

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)

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

