

School of Human Movement and Sport Sciences

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School of Human Movement and Sport Sciences

The School of Human Movement and Sport Sciences provides quality tertiary education, research and consultancy services within human movement and health promotion, furnishing individuals with the skill and knowledge to enable them to make informed choices about issues relevant to physical activity and a healthy lifestyle, and ensuring the ability to communicate this learning to others.

The School offers a large number of coursework programs at both the undergraduate and graduate level. These programs are applied in nature and have a high rate of student completion and an enviable record of graduate employment. The research program of the School focuses upon examining ways of improving understanding and participation in physical activity and healthy lifestyles.

The School's programs are offered by staff who are keen to enhance the capacity of individual students using modern, well equipped facilities.

The School also provides student and general community physical recreation programs through the 'Unisports' office.

Head of School

Peter A Swan	BEd, MEd <i>W.Aust.</i> , DipPE <i>Melb.</i> , EdD <i>Deakin</i> , TSTC <i>Melb</i> TC, FACHPER	<i>Assoc Prof</i>
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Deputy Head of School

Leonie Otago	AssDipDiagRad <i>Qld. IT</i> , BHMS(Hons), PhD <i>Qld.</i>	<i>Sr Lect</i>
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Academic Staff

Warren R Payne	BSocSci <i>Footscray IT</i> , MA, PhD <i>Kent State</i> , FASMF, MAEASS	<i>Prof</i>
Jennifer D Blitvich	BPE, MPE, DipEd <i>W.Aust.</i> , PhD <i>WA.</i>	<i>Sr Lect</i>
Vicki Plaisted	BAppSc(PE&Psych) <i>Footscray & Swinburne UT</i> , GDip(CounPsych) <i>RMIT</i> , MAppSc <i>Footscray</i>	<i>Sr Lect</i>
Michael J Reynolds	DLC(Hons) <i>Lough</i> , MS <i>Mass.</i> , PhD <i>Maryland</i>	<i>Sr Lect</i>
Judith A Swan	BEd <i>W.Aust.</i> , DipPE <i>Melb.</i> , TSTC <i>Melbourne STC</i> , MA <i>Deakin</i>	<i>Sr Lect</i>
Robin Tait	BSc(Hons), MSc <i>Emporia State Uni Kansas</i> , DipPE <i>W'gong. TC</i> , PhD <i>Oreg.</i>	<i>Sr Lect</i>
Warren B Young	BAppSc <i>Footscray IT</i> , MHK <i>Windsor Canada</i> , PhD <i>S. Cross</i>	<i>Sr Lect</i>
Ray Breed	BEd(PE) <i>Ballarat</i> , MA(AppSci) <i>Ballarat</i>	<i>Lect</i>
Christopher Brown	BEd(PE)(Hons) <i>Ballarat</i> , MHS HP <i>Ballarat</i> , RPN, SEN	<i>Lect</i>
Sue Brown	AppSci(HM)(Honours) <i>Ballarat</i>	<i>Lect</i>
Amma Griffiths	BEd <i>Melbourne</i> , GDip Outdoor Ed <i>Latrobe</i> , MEd <i>Deakin</i>	<i>Lect</i>
Paul Laursen	BHK, MSc <i>British Columbia</i>	<i>Lect</i>
Rowena Lynch	BAppSc(HM) <i>Ballarat</i>	<i>Lect</i>
Deborah A Pascoe	BAppSc <i>Phillip IT</i> , GDipExRehab <i>Footscray IT</i> , MA <i>North Carolina</i>	<i>Lect</i>
Michael R Poulton	BEd, DipTeach(PE) <i>BCAE</i> , MEd <i>Ballarat</i>	<i>Lect</i>
Lou Preston	BA <i>Monash</i> , DipEd <i>Monash</i> , GDipOutdoorEd <i>Griff.</i> , VOEA, CAV, MA <i>Deakin</i>	<i>Lect</i>
Kristen Simpson	BAppSci(HM)(Honours)	<i>Lect</i>
Michael Spittle	AppSci(PE) <i>VU</i> , AppSci(Honours) <i>VU</i> , GDip Psych Studies <i>Deakin</i> , PhD <i>VU</i>	<i>Lect</i>

Technical Staff

Rodney J Hall	AssocDip(Sci.Inst) <i>Bendigo CAE</i>	<i>Technical Officer</i>
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Unisports Staff

Julian Harvey	BAppSci(HM) <i>Ballarat</i> , BEd(PE) <i>Ballarat</i>	<i>Health and Wellness Co-ordinator</i>
Lou Hunter	DipSocialSci(Childcare) <i>VU</i>	<i>Childcare Co-ordinator</i>
Mandy Leggett	GDip(Outdoor Rec) <i>Latrobe Bendigo</i>	<i>Aquatics Co-ordinator</i>
Rowena Lynch	BAppSc(HM) <i>Ballarat</i>	<i>Gymnastics Co-ordinator</i>
Frank McDonald	DipBusAdmin <i>Holmesglen</i>	<i>Admin. Officer</i>
Grant McKechnie	BEd(PE), GDip(ExRehab) <i>Ballarat</i> , DipHSc(Mass) <i>Melbourne</i>	<i>Exercise Physiologist (Rehab Centre)</i>
Regan Molyneaux	BEd(PE) <i>Ballarat</i>	<i>Gymnastics Assistant</i>
Anna Munro	BManagement <i>Ballarat</i>	<i>Aquatics Co-ordinator</i>
Allan J Murphy	BAppSc(HM)(Hons) <i>BUC</i>	<i>Unisports Manager</i>
Jenny Parker	Certificate of Massage <i>Ballarat</i>	<i>Admin. Officer</i>

Administrative Staff

Lauren Irwin		<i>Admin. Officer (Undergraduate Programs)</i>
Kerrie Macey	Certificate in Receptionist & Office Practices <i>SMB</i>	<i>Receptionist / Admin. Assistant</i>
Lisa Matheson		<i>Admin. Officer (Finance)</i>
Jenny Parker		<i>Admin. Officer (Postgraduate Programs)</i>
Gayle Richards	AssocDipBus(OffAdmin) <i>SMB</i>	<i>Administration Manager</i>
Andrew Renfree	BAppSc(HM) <i>Ballarat</i>	<i>Admin. Officer (Outdoor Education)</i>
Christine Rowland		<i>Secretary to Head of School</i>

Research, Higher Degrees Coordinator

Leonie Otago	AssDipDiagRad <i>Qld. IT, BHMS(Hons), PhD Qld.</i>	<i>Sr Lect</i>
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Ethics Coordinator

Michael J Reynolds	DLC(Hons) <i>Lough, MS Mass., PhD Maryland</i>	<i>Sr Lect</i>
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Senior Research Fellow

Andrew Byrne	FRACS Orthopaedic Surgery
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Research Associate

Keith McElroy	BA, DipPE <i>Adel.</i> , DipT <i>Adelaide TC</i> , MEd <i>W.Aust.</i>
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School of Human Movement and Sport Sciences

Courses

Bachelor of Applied Science (Human Movement)

COURSE COORDINATOR

Mr Michael R Poulton

ADMISSION REQUIREMENTS

Satisfactory completion of VCE including prerequisite Units 1 and 2 Mathematics (any); and Units 3 and 4 of at least one of Outdoor and Environmental Studies, Health and Human Development, Physical Education, Biology, Mathematics (any), Psychology; or interstate or overseas equivalent.

All applicants, with the exception of current Year 12, must submit an Additional Details Form and have submitted on their behalf two Confidential Student Report Forms, available from our web site.

Applicants may be required to attend for interview.

CREDIT POINTS

360

DURATION

3 years full-time or part-time equivalent

MODE

Semester (day). Participation in excursions, camps, fieldwork, consultations or research during the lecture breaks may be required.

COURSE OVERVIEW

The Bachelor of Applied Science (Human Movement) is a three year undergraduate degree designed to provide a professional qualification for individuals seeking to enter non-teaching occupations in sport, recreation, allied health and fitness agencies, business settings and similar services.

The course has a strong orientation towards providing graduates with vocationally relevant knowledge and skills and encourages the blending of theory and practice.

Students undertake core studies in the areas of bio-physical bases of human movement, psycho-social bases of human movement, and human movement activity laboratories. In addition to the core subjects students undertake a major study of 6 units (spread over Years 2 and 3), and a minor study of 4 units (completed in Year 3). The degree also offers a practicum component in each year.

COURSE OBJECTIVES

Knowledge

- Explain the structural, psycho-social and bio-physical bases of the discipline of Human Movement;
- Describe and explain the concepts related to at least one of the professional fields of the Human Movement discipline in depth;
- Explain the application of fundamental theoretical concepts of Human Movement in practical settings; and
- Comprehend personal strengths, weaknesses and preferred learning styles.

Skills

- Design, implement and evaluate programs in a selected professional field(s);
- Communicate effectively using a variety of strategies in a diversity of settings;
- Establish positive relationships with colleagues and clients;
- Recognise and respond to individual differences;
- Implement appropriate and effective instructional techniques in a variety of settings;
- Apply appropriate technology to the acquisition and application of knowledge;
- Apply a range of strategies for learning in a variety of contexts;
- Apply problem solving skills to selected issues;
- Research and analyse information critically;
- Work independently and in teams;
- Think creatively and analytically;
- Exhibit an ability to self-organise;
- Possess a repertoire of learning skills;
- Apply inquiry approaches and logical reasoning to learning; and
- Apply theories of social change and advocacy processes.

Values

- Enjoy inquiry and participation in at least one of the professional fields of Human Movement;
- Recognise the various professional fields within the Human Movement discipline as fulfilling, interesting and diverse career options;
- Appreciate, internalise and be committed to the responsibilities and ethical standards of the professions;
- Appreciate and value learning as a life-long process;
- Practice a positive approach to social justice while appreciating diversity in culture and custom;
- Value the abilities of all people;
- Appreciate the roles of sport, physical activity and leisure in attaining and maintaining a healthy lifestyle and their contribution to Australian social structure; and
- Appreciate the role of health discipline studies in Human Movement.

COURSE STRUCTURE

Unit code	Semester 1	credit points
HM503	Introduction to Health	10
HM513	Anatomical Basis of Human Movement	10
HM543	Introduction to Sport Management	10
HM591	Fundamentals of Movement and Instruction	5
HM592	Fundamentals of Fitness	5
HM593	Swimming and Water Safety	5
HM565	Fieldwork I	5
HM617	Biomechanics	10

Semester 2		
HM514	Physiological Bases of Human Movement I	10
HM516	Measurement and Evaluation in Human Movement	10
HM591	Fundamentals of Movement and Instruction (continued)	5
HM592	Fundamentals of Fitness (continued)	5
HM593	Swimming and Water Safety (continued)	5
HM565	Fieldwork I (continued)	5
HM613	Introduction to Sport and Exercise Psychology	10
HM616	Functional Anatomy	10
Semester 3		
HM609	Motor Learning and Performance	10
HM665	Fieldwork II	5
HM714	Management of Sporting and Recreational Injuries	10
HM715	Physiological Bases of Human Movement II	10
	2 Units from Major Study	30
Semester 4		
HM610	Sociological Foundation of Human Movement	10
HM665	Fieldwork II (continued)	5
HM806	Adapted Physical Activity	10
	2 Units from Major Study	30
Semester 5		
HM717	Injury Prevention and Risk Management	10
HM765	Fieldwork III	5
	1 Unit from Major Study	15
	2 Units from Minor Study	30
Semester 6		
HM804	Philosophical & Contemporary Issues in Human Movement	10
HM765	Fieldwork III (continued)	5
	1 Unit from Major Study	15
	2 Units from Minor Study	30

MAJOR STUDIES

unit code	MAJOR IN EXERCISE AND SPORT SCIENCE	credit points
Semester 3		
HM618	Psychology of Physical Activity	15
HM625	Nutrition for Health	15
Semester 4		
HM734	Exercise Testing and Prescription: Cardiorespiratory	15
HM633	Applied Biomechanics	15
Semester 5		
HM723	Health Promotion	15
Semester 6		
HM735	Training and Assessment of the Athlete	15

unit codes	MAJOR IN SPORT MANAGEMENT	credit points
Semester 3		
HM642	Sport Accounting and Finance	15
HM647	Management of Sport Organisations	15
Semester 4		
HM615	Sport Marketing	15
HM648	Sport and Event Management	15

Semester 5		
HM743	Sport Management and Marketing Projects	7.5
Semester 6		
HM743	Sport Management and Marketing Projects (continued)	7.5
HM643	Sport and the Law	15
SPORT / PSYCHOLOGY		
unit code		credit points
Note:	<i>Because of APS requirements, this stream includes both a Major and a Minor</i>	
Semester 3		
HP501	Introductory Psychology: Biological Bases, Consciousness and Behaviour	15
MS501	Statistical Methods	15
Semester 4		
HP502	Introductory Psychology: Learning, Memory and Cognition	15
HP601	Introduction to Research Methods in Psychology	15
Semester 5		
HP602	Lifespan Developmental Psychology	15
HP603	Personality	15
HP709	Psychology of Physical Activity	15
Semester 6		
HP604	Social Psychology	15
HP701	Psychological Testing and Assessment	15
	Elective chosen from:	15
HP702 Sem 1	Abnormal Psychology	
HP706 Sem 1	Health Psychology	
HP703 Sem 2	Philosophical Issues in Psychology	
HP708 Sem 2	Introduction to Counselling, Theory and Practice	

MINOR STUDIES

unit code	MINOR IN EXERCISE REHABILITATION	credit points
Semester 5		
HM635	Foundations of Exercise Rehabilitation	15
	1 Elective unit chosen from:	
HM608	Mindbody Exercise	15
Semester 6		
HM632	Motor Control and Performance	15
HM794	Human Movement Activity Laboratory	15

unit code	MINOR IN SPORTS COACHING	credit points
Semester 5		
HM651	Sports Coaching I	15
	1 x Elective unit chosen from:	15
HM618	Psychology of Physical Activity	
HP501	Introductory Psychology	
HM795 or	HMAL (all year unit) 1 Open Elective unit	
Semester 6		
HM656	Sports Coaching II	15
HM794	Human Movement Activity Laboratory	15

unit code	MINOR IN HEALTH PROMOTION	credit points
Semester 5		
HM521	Drugs and Society	15
HM625	Nutrition for Health	15
HM723	Health Promotion	15
HP501	Introductory Psychology: Biological Bases, Consciousness and Behaviour	15
Semester 6		
HM524	Interpersonal Skills	15
HM624	Human Sexuality	15

unit code	MINOR IN SPORT MANAGEMENT	credit points
Semester 5		
HM642	Sport Accounting & Finance	15
HM647	Management of Sport Organisations	15
Semester 6		
2 units chosen from:		
HM615	Sport Marketing	15
HM648	Sport & Event Management	15
HM746	Management of Sport Facilities	15

unit code	MINOR IN EXERCISE AND SPORT SCIENCE	credit points
Semester 5		
HM618	Psychology of Physical Activity	15
HM625	Nutrition for Health	15
Semester 6		
HM632	Motor Control and Performance	15
HM633	Applied Biomechanics	15

Note: Any of the units from the Major in Sport Management can be selected as Minor studies if timetabling permits.

Human Movement Activity Laboratories (HMAL) for Bachelor of Applied Science (Human Movement) students

Beyond the three core HMALs, Bachelor of Applied Science (Human Movement) students are not required to take any further HMAL units, with the exception of students undertaking minor studies in Sports Coaching or Exercise Rehabilitation.

Unit code	Core HMALs	credit points
HM591	Fundamentals of Movement and Instruction	10
HM592	Fundamentals of Fitness	10
HM593	Swimming and Water Safety	10

unit code	HMAL required for Sports Coaching or Exercise Rehabilitation Minor	credit points
Semester 2		
HM794	Human Movement Activity Laboratory	15

Bachelor of Education (Physical Education)

COURSE COORDINATOR

Mrs Judy Swan

ADMISSION REQUIREMENTS

Satisfactory completion of VCE including prerequisite Units 1 and 2 Mathematics (any), Units 3 and 4 English, Units 3 and 4: at least one of Outdoor and Environmental Studies, Physical Education, Health and Human Development, Biology, Mathematics

(any), Psychology; or interstate or overseas equivalent.

Second Method prerequisites:

Mathematics: Prerequisite Units 3 & 4: Specialist Mathematics or Maths Methods recommended.

Science: Prerequisite Units 3 & 4: at least one of Biology, Chemistry, Physics, Geology or Science.

Health: Prerequisite Units 3 & 4: at least one of Health and Human Development, Biology, or Psychology.

Information Technology: Units 3 and 4 Information Technology strongly recommended.

All applicants, with the exception of current VCE/Year 12, must submit an Additional Details Form and have submitted on their behalf two Confidential Student Report Forms available from our web site.

Applicants may be required to attend for interview.

CREDIT POINTS

480

DURATION

4 years full-time

MODE

Semester (day). Participation in excursions, camps, consultations or research during the lecture breaks may be required.

COURSE OVERVIEW

The Bachelor of Education (Physical Education) is a four year concurrent teacher education degree.

The course has a strong orientation towards providing graduates with vocationally relevant knowledge and skills and encourages the blending of theory and practice.

Students undertake core studies in the areas of bio-physical bases of human movement, psycho-social bases of human movement, and human movement activity laboratories. In addition, students undertake studies in a second discipline area, studies in education (incorporating a minimum of 80 days of schools experience) and elective studies.

COURSE OBJECTIVES

Knowledge

- Explain the structural, psycho-social and bio-physical bases of the discipline of Human Movement;
- Describe and explain the concepts related to at least one of the professional fields of the Human Movement discipline in depth;
- Explain the application of fundamental theoretical concepts of Human Movement in practical settings; and
- Comprehend personal strengths, weaknesses and preferred learning styles.

Skills

- Design, implement and evaluate programs in a selected professional field(s);
- Communicate effectively using a variety of strategies in a diversity of settings;
- Establish positive relationships with colleagues and clients;
- Recognise and respond to individual differences;
- Implement appropriate and effective instructional techniques in a variety of settings;
- Apply appropriate technology to the acquisition and application of knowledge;
- Apply a range of strategies for learning in a variety of contexts;

- Apply problem solving skills to selected issues;
- Research and analyse information critically;
- Work independently and in teams;
- Think creatively and analytically;
- Exhibit an ability to self-organise;
- Possess a repertoire of learning skills;
- Apply inquiry approaches and logical reasoning to learning; and
- Apply theories of social change and advocacy processes.

Values

- Enjoy inquiry and participation in at least one of the professional fields of Human Movement;
- Recognise the various professional fields within the Human Movement discipline as fulfilling, interesting and diverse career options;
- Appreciate, internalise and be committed to the responsibilities and ethical standards of the professions;
- Appreciate and value learning as a life-long process;
- Practice a positive approach to social justice while appreciating diversity in culture and custom;
- Value the abilities of all people;
- Appreciate the roles of sport, physical activity and leisure in attaining and maintaining a healthy lifestyle and their contribution to Australian social structure; and
- Appreciate the role of health discipline studies in Human Movement.

COURSE STRUCTURE

Unit code	Semester 1	credit points
HM503	Introduction to Health	10
HM513	Anatomical Basis of Human Movement	10
HM543	Introduction to Sport Management	10
HM591	Fundamentals of Movement and Instruction	5
HM592	Fundamentals of Fitness	5
HM593	Swimming and Water Safety	5
	Second Method Unit	15
Semester 2		
HM514	Physiological Bases of Human Movement 1	10
HM516	Measurement and Evaluation in Human Movement	10
HM591	Fundamentals of Movement and Instruction (continued)	5
HM592	Fundamentals of Fitness (continued)	5
HM593	Swimming and Water Safety (continued)	5
TD520	Becoming a Teacher	10
	Second Method Unit	15

Semester 3		
HM609	Motor Learning and Performance	10
HM617	Biomechanics	10
HM690	Human Movement Activity Lab (Dance and Gymnastics 1)	5
HM781	Human Movement Activity Laboratory (ORL1)	7.5
TD661	PE Curriculum 1	15
	Second Method Unit	15
Semester 4		
HM613	Introduction to Sport and Exercise Psychology	10
HM616	Functional Anatomy	10
HM690	Human Movement Activity Laboratory (continued)	5

	(Gymnastics 2 and Kicking Sport Elective)	
HM781	Human Movement Activity Laboratory (ORL 1) (cont'd)	7.5
TD623	Becoming a Teacher II	10
	Second Method Unit	15
Semester 5		
HM692	Human Movement Activity Lab (Track, Striking Sport elective)	7.5
HM714	Management of Sporting and Recreational Injuries	10
HM715	Physiological Bases of Human Movement II	10
TD622	The Adolescent in the School	7.5
	Second Method Curriculum Unit I	15
	Second Method Unit	15
Semester 6		
HM610	Sociological Foundation of Human Movement	10
HM692	Human Movement Activity Laboratory (continued) (Field, Lifesaving, Racquet Sport elective)	7.5
TD622	The Adolescent in the School (continued)	7.5
TD762	PE Curriculum II	10
TD724	Australian Education: Change and Possibilities	10
	Second Method Curriculum Unit II	10
Semester 7		
HM693	Human Movement Activity Lab (Minor Games, Adventure Programming, 2 Team Sport Electives)	10
HM717	Injury Prevention and Risk Management	10
HM751	Sports Coaching in Physical Education	10
TDXXX	Professional Readiness	10
TDXXX	Schools Experience Seminar	7.5
	Elective (from Education)	15
	Open Elective	15
Semester 8		
HM804	Philosophical & Contemporary Issues in Human Movement	10
HM806	Adapted Physical Activity	10
TX802	Teaching Practicum	15
TDXXX	Schools Experience Seminar (continued)	7.5

Bachelor of Education (Physical Education) (Honours)

COURSE COORDINATOR

Dr Michael J Reynolds

ADMISSION REQUIREMENTS

To be eligible for admission to the Bachelor of Education (Physical Education) (Honours), students must obtain a GPA of 5.9 or above (on a 7 point scale), over three years of the undergraduate Bachelor of Education (Physical Education) degree.

DURATION

1 year full-time concurrently with final year of study.

MODE

Semester (day)

Semester 7		
HM791	Research Design and Analysis	20
HM891	Research Thesis	20
HM693	Human Movement Activity Laboratory	10
HM717	Injury Prevention and Risk Management	10
TDXXX	Professional Readiness	10
TDXXX	Schools Experience Seminar	7.5
Semester 8		
HM891	Research Thesis (continued)	20
TDXXX	Schools Experience Seminar (continued)	7.5
TX802	Schools Experience Practicum	15

Elective HMAL available to B.Ed.(P.E.) students		
HM801	HMAL (3 components chosen from: Massage, Advanced Weight Training, Major Games, Golf or External Mode)	15
HM802	HMAL (Sports for Life, Advanced Physical Activity, Advanced Dance, 1 other activity to be advised or External Mode)	15
HM884	HMAL (ORL 2) (Rockclimbing and Cross Country Skiing)	15
HM885	HMAL (ORL 3) (Whitewater Rescue and Canoeing)	15

SECOND METHOD SEQUENCES

A minimum of 75 credit points in a second discipline area is required in order to enable the graduate to teach in two discipline areas. The 75 credit points allocated to second discipline studies will be taken from a recommended sequence.

unit code	ENGLISH	credit points
Semester 1		
HX502	Narrative and Text	15
Semester 2		
HX513	Cinascapes: Identity, Landscapes & Australian Media	15
Semester 3		
HL611	Romantic Poetry and Prose	15
Semester 4		
HL609	The Victorian Age of Literature	15
Semester 5		
HL611	Romantic Poetry and Prose	15
TD711	English Curriculum 1	15
Semester 6		
TD712	English Curriculum 2	10

unit code	HEALTH	credit points
Semester 1		
HM521	Drugs and Society	15
Semester 2		
HM524	Interpersonal Skills	15
Semester 3		
HM625	Nutrition for Health	15

Semester 4		
HM624	Human Sexuality	15
Semester 5		
HM723	Health Promotion	15
TD781	Health Curriculum 1	15
Semester 6		
TD782	Health Curriculum 2	10

unit code	INFORMATION TECHNOLOGY	credit points
Semester 1		
CT510	Introduction to Computing	15
Semester 2		
CP586	Multimedia Communication	15
Semester 3		
CP641	Internet Design	15
Semester 4		
CP685	Network Operating Systems	15
Semester 5		
CP746	Interactive Instructional Design, or	15
CP514	Programming	
TD701	IT Curriculum 1	15
Semester 6		
TD702	IT Curriculum 2	10

unit code	MATHEMATICS	credit points
Semester 1		
MA550	Upon the Shoulders of Giants (Introductory)	15
Semester 2		
MA551	Modelling and Change (Introductory)	15
Semester 3		
MA655	Logic and Imagination (Intermediate)	15
Semester 4		
MA659	Space, Shape and Design (Intermediate)	15
Semester 5		
MA653	Profit Loss and Gambling (Intermediate)	15
TD791	Mathematics Curriculum 1	15
Semester 6		
TD792	Mathematics Curriculum 2	10

unit code	SCIENCE	credit points
Semester 1		
SF511	Chemistry 1	15
Semester 2		
SE520	Australian Biota	15
Semester 3		
SX511	Earth Sciences	15
Semester 4		
SX522	Landscape Evolution	15
Semester 5		
SF512	Chemistry II	15
TD771	Science Curriculum 1	15
Semester 6		
TD772	Science Curriculum 2	10

unit code	SOCIAL SCIENCE	credit points
Semester 1		
HX501	Introduction to Social Inquiry	15
Semester 2		
HX516	Health and Citizenship	15
Semester 3		
HX522	Indigenous Culture	15
Semester 4		
HX516	Health and Citizenship	15
Semester 5		
HX522	Indigenous Culture	15
TD731	Studies of Society and the Environment Curriculum 1	15
Semester 6		
TD732	Studies of Society and the Environment Curriculum 2	10

PROFESSIONAL RECOGNITION

Graduates are eligible for professional accreditation throughout Australia and overseas. Graduates with Health as a second method may not be eligible for registration in some states of Australia.

**Bachelor of Applied Science
(Human Movement)/
Bachelor of Management**

COURSE COORDINATOR

Mr Michael R Poulton

ADMISSION REQUIREMENTS

Satisfactory completion of VCE including prerequisite Units 1 and 2 Mathematics (any); and Units 3 and 4 of at least one of Outdoor and Environmental Studies, Health and Human Development, Physical Education, Biology, Mathematics (any), Psychology; or interstate or overseas equivalent.

All applicants, with the exception of current VCE/Year 12, must submit an Additional Details Form and have submitted on their behalf two Confidential Student Report Forms, available from our web site.

Applicants may be required to attend for interview.

CREDIT POINTS

540

DURATION

4 years full-time

MODE

Semester (day)

COURSE OVERVIEW

The Bachelor of Applied Science (Human Movement)/Bachelor of Management combined degree is aimed at providing students interested in sport/recreation management with an extensive grounding in management knowledge and expertise. The degree is administered by the School of Human Movement and Sport Sciences, in conjunction with the School of Business.

COURSE STRUCTURE

Students will undertake:

- The core requirements of the Bachelor of Applied Science (Human Movement) (180cp);
- Six units from the Sport Management Stream of the Bachelor of Applied Science (Human Movement) (90 cp);
- Three fieldwork units of the Bachelor of Applied Science (Human Movement)(30 cp);
- The core requirements of the Bachelor of Management (45 cp);
- Thirteen Business electives which will include:
 - At least one major six-unit study, with a minimum of 30 credit points at level 3 from one of the unit groups (Tourism, Marketing or Human Resource Management) (90 cp);
 - At least one minor four-unit study, with a min. of 15 credit points at level 3 from one of the unit groups (Management, Tourism, Marketing, Human Resource Management) (60 cp);
 - A maximum of 15 credit points can be taken from the practice units;
 - A Maximum of 15 credit points can be taken from the project units; and
 - Open elective units (30 cp).

Unit code	Semester 1	credit points
HM513	Anatomical Basis of Human Movement	10
HM543	Introduction to Sport Management	10
HM591	Fundamentals of Movement and Instruction	5
HM593	Swimming and Water Safety	5
JN501	Management Principles	15
JT501	Introduction to Tourism	15
Semester 2		
HM514	Physiological Bases of Human Movement 1	10
HM516	Measurement and Evaluation in Human Movement	10
HM591	Fundamentals of Movement and Instruction (continued)	5
HM593	Swimming and Water Safety (continued)	5
JH501	Introduction to Human Resource Management	15
JM501	Introduction to Marketing	15
JN601	Management Skills	15
Semester 3		
HM503	Introduction to Health	10
HM565	Fieldwork I	5
HM592	Fundamentals of Fitness	5
HM617	Biomechanics	10
HM642	Sport Accounting and Finance	15
HM714	Management of Sporting and Recreational Injuries	10
JN602	Management Research Methods	15
Semester 4		
HM565	Fieldwork I (continued)	5
HM592	Fundamentals of Fitness (continued)	5
HM610	Sociological Foundation of Human Movement	10
HM613	Introduction to Sport and Exercise Psychology	10
HM615	Sport Marketing	15
HM616	Functional Anatomy	10
Semester 5		
HM609	Motor Learning and Performance	10
HM647	Management of Sport Organisations	15
HM665	Fieldwork II	5
HM715	Physiological Bases of Human Movement II	10
HM717	Injury Prevention and Risk Management	10
	1 Unit chosen from Major/Minor Sequence from the Bachelor of Management	15
Semester 6		
HM648	Sport and Event Management	15
HM665	Fieldwork II (continued)	5
HM806	Adapted Physical Activity	10
	3 Units chosen from Major/Minor Sequence from the Bachelor of Management	45
Semester 7		
HM743	Sport Management and Marketing Projects	7.5
HM765	Fieldwork III	5
	4 Units chosen from Major/Minor Sequence from the Bachelor of Management	60

Semester 8		
HM746	Management of Sport Facilities	15
HM743	Sport Management and Marketing Projects (continued)	7.5
HM765	Fieldwork III (continued)	5
	2 Units chosen from Major/Minor Sequence from the Bachelor of Management	30

Management Stream Electives for Major and Minor Sequences

Tourism			
Level 1	JT501	Introduction to Tourism	15
Level 2	BL621	Tourism Law	15
	JT601	Tourism Products and Services Delivery	15
	JT603	Tourism Impacts and strategies	15
Level 3	JT701	Tourism Planning and Development	15
	JT702	Contemporary Tourism Issues	15
	JT703	Management Practice – Tourism	15
	JT704	Applied Tourism Management Project	15

Marketing			
Level 1	JM501	Introduction to Marketing	15
Level 2	JM601	Services Marketing	15
	JM602	Consumer Behaviour	15
	JM603	Marketing Research	15
Level 3	JM701	Marketing Communications	15
	JM702	Marketing Strategy and Analysis	15
	JM703	Management Practice-Marketing	15
	JM704	Applied Marketing Management Project	15
	BL741	Marketing Law	15

Human Resource Management			
Level 2	JH601	Human Resource Management	15
	JH602	Industrial Relations	15
	JH603	Staffing Organisations	15
Level 3	JH701	Management of Change and Organisational Development	15
	JH702	Strategic Human Resource Management	15
	JH703	Management Practice – Human Resource Management	15
	JH704	Applied Human Resource Management Project	15

Management Stream Electives for Minor Sequence in Management

Level 2	JN606	Managing People at Work	15
	JN615	Designing Effective Organisations	15
Level 3	JH701	Management of Change and Organisational Development	15
	JN702	Strategic Management	15

Confidential Student Report Forms, available from our web site.

Bachelor of Applied Science (Human Movement)/ Bachelor of Information Technology (1999 – 2003)

No intake beyond 2003. Refer to the 2002 Handbook for Course Information or contact the School of Human Movement and Sport Sciences

Bachelor of Applied Science (Human Movement) (Honours)

COURSE COORDINATOR

Dr Michael Reynolds

ADMISSION REQUIREMENTS

To be eligible for admission to the Bachelor of Applied Science (Human Movement) Honours, students must obtain a GPA of 5.9 or above, over three years of the undergraduate Bachelor of Applied Science (Human Movement) degree.

CREDIT POINTS

120

DURATION

1 year full-time

MODE

Semester (day)

COURSE OVERVIEW

The Honours program within the School of Human Movement and Sport Sciences is offered by a combination of coursework and research.

COURSE OBJECTIVES

The course is designed to provide students with an opportunity to learn and develop research skills which will culminate in the production of an independent thesis.

COURSE STRUCTURE

Candidates will be required to gain at least a “C” grade in the following units.

unit code	Semester 1	credit points
HM791	Research Design and Analysis	20
HM831	Research Thesis	75
One of:		
MS601	Experimental Design and Analysis	15
MS502	Sampling and Sample Surveys	15
HM899	Qualitative Analysis	15
MS701	Multivariate Analysis 1	20
Semester 2		
HM831	Research Thesis (continued), or	-
HM832	Research Thesis (mid year commencers)	75
One of:		
MR825	Quantitative Research Seminars	10
HM889	Qualitative Research Seminars	10

Graduate Diploma of Outdoor and Environmental Education

COURSE COORDINATOR

Ms Lou Preston

ADMISSION REQUIREMENTS

Entry into the course requires that a candidate for the Graduate Diploma in Outdoor and Environmental Education:

1. Is currently enrolled in, or holds, a Bachelor Degree or a Diploma in a field related to outdoor education, outdoor recreation, and/or environmental studies; and demonstrated potential to undertake graduate level study; or
2. Has standing or qualifications accepted by the School as being equivalent to (1) above.

Applicants who do not have formal academic qualifications must have relevant work experience, preferably with some experience of education and be able to demonstrate their ability to undertake the course. Such applicants may be required to undertake bridging studies, up to 30 credit points from existing accredited undergraduate units, designed to enhance their study skills. Applicants who hold a degree or diploma in a field unrelated to outdoor and environmental education must have relevant work experience in the field and be able to demonstrate their ability to undertake the course.

Additional Entry Requirements

1. Students should possess a current Royal Life Saving Award (Bronze Medallion) or equivalent proficiency.
2. It is highly recommended that students possess a current First Aid Certificate (St John's Ambulance Level 2 or equivalent) prior to entry into the course.

An interview may be required prior to an offer of a place in the course.

CREDIT POINTS

120

DURATION

The course is offered on a full-time and part-time basis.

MODE

Units shall be offered in a range of modes including semester and flexible delivery. Participation in excursions, camps, fieldwork, consultations or research on weekends and during the lecture breaks may be required.

COURSE OVERVIEW

The course combines the study of outdoor and environmental education knowledge, skills and values with the development of competence and experience in outdoor activities. Outdoor activities are viewed as approaches to gaining access to more natural settings and as a medium for developing human/nature relationships. The theoretical perspective of the course aims to develop student's understanding of the interdependence of culture and the natural environment and to identify the influence of cultural beliefs on environmental and outdoor education issues and practices.

COURSE OBJECTIVES

The course is designed to enable students to:

- Explore the theoretical concepts, foundations and origins of outdoor and environmental education;

- Present a variety of approaches to, and techniques in improving human-nature relationships;
- Develop a critical understanding of the purpose and role of adventure in outdoor education;
- Plan, administer and manage safe, meaningful and enjoyable outdoor and environmental education experiences for clients;
- Critically evaluate the roles and values of different environmental perceptions;
- Provide opportunity for the development of a personal and professional ethic and philosophy in environmental education; and
- Appreciate the roles of outdoor and environmental education in attaining and maintaining healthy, positive, and sustainable relationships between people and the natural environment.

The practical aspects of the course include:

- Development of navigation and journeying skills through bush walking, cross-country skiing and canoeing;
- Sensory awareness and practical techniques in connecting with nature developed through field trips and journeys; and
- Opportunities to apply management strategies and increase personal competence in bush walking, cross-country skiing, rock climbing and paddling.

COURSE STRUCTURE

The Graduate Diploma comprises eight units (six core units and two elective units). Students undertaking the course full-time take all units in one year. Students may wish to exit with a Graduate Certificate after completing HM471, HM475, HM480 and SE462.

Unit code	Semester 1	credit points
HM471	Concepts in Outdoor Education	15
HM475	Adventure Education	15
HM476	Contemporary Issues in Outdoor Education	15
	1 Elective chosen from the listed elective units	15
Semester 2		
HM480	Connecting with Nature	15
SE462	Environmental Ethics and Philosophy	15
HM477	Expeditioning	15
	1 Elective chosen from the listed elective units	15

Outdoor and Environmental Education Electives

Unit code	Elective Unit	credit points
HM478	Outdoor Activities Contract	15
HM479	Independent Study in Outdoor and Environmental Education	15
HM476	Contemporary Issues in Outdoor Education	15
Students may choose 1 of the following units:		
HW413	Basic Counselling: Individuals and Families	15
SE721	Protected Area Management	15
SE722	Reserve Management	15
SE491	Catchment Management	15

Master of Exercise Rehabilitation

COURSE COORDINATOR

Ms Deborah Pascoe

ADMISSION REQUIREMENTS

Normal entry into the Master of Exercise Rehabilitation requires:

- A Bachelor Degree in Human Movement, Physical Education, or a related Health Science;
- Prerequisite knowledge of human anatomy and physiology, exercise physiology and sports injuries/pathology; and
- Demonstrated potential to undertake graduate level work.

Special entry includes:

- Provision to allow students to select coursework from existing programs to upgrade their qualifications to entry level in a preliminary semester/year.

Advanced standing entry to the course includes:

- Credit transfer, recognition of prior learning and complementary credit according to the current University Academic Regulations.

An interview may be required prior to an offer of a place in the course.

CREDIT POINTS

180

DURATION

The duration of the course is three semesters of full time study or three years part time study. The course is comprised of nine units, eight units are of fifteen credit points and are studied full time over one year with the major study or thesis unit of 60 credit points over the following six months. Students who have successfully completed the coursework component of the degree may exit with the Graduate Diploma in Exercise Rehabilitation.

MODE

The Master of Exercise Rehabilitation is delivered via on campus classes during normal semester time. Participation in student clinics, consultations or research on weekends and during the lecture breaks may be required. It is envisaged that the thesis component of the degree may be undertaken off campus after consultation with the program manager and supervisor.

COURSE OVERVIEW

The Master of Exercise Rehabilitation incorporates the Graduate Diploma in Exercise Rehabilitation. The program is designed to extend and supplement the relevant knowledge of human movement graduates, physical educators and related allied health professionals. A thorough knowledge of health sciences is integrated with the practical ability to apply land based exercise programs, massage, aquatic exercise therapy and other therapeutic modalities. The Program is designed to allow the student to move sequentially through the first year of coursework to the research component. The research component of the degree will enable students to demonstrate research capacity to facilitate entry into doctoral studies.

COURSE OBJECTIVES

This course is designed to enable students to:

- Develop a working knowledge of the relevant exercise rehabilitation settings;
- Recognise common musculoskeletal and neurological disorders;
- Demonstrate an understanding of factors affecting health related behaviour and the implications for change;

- Demonstrate skills necessary to conduct assessments, plan programs, implement and evaluate exercise rehabilitation programs;
- Demonstrate the ability to design appropriate therapeutic exercise rehabilitation programs;
- Prepare and implement an exercise rehabilitation program;
- Gain practical experience working in an appropriate exercise rehabilitation setting;
- Demonstrate an ability to utilise principles of communication skills in various settings;
- Demonstrate writing skills for research proposals, reports, position papers and journal articles;
- Apply research skills to develop a research proposal and conduct a small scale research project;
- Use critical appraisal skills to evaluate literature in the field of exercise rehabilitation;
- Demonstrate public presentation skills in a professional setting;
- Identify key issues in injury rehabilitation and apply this knowledge to the design of effective injury prevention strategies; and
- Develop knowledge in a selected area of exercise rehabilitation.

COURSE STRUCTURE

Year 1

unit code	Semester 1	credit points
PH451	Anatomy for Exercise Rehabilitation	15
PH452	Introduction to Exercise Rehabilitation	15
PH453	Assessment and Management of the Lower Body	15
PH454	Assessment and Management of the Upper Body	15
Semester 2		
PH423	Research in Health Science	15
PH424	Psychosocial Health Care	15
PH481	Exercise Rehabilitation and Therapeutic Modalities	15
PH483	Exercise Rehabilitation Practical Experience	15

Year 2

unit code	Semester 3	credit points
PH900	Thesis	15

Higher Degrees by Research

- **Master of Human Movement (MHM)**
- **Master of Applied Science (MAppSc)**

The Master's degree is awarded on the basis of a thesis demonstrating "command of the knowledge and skills pertinent to the area of investigation as well as a critical appreciation and understanding of the relationship of his or her own work to that of others". The prerequisite for enrolment is normally an Honours degree at at least second-class honours level (or equivalent qualifications and/or experience).

Students without an Honours degree may still be eligible for consideration on the basis of professional or other experience deemed appropriate by the University. Acceptance would be provisional on the understanding that students would need to undertake some units to gain suitable research skills.

There is provision for transfer from master's to PhD candidature, with credit for the period spent as a master's candidate.

Enrolment can be on a full-time or part-time basis. A student works during candidature under the guidance of a principal supervisor appointed by the Research and Higher Degrees Committee on the recommendation of the School.

- **Doctor of Philosophy (PhD)**

This degree is awarded on the basis of a thesis making a substantial contribution to knowledge and demonstrating an understanding of the relationship of the investigations undertaken to a wider field of knowledge. Whereas in most cases the thesis will be a text reporting research undertaken by the candidate, the regulations also allow for a thesis to be creative work supported by an exegesis. The minimum requirement for enrolment is an Honours degree at first-class honours level (or equivalent qualifications and/or experience).

Enrolment can be on a full-time or part-time basis. A student works during candidature under the guidance of a principal supervisor appointed by the Research and Higher Degrees Committee on the recommendation of the School.

Areas of research strength in which supervision is available in the School of Human Movement and Sport Sciences include:

- Aquatic performance;
- Exercise and sport safety;
- Injury prevention;
- Exercise and blood volume regulation;
- Physical education teacher education;
- Sport management;
- Exercise and sport participation;
- Strength development;
- Sport and energy contribution;
- Health and exercise;
- The health promoting school;
- Sociology of health and illness;
- Sociology of sport;
- Health education and promotion;
- Planning and evaluation and health policy; and
- Rural health.

- **Doctor of Human Movement (DHM)**

- **Doctor of Health Promotion (DHP)**

The Professional Doctorate provides an alternative to the entirely research-based PhD degree. The aim of the Professional Doctorate is to provide a doctoral program more suited to professional groups who do not see their interests being served by the specialist nature of the PhD. A significant difference is that the Professional Doctorate, although a research higher degree, involves a substantial coursework component and an emphasis on the transformation of professional practice. Rather than preparing highly specialised researchers, the program is intended to provide a sophisticated understanding of the processes of research, particularly in professional and industrial situations.

The structure of the Professional Doctorate will consist of a combination of applied research projects, advanced study units and a dissertation linking all completed work.

Enrolment can be on a full-time or part-time basis. A student works during candidature under the guidance of a principal supervisor appointed by the Research

and Higher Degrees Committee on the recommendation of the School.

The professional doctorate program in Human Movement is available in the following broad areas of specialisation:

- Physical education;
- Socio-cultural dimensions of human movement;
- Bio-physical dimensions of human movement; and
- Sport management.

The Doctor of Health Promotion will be available in the following areas:

- Health education/promotion
- Policy, planning and evaluation in health promotion;
- Changing practice in health promotion; and
- Health promoting schools.

The School has a vibrant postgraduate community with students studying both on and off campus, nationally and internationally.

Further Information

The Higher Degree Regulations for the University of Ballarat provide information about prerequisites for enrolment, procedures during candidature, and the examination process. A copy of these Regulations, as well as application forms for candidature and scholarships, can be obtained from the Office of Research, University of Ballarat, telephone (03) 5327 9608. Information about research topics and supervision can be obtained from: Dr. Leonie Otago, telephone (03) 5327 9677, email: l.otago@ballarat.edu.au.

Listed below are the accredited undergraduate units from the School of Human Movement and Sport Sciences which may be available as elective units to students enrolled in any University program. Students should confirm availability with the School Administrative Officer.

unit code	School of Human Movement & Sport Sciences Units	credit points
HM471	Concepts in Outdoor Education	15
HM475	Adventure Education	15
HM476	Contemporary Issues in Outdoor Education	15
HM477	Expeditioning	15
HM478	Outdoor Activities Contract	15
HM479	Independent Study in Outdoor and/or Environmental Education	15
HM480	Connecting with Nature	15
HM503	Introduction to Health	10
HM513	Anatomical Basis of Human Movement	10
HM514	Physiological Bases of Human Movement 1	10
HM516	Measurement and Evaluation in Human Movement	10
HM521	Drugs and Society	15
HM524	Interpersonal Skills	15
HM541	Introduction to Sport Management	15
HM543	Introduction to Sport Management	10
HM565	Fieldwork 1	10
HM591	Fundamentals of Movement and Instruction	10
HM592	Fundamentals of Fitness	10
HM593	Swimming and Water Safety	10
HM608	Mindbody Exercise	15
HM609	Motor Learning and Performance	10
HM610	Sociological Foundation of Human Movement	10
HM613	Introduction to Sport and Exercise Psychology	10
HM615	Sport Marketing	15
HM616	Functional Anatomy	10
HM617	Biomechanics	10
HM618	Psychology of Physical Activity	15
HM624	Human Sexuality	15
HM625	Nutrition for Health	15
HM632	Motor Control and Performance	15
HM633	Applied Biomechanics	15
HM635	Exercise Rehabilitation	15
HM641	Sport and Human Resources	15
HM642	Sport Accounting and Finance	15
HM643	Sport and the Law	15
HM647	Management of Sport Organisations	15
HM648	Sport Event Management	15
HM651	Sports Coaching I	15
HM656	Sports Coaching II	15
HM662	Co-operative Education 1	15
HM663	Co-operative Education 2	15
HM665	Fieldwork II	10
HM690	Human Movement Activity Laboratory	10
HM692	Human Movement Activity Laboratory	15
HM693	Human Movement Activity Laboratory	10
HM705	Sports Tourism and Event Management	15
HM712	Sports Injury Prevention and Control	15
HM713	Introduction and Background to Sport and Exercise Psychology	15
HM714	Management of Sporting and Recreational Injuries	10
HM715	Physiological Bases of Human Movement II	10
HM717	Injury Prevention and Risk Management	10
HM723	Health Promotion	15
HM724	Health Project	15
HM734	Exercise Testing and Prescription: Cardiorespiratory	15
HM735	Training and Assessment of the Athlete	15
HM736	Advanced Exercise Physiology	15
HM743	Sport Management and Marketing Projects	15
HM745	Sport and the Media	15
HM746	Management of Sport Facilities	15
HM751	Sports Coaching in Physical Education	10
HM754	Sports Coaching 3	15
HM761	Fieldwork Practicum 2	15

unit code	School of Human Movement & Sport Sciences Units <i>(continued)</i>	credit points
HM765	Fieldwork III	10
HM781	Human Movement Activity Laboratory (Outdoor Recreation Leadership 1)	15
HM791	Research Design and Analysis	20
HM792	Independent Study in Human Movement	15
HM794	Human Movement Activity Laboratory	15
HM801	Human Movement Activity Laboratory	15
HM802	Human Movement Activity Laboratory	15
HM804	Philosophical and Contemporary Issues in Human Movement	10
HM806	Adapted Physical Activity	10
HM831	Research Thesis	75
HM832	Research Thesis (mid year commencers)	75
HM884	Human Movement Activity Laboratory (Outdoor Recreation Leadership 2)	15
HM885	Human Movement Activity Laboratory (Outdoor Recreation Leadership 3)	15
HM889	Qualitative Research Seminars	10
HM891	Research Thesis	40
HM899	Qualitative Analysis	15
PH423	Research in Health Science	15
PH424	Psychosocial Health Care	15
PH451	Anatomy for Exercise Rehabilitation	15
PH452	Introduction to Exercise Rehabilitation	15
PH453	Assessment and Management of the Lower Body	15
PH454	Assessment and Management of the Upper Body	15
PH481	Exercise Rehabilitation and Therapeutic Modalities	15
PH483	Exercise Rehabilitation and Practical Experience	15
PH900	Exercise Rehabilitation Thesis	60