

## Bachelor of Letters (Sports Performance Coaching)

### Program of Study and Study Plan Template

The course rule for this award can be found at the following web site:

<http://www.flinders.edu.au/courses/rules/undergrad/blitt/blittspc.cfm>

#### Program of study

To qualify for the Bachelor of Letters (Sports Performance Coaching), a student must complete the requirements for his/her other bachelor degree, and 36 units according to the program of study set out below, with a grade of P or NGP or better in each topic. No topic may be counted towards both the Bachelor of Letters and the student's other bachelor degree, if that degree is studied at Flinders University.

Not all topics are necessarily available in a given year.

1. *Stream - Sports Performance Coaching*
2. *Core - Year 1 topics*

31.5 units comprising:

- [HLPE1550](#) Introduction to Sport and Physical Activity (4.5 units)
- [HLPE1552](#) Human Functional Anatomy in Sport and Exercise (4.5 units)
- [HLPE2402](#) Physiological Testing in Sport (4.5 units)
- [HLPE2531](#) Sport and Physical Education (4.5 units)
- [HLPE2533](#) Exercise Prescription and Physiology (4.5 units)
- [HLPE3533](#) Applied Exercise Science (4.5 units)
- [HLPE3601](#) Sport Coaching Science (4.5 units)

3. *Option - Year 1 topics*

plus 4.5 units from the following:

- [HLPE2300](#) Foundations of Sport Psychology (4.5 units)
- [HLPE3531](#) Skill Acquisition and Biomechanics for Physical Educators (4.5 units)

<b>Semester 1:</b>			
<a href="#">HLPE1550</a> Introduction to Sport and Physical Activity	<a href="#">HLPE1552</a> Human Functional Anatomy in Sport and Exercise	<a href="#">HLPE2402</a> Physiological Testing in Sport	OPTION One of <a href="#">HLPE2300</a> Foundations of Sport Psychology OR <a href="#">HLPE3531</a> Skill Acquisition and Biomechanics for Physical Educators
<b>Semester 2:</b>			
<a href="#">HLPE2531</a> Sport and Physical Education	<a href="#">HLPE2533</a> Exercise Prescription and Physiology	<a href="#">HLPE3533</a> Applied Exercise Science	<a href="#">HLPE3601</a> Sport Coaching Science

