

# SPORT AND RECREATION (SPRT)

## SPRT 1001 Fundamentals of Exercise Science (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1001/>) **Legacy Code:** 400880

This subject is designed to provide fundamental basic science and sport and exercise science content, with the intent to prepare the students for the more advanced scientific applications to the study and research of the sport and exercise sciences. Students will be exposed to computer software applications to aid data processing used in the sport and exercise sciences, with special applications to fields such as biomechanics, exercise physiology, motor learning, skill acquisition and sport psychology.

**Level:** Undergraduate Level 1 subject

**Equivalent Subjects:** SPRT 1007 - Professional Practice of Sport Exercise Science SPRT 1002 - Fundamentals of Exercise Science (WSTC)

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

## SPRT 1002 Fundamentals of Exercise Science (WSTC) (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1002/>) **Legacy Code:** 700073

This subject is designed to provide fundamental basic science and sport and exercise science content, with the intent to prepare the students for the more advanced scientific applications to the study and research of the sport and exercise sciences. Students will be exposed to computer software applications to aid data processing used in the sport and exercise sciences, with special applications to fields such as biomechanics, exercise physiology, motor learning, skill acquisition and sport psychology.

**Level:** Undergraduate Level 1 subject

**Equivalent Subjects:** SPRT 1001 - Fundamentals of Exercise Science

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

## SPRT 1005 Outdoor Recreation (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1005/>) **Legacy Code:** 400808

Students will learn about the variety of outdoor recreation and educational pursuits available to individuals, in school or community settings. Through active participation and guided instruction, students will also learn how to supervise specific forms of outdoor recreation and education in activities such as hiking, canoeing and camping. Learning content will reinforce the rationale for the development, administration and delivery of school-based and community outdoor recreation and education programs within Australia.

**Level:** Undergraduate Level 1 subject

**Equivalent Subjects:** SPRT 2005 - Outdoor Recreation 1 SPRT 1006 - Outdoor Recreation (WSTC) TEAC 1014 - Experience based Outdoor Education

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

## SPRT 1006 Outdoor Recreation (WSTC) (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1006/>) **Legacy Code:** 700063

Students will learn about the variety of outdoor recreational pursuits available to individuals, whether in a school-based or community setting. Through active participation and guided instruction, students will also learn how to supervise specific forms of outdoor recreation. Lecture content will reinforce learning and skill development through the study of the development, administration and delivery of school-based and community public recreation programs, as well as studying the role of recreation within Australia.

**Level:** Undergraduate Level 1 subject

**Equivalent Subjects:** SPRT 1005 - Outdoor Recreation

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

## SPRT 1008 Sport for Social Development (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1008/>) **Legacy Code:** 401243

This subject provides an introduction to the concept of Sport for Development. Students will explore the role sports and physical recreation can play in achieving positive social outcomes in communities, both locally and internationally. Students will learn about the multidisciplinary nature of Sport for Development and how the disciplines of health and sports science, sports management and community development come together in the planning, implementation and evaluation of sports and physical recreation projects.

**Level:** Undergraduate Level 1 subject

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

## SPRT 1009 Exercise Performance and Health (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1009/>)

Students will learn the functional anatomy, basic exercise physiology, physical fitness, motor development and exercise training content required to practice as competent exercise/sport/health professionals. Students will also administer and undertake laboratory exercises designed to test, design and administer fitness programs for healthy individuals.

**Level:** Undergraduate Level 1 subject

**Pre-requisite(s):** SPRT 1001

**Incompatible Subjects:** SPRT 3001

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

## SPRT 1010 Sport for Social Development (WSTC) (10 Credit Points)

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt1010/>)

This subject provides an introduction to the concept of Sport for Development. Students will explore the role sports and physical recreation can play in achieving positive social outcomes in communities, both locally and internationally. Students will learn about the multidisciplinary nature of Sport for Development and how the disciplines of health and sports science, sports management and community development come together in the planning, implementation and evaluation of sports and physical recreation projects.

**Level:** Undergraduate Level 1 subject

**Equivalent Subjects:** SPRT 1008

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 2002 Exercise Testing and Measurement (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt2002/>) **Legacy Code:** 401150

**Level:** Undergraduate Level 2 subject

**Co-requisite(s):** SPRT 1001

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 2007 PDHPE: Games for Diverse Groups (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt2007/>) **Legacy Code:** 400798

This subject focuses on teaching and coaching young children in a range of Indigenous, striking/fielding, and target sports. The aim is to build on students' knowledge and application of various teaching / coaching styles with a focus on the game sense approach. In particular, the subject addresses issues of diversity and inclusion in school, sport, and recreation activities. As part of the subject, students will implement a teaching program in a local primary school and complete introductory coaching certificates in a variety of sports.

**Level:** Undergraduate Level 2 subject

**Equivalent Subjects:** SPRT2013

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 2009 Professional Development and Work Experience (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt2009/>) **Legacy Code:** 400903

Experience in the field of study is an essential ingredient in marketing an individual for employment and often for professional memberships. Professional Practice provides students with an opportunity to observe and assist Sport & Exercise Science practitioners in action and to learn in a practical hands on setting. Students will have the opportunity to see how knowledge and skills acquired in lectures and tutorials/ laboratories can be applied and also relate theoretical concepts and skills to situations in exercise-related settings. This subject is the first of two subjects which require a work placement which is usually off campus.

**Level:** Undergraduate Level 2 subject

**Pre-requisite(s):** SPRT 1001

**Co-requisite(s):** HLTH 2006

**Equivalent Subjects:** SPRT 2010 - Professional Practice in Sport Exercise Science 2

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 2011 Sustainability, Tourism and Place (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt2011/>) **Legacy Code:** 102386

In 2023 this subject is replaced by TOUR 2003 - Managing Sustainable Places. Sustainability, Tourism and Place provides students with a fundamental understanding of the current debates in tourism management and sustainable places. The complex relationship and interaction among diverse stakeholders involved in places and tourism are explored. The subject encourages a systems approach, and focuses on traveller origin places, tourist experience and community development. The subject aims to assist students in the analysis of the role of tourism in sustainable places by applying a wide range of case studies.

**Level:** Undergraduate Level 2 subject

**Equivalent Subjects:** SPRT 2006 - Outdoor Recreation and Leisure

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 2012 Community Sport Development (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt2012/>) **Legacy Code:** 401283

The subject develops students' knowledge and understanding of the concept of community sports development and its role in addressing key issues of social inclusion, diversity, and health promotion. Students explore local and national Australian policies and initiatives, with a focus on monitoring and evaluating and exploring evidence around the social impact of sport. The module facilitates students' knowledge and understanding of community needs within the context of sport and active recreation. Further, students will propose innovative sport development initiatives and programs where students will design and implement a localised sport development initiative in partnership with a local sport organisation.

**Level:** Undergraduate Level 2 subject

**Pre-requisite(s):** SPRT 1008

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 2013 Leading Games and Sports (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt2013/>)

This subject focuses on teaching and coaching young people in a range of Indigenous games, non-mainstream sports, and various other inclusive activities. The aim is to build on students' knowledge and application of various teaching /coaching styles with a focus on the game sense approach. In particular, the unit addresses issues of diversity and inclusion in school, sport, and recreation activities. As part of the subject, students will implement a teaching program in a local primary school and complete introductory coaching certificates in a variety of sports.

**Level:** Undergraduate Level 2 subject

**Pre-requisite(s):** HLTH 1020

**Equivalent Subjects:** SPRT 2007

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3001 Applied Exercise Science for Personal Trainers and Coaches (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3001/>) **Legacy Code:** 401056

Students will learn the functional anatomy, exercise physiology, physical fitness, motor development and exercise training content required to function as competent personal trainers and/or sports coaches. Students will also administer and undertake laboratory exercises designed to test and administer fitness programs for healthy individuals

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** BIOS 1022 AND

SPRT 1001

**Equivalent Subjects:** LGYA 7759 - Personal Training and Coaching

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3002 Aquatic Sports (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3002/>) **Legacy Code:** 400895

From 2016, this subject is replaced by 400866 - Motor Control and Skill. Students will actively engage in a variety of aquatic activities including rowing, canoeing, kayaking, diving, water polo and swimming. Through participation in practical tutorials, students will develop their ability to teach and coach each of the aforementioned aquatic activities in a school or community recreation setting. Students will also train in swimming to improve stroke mechanics and fitness. This will form part of the Bronze Medallion Lifesaving certification, which involves developing competencies in resuscitation, four strokes of swimming, personal survival and rescue skills.

**Level:** Undergraduate Level 3 subject

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3003 Coaching Sport and Recreation Activities (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3003/>) **Legacy Code:** 401169

Coaching Sport and Recreation Activities offers students with a learning experience based on the principles of physical education and sports coaching in variety of sports and recreational activities. This subject builds upon physical activity instruction and teaching games for understanding (game sense) introduced in earlier subjects. You will have the opportunity to plan, implement, and reflect on your own teaching practice during tutorials and within community sport contexts. You will learn to see things from multiple perspectives based on content delivered by university staff, peers, and external sport organisations. The subject incorporates experience in meaningful situations that will help prepare you for work in a dynamic field of education. This subject includes approximately 35 hours of work integrated learning.

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** SPRT 2007

**Equivalent Subjects:** SPRT 3007 - Ethical Issues in Sport and Athletics  
SPRT 3010 - Recreational Sports LGYA 0701 - Human Movement 6

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3005 Contemporary Youth Health Issues (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3005/>) **Legacy Code:** 400894

This subject has been replaced by SPRT 3024 Contemporary Youth Health from 2023. The subject explores contemporary health issues related to young people. Students will examine a range of topics from a multidisciplinary approach, which include the social, cultural, political and biological factors that influence and construct young people's lives and health. Students will explore pathogenic and salutogenic approaches to understanding and promoting young people's health. When considering and analysing the influences and contexts, students will be able to gather resources and develop diverse meaningful strategies that will assist young people to promote health practices.

**Level:** Undergraduate Level 3 subject

**Incompatible Subjects:** HUMN 3072 - Sexuality SPRT 3006 - Introduction to Drug Use in Society

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3008 Exercise Physiology Across the Lifespan (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3008/>) **Legacy Code:** 401149

This subject is focused on physiological changes across the human lifespan and their effects on exercise tolerance. There is a particular focus on structural, physiological and motor development changes across the lifespan with emphasis on the control of neuromuscular, cardiovascular, respiratory and thermoregulatory function. Social determinants of health and physiological adaptation to exercise training will be covered, alongside contraindicated exercises and common injuries/conditions that are present at different stages across the lifespan.

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** BIOS 2012

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3011 Sport Development Applied Project (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3011/>) **Legacy Code:** 401246

The Sport Development Applied Project continues student's engagement with an organisation in the sport and active recreation industry. Building on the foundation laid in the Sport Development Internship, the Applied Project provides students with an opportunity to apply their acquired academic knowledge and skills into real-world applications in an engaged strategic project in sport development.

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** SPRT 3012

**Incompatible Subjects:** SPRT 3014 Sport Management Applied Project  
BUSM 3066 Sport Management Internship

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3012 Sport Development Internship (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3012/>) **Legacy Code:** 401244

The Sport Development Internship provides students with the opportunity to experience the practice of sport development in the workplace through a supervised placement in the sport and active recreation industry. Internships will allow students to relate their acquired academic knowledge and to apply their skills to real-world applications in an industry setting. Students will have the opportunity to observe, develop and practice skills in negotiation, problem identification, program planning, implementation and evaluation in a range of settings. The work completed during the Sport Development Internship also lays the foundations for the Sport Development Applied Project to follow. Students will complete a minimum of 100 hours of placement/internship as part of this unit.

**Level:** Undergraduate Level 3 subject

**Incompatible Subjects:** SPRT 3014 Sport Management Applied Project  
BUSM 3066 Sport Management Internship

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3014 Sport Management Applied Project (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3014/>) **Legacy Code:** 200751

This subject provides students a unique opportunity to integrate knowledge gained from operational and theoretical perspectives of sport studies into application in an engaged research project in sport management. Students will engage in comprehensive projects which bring together real world industry problems and sport theory. Students studying Sport Management Applied Project may have the opportunity to undertake an international field trip to experience the sport environment from an international perspective.

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** BUSM 2036

**Equivalent Subjects:** LGYA 4813 - Sport Management Applied Project  
**Incompatible Subjects:** BUSM 3019 - Hospitality Management Applied Project

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3017 Work Experience in Sport and Exercise Science (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3017/>) **Legacy Code:** 400904

Experience in the field of study is an essential ingredient in marketing an individual for employment and often for professional memberships. Work Experience in Sport and Exercise Science provides students with an opportunity to observe and assist Sport & Exercise Science practitioners in action and to learn in a practical setting. Students will have the opportunity to see how knowledge and skills acquired in lectures and tutorials/laboratories can be applied and also relate theoretical concepts and skills to situations in exercise-related settings. .

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** Students in course versions 46581 46582 and 46583 must successfully complete three pre-requisite units - BIOS 2037 Sport and Exercise Physiology REHA 3012 Exercise in Musculo-Skeletal Rehabilitation and SPRT 2009 Professional Development and Work Experience Students in course version 46584 must successfully complete two prerequisite units - BIOS 2012 Exercise Physiology and HLTH 2005 Exercise Prescription 1

**Equivalent Subjects:** SPRT 3015 - Sport and Exercise Science in Practice

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3020 Applied Research Project (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3020/>)

This capstone subject requires students to design and conduct a detailed project of independent inquiry in an area of interest. In consultation with subject coordinators and academic staff, students will build on existing evidence synthesis skills by collecting data in a variety of formats to answer key questions related to their field, leading to outcomes and solutions relevant to real-world settings and future employment contexts.

**Level:** Undergraduate Level 3 subject

**Equivalent Subjects:** SPRT 3011 Sport Development Applied Project  
**Incompatible Subjects:** SPRT 3014 Sport Management Applied Project 200664 Sport Management Internship

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3021 Sport Development Internship A (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3021/>)

Sport Development Internship A provides students with the opportunity to prepare for an experience of sport development in the workplace through a supervised placement in the sport and active recreation industry. Preparing for Internships will allow students to relate their acquired academic knowledge and to apply their skills to real-world applications in an industry setting.

**Level:** Undergraduate Level 3 subject

**Incompatible Subjects:** SPRT 3014

BUSM 3008

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3022 Outdoor Education, Sustainability and Health (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3022/>)

Students will learn in, through, and about a variety of outdoor recreation experiences available in community and school contexts. Through active participation, guided instruction, and independent exploration, students will learn how to supervise specific forms of outdoor recreation in activities such as bushwalking, canoeing, camping and the 'micro-adventure'. This subject applies an interdisciplinary approach to learning about people, the environment and health. Students will consider how these connections and interactions play an important role in promoting, supporting and sustaining the wellbeing of individuals, the community, and the environment, now and into the future.

**Level:** Undergraduate Level 3 subject

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3023 Advanced HPE and Sport Leadership (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3023/>)

This subject offers students with a learning experience based on the principles of physical education and sports coaching in variety of sports and recreational activities. It builds upon physical activity instruction and teaching games for understanding (game sense) introduced in earlier subjects. You will have the opportunity to plan, implement, and reflect on your own teaching practice during tutorials and within community sport contexts. You will learn to see things from multiple perspectives based on content delivered by university staff, peers, and external sport organisations. The subject incorporates experience in meaningful situations that will help prepare you for work in a dynamic field of education.

**Level:** Undergraduate Level 3 subject

**Pre-requisite(s):** HLTH 1020 AND

SPRT 2013

**Equivalent Subjects:** HLTH 3008

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 3024 Contemporary Youth Health (10 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt3024/>)

The subject explores contemporary health related to young people. Students will examine a range of topics from a multidisciplinary approach, which include the social, cultural, political and biological factors that influence and construct young people's lives and health. When considering and analysing the influences and contexts, students will be able to gather resources and develop diverse and meaningful strategies that will assist young people to promote health practices.

**Level:** Undergraduate Level 3 subject

**Restrictions:** Please see the Subject Details page for any restrictions for this subject

**SPRT 9001 Higher Degree Research Thesis - Sport and Recreation (80 Credit Points)**

**Subject Details** (<https://hbook.westernsydney.edu.au/subject-details/sprt9001/>) **Legacy Code:** 800095

**Level:** PhD and Research Masters Level 9 subject

**Restrictions:** Please see the Subject Details page for any restrictions for this subject