

EXERCISE SCIENCE, MINOR (0279)

Western Sydney University Minor Code: 0279

Previous Code: SM4008.1

Available to students in other Western Sydney University programs?
No

This minor offers study in the physiology, analysis, and measurement of exercise and movement. The minor is relevant to students studying health science, physical education and data science. The minor is highly recommended for Bachelor of Health Science (Clinical Sciences) students who are interested in graduate entry programs in physiotherapy or exercise physiology. There are 7 subjects in this minor of which student choose only 4. Minor subject recommendations are based on the student's program.

Location

Campus	Mode	Advice
Campbelltown Campus	Internal	healthsciences@westernsydney.edu.au
Penrith Campus	Internal	healthsciences@westernsydney.edu.au

Recommended Sequence

Select the link for your program below to see details of the minor

Bachelor of Data Science

Subject	Title	Credit Points
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3769 Bachelor of Data Science are recommended to choose the following 4 subjects as long as they meet the subject pre-requisite requirements:

SPRT 1001	Fundamentals of Exercise Science
HLTH 2003	Biomechanics
SPRT 2002	Exercise Testing and Measurement
HLTH 2005	Exercise Prescription I

- Bachelor of Health Science (Clinical Sciences) - Diploma in Health Science/Bachelor of Health Science

Subject	Title	Credit Points
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4656 Bachelor of Health Science/6000 Dip Health Science/B Health Science can choose any 4 from the 7 as long as they meet the subject pre-requisite requirements. Clinical Sciences major students who wish to progress to a graduate entry physiotherapy or exercise physiology course should enrol into BIOS 1212:

SPRT 1001	Fundamentals of Exercise Science
HLTH 2003	Biomechanics
BIOS 1212	Exercise Physiology
BEHV 3025	Sport and Exercise Psychology
SPRT 2002	Exercise Testing and Measurement
HLTH 2005	Exercise Prescription I
HLTH 2025	Exercise Nutrition

- Bachelor of Health Science (Health and Physical Education) - Bachelor of Health Science (Health and Physical Education) pathway - Bachelor of Sport Development - Diploma in Health Science/Bachelor of Health Science (Health and Physical Education)

Subject	Title	Credit Points
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4742 Bachelor of Health Science (HPE teaching pathway), 4747 Bachelor of Health Science (HPE), 6001 Dip Health Science/B Health Science (HPE), and 4741 Bachelor of Sport Development can choose these 4 subjects as long as they meet the subject pre-requisite requirements.

HLTH 2003	Biomechanics
SPRT 2002	Exercise Testing and Measurement
HLTH 2005	Exercise Prescription I
HLTH 2025	Exercise Nutrition

Related Programs

Bachelor of Data Science (3769) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/bachelor-data-science/>)

Bachelor of Health Science (4656) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/bachelor-health-science/>)

Diploma in Health Science/Bachelor of Health Science (6000) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/diploma-health-science-bachelor-health-science/>)