
SEMESTER 4 – 2ND YEAR								
GHS2202	Principles of Health Promotion	3	6	0.125	GHS	GHS1301	✓	✓
HSC1204	Exercise Prescription throughout the lifespan	3	6	0.125	HSC	Nil	✓	✓
PER2203	Inclusive Physical Activity	3	6	0.125	PER	GHS1301	✓	✓
HSC2201	Biomechanics	3	6	0.125	HSC	HSC1202	✓	✓
SEMESTER 5 – 3RD YEAR								
PER1206	Introduction to Performance and Exercise Psychology	3	6	0.125	PER	Nil	✓	✓
PER2101	Composition and Performance	3.5	6	0.125	PER	PER1101 or PER1202		✓
PER2104	Introduction to understanding Sport and Fitness Research	3	6	0.125	PER	Nil		✓
PER2301	Athletic and Aquatics Specialisation	3	6	0.125	PER	HSC1202		✓
SEMESTER 6 – 3RD YEAR								
HSC3203	Sports Medicine	3	6	0.125	HSC	HSC2103	✓	✓
HSC3202	Health, Lifestyle, Disease and Exercise Prescription	3	6	0.125	HSC	HSC2103		✓
PER3201	Leadership Through Outdoor Activities	3	6	0.125	PER	PER2301		✓
PER3206	Research in Action (Sport)	3	6	0.125	PER	GHS2301 or PER2104		✓

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

Bachelor of Health & Movement – Elective Stream: Sport can be used as a pathway into Bachelor of Education (Physical & Health Education)



Students wanting to transfer to the Bachelor of Education (Physical & Health Education) must do all units on campus and meet the entry criteria following the completion of the first 8 units.

HOW TO APPLY?

Domestic Students

1300 302 867
Apply online at acpe.edu.au

International Students

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