# 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:


### 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)

### Semester 1:

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<thead>
<tr>
<th>HLPE1550</th>
<th>HLPE1552</th>
<th>HLPE2402</th>
<th>OPTION</th>
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<tbody>
<tr>
<td>Introduction to Sport and Physical Activity</td>
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### Semester 2:

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<tr>
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