

PHYSICAL ACTIVITY AND HEALTH, MINOR (0257)

Western Sydney University Minor Code: 0257

Previous code: SM4007.1

Available to students in other Western Sydney University

Programs: Yes. Check that your program has the available credit points required to complete the subjects in this field of study. Any requisite requirements must also be met. Consult your Program Advisor for further advice.

The Physical Activity and Health minor offers an introduction to knowledge and skills associated with the use of physical activity as a means of promoting health. Students will further develop in areas associated with physical activity, exercise, nutrition, outdoor recreation, games for diverse groups and sport and exercise psychology. The minor is recommended as complementary study for students in the 4656 Bachelor of Health Science. Subjects are taken from the Health and Physical Education program and as such students will be expected to travel to Penrith campus for some subjects.

Location

Campus	Mode	Advice
Penrith Campus	Internal	Program Advice (https://directory.westernsydney.edu.au/search/email/HealthSciences@westernsydney.edu.au)

Minor Structure Current

Subject	Title	Credit Points
Select four of the following:		40
NATS 2040	Physical Activity, Nutrition and Health	
SPRT 1009	Exercise Performance and Health	
SPRT 2013	Leading Games and Sports	
SPRT 3022	Outdoor Education, Sustainability and Health	
BEHV 3025	Sport and Exercise Psychology	
BEHV 3015	Motor Control and Skill Acquisition	
Total Credit Points		40

Minor Structure 2022

Subject	Title	Credit Points
Select four of the following:		40
HLTH 2023	Introduction to Physical Cultural Studies	
SPRT 1005	Outdoor Recreation	
SPRT 2007	PDHPE: Games for Diverse Groups	
NATS 2040	Physical Activity, Nutrition and Health	
BEHV 3025	Sport and Exercise Psychology	
Total Credit Points		40

Related Programs

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/>)