

# BACHELOR OF HEALTH SCIENCE (HEALTH AND PHYSICAL EDUCATION) (4747)

**Approved Abbreviation:** BHLthSc(HPE)

**Western Sydney University Program Code:** 4747

**AQF Level:** 7

**CRICOS Code:** 089443D

This program applies to students who commenced in 2017 or later.

Students should follow the program structure for the session start date relevant to the year they commenced.

For commencement year 2016 - please refer to 4747.1 - Bachelor of Health Science (Health and Physical Education) (<http://handbook.westernsydney.edu.au/hbook/course.aspx?course=4747.1>)

The Health and Physical Education (HPE) program brings together a comprehensive foundation of health sciences, understanding of physical activity, and skills in interacting with people. The program explores challenging areas of personal development, including youth health issues, sexuality, drugs, psychology and risk-taking behaviours, as well as general health science, including human biology, health systems, health promotion and research. Facilities are state of the art, including a new gymnasium and a renovated dance and gym studio, and practical experience is a strong feature of the program. The program is a popular pathway to a Master of Teaching degree, and then on to a teaching career. Teaching opportunities can be extended beyond HPE by studying electives, such as science and mathematics, where students gain a second teaching area in a subject of their choice. Graduates also work as personal trainers, sports coaches, research assistants, and community-based recreation.

## Study Mode

Three years full-time.

## Program Advice

[healthsciences@westernsydney.edu.au](mailto:healthsciences@westernsydney.edu.au)

Prospective students should visit the following websites for general enquiries about this program.

Enquire about this program (<https://enquiry.westernsydney.edu.au/courseenquiry/>) | Local Admission (<https://www.westernsydney.edu.au/future/>) | International Admission (<https://www.westernsydney.edu.au/international/home/apply/admissions/>) |

## Location

Campus	Attendance	Mode	Advice
Penrith Campus	Full Time	Internal	See above

## Work Integrated Learning

Western Sydney University seeks to enhance student learning experiences by enabling students to engage in the culture, expectations and practices of their profession or discipline. This program includes a placement or other community-based unpaid practical experience.

There is a mandatory work component required for completion of this program. Please contact the Program Advisor listed above for information.

International students should also refer to the link below for more information and a link to the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS).

Work Integrated Learning (WIL) for international students ([https://www.westernsydney.edu.au/currentstudents/current\\_students/services\\_and\\_facilities/international\\_student\\_support/working\\_in\\_australia/work\\_integrated\\_learning/](https://www.westernsydney.edu.au/currentstudents/current_students/services_and_facilities/international_student_support/working_in_australia/work_integrated_learning/))

## Vaccination Requirements

For those students enrolling in 2022, please be aware of the below Public Health Order and Department of Education requirements. Students will be required to meet the below order to be able to attend their relevant placements in Schools (SPRT 2007 Games for Diverse Groups, SPRT 3003 Coaching Sport and Recreation Activities) and with relevant sporting clubs (SPRT 3003 Coaching Sport and Recreation Activities):

- The Public Health (COVID-19 Vaccination of Education and Care Workers): Order dated 23 September states that:
  - all education and care workers must not carry out relevant work on or after 8 November 2021 unless the worker has –
    - Had 2 doses of a COVID-19 vaccine, or
    - Been issued with a medical contraindication certificate (there is a specific certificate issued by a medical practitioner – a normal Doctor's Certificate will not be accepted)

## Admission

For local students admission is through UAC.

- Assumed knowledge: Any 2 subjects of English
- Recommended Studies: Personal Development, Health and Physical Education, or Community and Family Studies.

Applications from Australian and New Zealand citizens and holders of permanent resident visas may be made via the Universities Admissions Centre (UAC) or directly through the Western Portal. Use the links below to apply via UAC or Western Sydney University. Applications made directly to Western Sydney do not have an application fee.

<http://www.uac.edu.au/>

<https://westernsydney.uac.edu.au/ws/>

Applicants who have undertaken studies overseas may have to provide proof of proficiency in English. Local applicants who are applying through the Universities Admissions Centre (UAC) will find details of minimum English proficiency requirements and acceptable proof on the UAC website. Local applicants applying directly to the University should also use the information provided on the UAC website.

International students currently completing an Australian Year 12 in or outside Australia, an International Baccalaureate in Australia or a New Zealand National Certificate of Educational Achievement (NCEA) level 3 must apply via UAC International.

<http://www.uac.edu.au/>

All other International applicants must apply directly to the University via the International Office.

International students applying to the University through the International Office can find details of minimum English proficiency requirements and acceptable proof on their website.

International Office (<http://www.westernsydney.edu.au/international/>)

Overseas qualifications must be deemed by the Australian Education International - National Office of Overseas Skills Recognition (AEI-

NOOSR) to be equivalent to Australian qualifications in order to be considered by UAC and Western Sydney University.

For international students, admission is through direct application to the university with IELTS equal to 6.5 or above.

## Special Requirements Prerequisites

In order to enrol in Second Year Autumn subjects, all students must have:

1. Working with Children Check.
2. Child Protection Certificate.

## Program Structure

Qualification for this award requires the successful completion of 240 credit points, which include the subjects listed in the recommended sequence.

Note: At least 60 credit points must be at Level 3 or above.

Note: For placement in schools, students must complete a Child Protection Policies and Procedures module. This requirement is completed through tutorials and assessment in HLTH 1010 Professional Health Competencies.

## Recommended Sequence

### Start-year intake

Course	Title	Credit Points
<b>Year 1</b>		
<b>Autumn session</b>		
PUBH 1006	Population Health and Society	10
SPRT 1001	Fundamentals of Exercise Science	10
BIOS 1035	Anatomy and Physiology in Health	10
HLTH 1013	Professional Competencies in Health	10
Note: Subject BIOS 1035 Anatomy and Physiology in Health replaces BIOS 1022 Introduction to Human Biology from Autumn 2021.		
Note: Subject HLTH 1013 Professional Competencies in Health replaces HLTH 1010 Professional Health Competencies from Autumn 2021.		
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
SPRT 1005	Outdoor Recreation	10
HLTH 1006	Movement and Skill Development	10
BEHV 1014	Psychology and Health	10
COMM 1007	Communication in Health	10
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Autumn session</b>		
BEHV 3025	Sport and Exercise Psychology	10
PUBH 2005	Culture, Diversity and Health	10
PUBH 1010	Health Promotion Theory and Approaches	10
Note: Subject PUBH 1010 Health Promotion Theory and Approaches replaces PUBH 2001 Approaches to Health Promotion from Autumn 2021.		
Select one elective		10
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
SPRT 2007	PDHPE: Games for Diverse Groups	10
HLTH 1012	Evidence in Health	10

NATS 2040	Physical Activity, Nutrition and Health	10
HLTH 2023	Introduction to Physical Cultural Studies	10

Note: Subject HLTH 1012 Evidence in Health replaces HLTH 1001 Foundations of Research and Evidence-based Practice from Autumn 2021.

Note: Subject NATS 2040 Physical Activity, Nutrition and Health replaces HLTH 2019 Physical Activity, Nutrition and Health from Autumn 2020.

Note: Subject HLTH 2023 Introduction to Physical Cultural Studies replaces PUBH 2014 Introduction to Physical Cultural Studies from Autumn 2020.

<b>Credit Points</b>		<b>40</b>
<b>Year 3</b>		
<b>Autumn session</b>		
SPRT 3003	Coaching Sport and Recreation Activities	10
SPRT 3005	Contemporary Youth Health Issues	10
BEHV 3015	Motor Control and Skill Acquisition	10
Note: HLTH 2031 has replaced BEHV 3015		
Select one elective		10
<b>Credit Points</b>		<b>40</b>
<b>Spring session</b>		
HLTH 3008	Gymnastics and Dance	10
SPRT 3001	Applied Exercise Science for Personal Trainers and Coaches	10
Select two electives		20
<b>Credit Points</b>		<b>40</b>
<b>Total Credit Points</b>		<b>240</b>

### Mid-year intake

Course	Title	Credit Points
<b>Year 1</b>		
<b>Spring session</b>		
SPRT 1005	Outdoor Recreation	10
HLTH 1012	Evidence in Health	10
BEHV 1014	Psychology and Health	10
COMM 1007	Communication in Health	10
Note: Subject HLTH 1012 Evidence in Health replaces HLTH 1001 Foundations of Research and Evidence-based Practice from Spring 2021.		
<b>Credit Points</b>		<b>40</b>
<b>Autumn session</b>		
PUBH 1006	Population Health and Society	10
BIOS 1022	Introduction to Human Biology	10
SPRT 1001	Fundamentals of Exercise Science	10
HLTH 1010	Professional Health Competencies	10
<b>Credit Points</b>		<b>40</b>
<b>Year 2</b>		
<b>Spring session</b>		
HLTH 1006	Movement and Skill Development	10
SPRT 2007	PDHPE: Games for Diverse Groups	10
HLTH 2023	Introduction to Physical Cultural Studies	10
NATS 2040	Physical Activity, Nutrition and Health	10
Note: Subject HLTH 2023 Introduction to Physical Cultural Studies replaces PUBH 2014 Introduction to Physical Cultural Studies from Autumn 2020.		

Note: Subject NATS 2040 Physical Activity, Nutrition and Health replaces HLTH 2019 Physical Activity, Nutrition and Health from Autumn 2020.

Credit Points		40
<b>Autumn session</b>		
PUBH 2001	Approaches to Health Promotion	10
SPRT 3003	Coaching Sport and Recreation Activities	10
PUBH 2005	Culture, Diversity and Health	10
Select one elective		10
Credit Points		40
<b>Year 3</b>		
<b>Spring session</b>		
HLTH 3008	Gymnastics and Dance	10
SPRT 3001	Applied Exercise Science for Personal Trainers and Coaches	10
Select two electives		20
Credit Points		40
<b>Autumn session</b>		
BEHV 3025	Sport and Exercise Psychology	10
SPRT 3005	Contemporary Youth Health Issues	10
BEHV 3015	Motor Control and Skill Acquisition	10
Note: HLTH 2031 has replaced BEHV 3015		
Select one elective		10
Credit Points		40
Total Credit Points		240

## Minor elective spaces

Elective subjects may be used toward obtaining an additional approved minor (40 credit points). Western Sydney University offers minors in a range of areas including Sustainability and Indigenous Studies.

Global Sustainability Minor (<https://hbook.westernsydney.edu.au/majors-minors/global-sustainability-minor/>)

Indigenous Australian Studies Minor (<https://hbook.westernsydney.edu.au/majors-minors/indigenous-australian-studies-minor/>)

Sustainable Futures, Minor (<https://hbook.westernsydney.edu.au/majors-minors/sustainable-futures-minor/#structuretext>)

Western Sydney University also offers the following innovative transdisciplinary Challenge Minors ([https://www.westernsydney.edu.au/educational\\_partnerships\\_and\\_quality/home/challenge\\_minors/](https://www.westernsydney.edu.au/educational_partnerships_and_quality/home/challenge_minors/)) which we encourage those students who have elective space to consider.

Equitable Technologies (<https://hbook.westernsydney.edu.au/majors-minors/equitable-technologies-minor/>)

Urban Evolution (<https://hbook.westernsydney.edu.au/majors-minors/urban-evolution-minor/>)

Migration and Global Change (<https://hbook.westernsydney.edu.au/majors-minors/migration-global-change-minor/>)

Personal Innovation (<https://hbook.westernsydney.edu.au/majors-minors/personal-innovation-minor/>)

Innovating, Creating and Problem Solving (<https://hbook.westernsydney.edu.au/majors-minors/innovating-creating-problem-solving-minor/>)

Eco-Socially Conscious Design and Manufacturing (<https://hbook.westernsydney.edu.au/majors-minors/eco-socially-conscious-design-manufacturing-minor/>)

Water for Life (<https://hbook.westernsydney.edu.au/majors-minors/water-life-minor/>)

Climate Justice (<https://hbook.westernsydney.edu.au/majors-minors/climate-justice-minor/>)

Creative and Visual Communication (<https://hbook.westernsydney.edu.au/majors-minors/creative-visual-communication-minor/>)

Global Workplaces (<https://hbook.westernsydney.edu.au/majors-minors/global-workplaces-minor/>)

Innovating For Humans (<https://hbook.westernsydney.edu.au/majors-minors/innovating-humans-minor/>)

Creative Living for Cultural Wellbeing (<https://hbook.westernsydney.edu.au/majors-minors/creative-living-cultural-wellbeing-minor/>)

Ideate.Strategise.Innovate. (<https://hbook.westernsydney.edu.au/majors-minors/ideate-strategise-innovate-minor/>)

Humanising Data (<https://hbook.westernsydney.edu.au/majors-minors/humanising-data-minor/>)

For more information, visit the Challenge Minor ([https://www.westernsydney.edu.au/educational\\_partnerships\\_and\\_quality/home/challenge\\_minors/](https://www.westernsydney.edu.au/educational_partnerships_and_quality/home/challenge_minors/)) website.

Search for majors and minors (<https://hbook.westernsydney.edu.au/majors-minors/>)

Students can apply for an elective minor via Western Now.

WesternNow (<https://www.westernsydney.edu.au/westernnow/>)

Students who maintain a GPA of 5 or higher may use elective subjects toward obtaining an additional approved minor in Critical Thinking.

Critical Thinking, Minor (<https://hbook.westernsydney.edu.au/archives/2024-2025/majors-minors/critical-thinking-minor/>)