Bachelor of Applied Science (Health and Physical Education)

This program prepares you for a career as a specialist physical education teacher. You will be qualified to teach in both primary and secondary schools.

Coaching, health and fitness promotion and sport education for school and community-based groups might be just some of your responsibilities.

You’ll gain a second teaching method, which may include biology, health or maths.

You’ll be exposed to a broad study of exercise sciences (anatomy, physiology, exercise physiology, biomechanics, kinesiology, motor learning), sport and physical activity and learn how they apply to the teaching of health, physical education and sport in schools.

**Industry connections**
You’ll complete school-based placements culminating in an extended block placement in your final semester.

These sequential placements allow you to integrate theory to practice and to develop your teaching skills over the duration of the program. You’ll leave the program fully prepared to teach.

**Career outlook**
Strong employment opportunities exist in these areas:
- government secondary colleges
- independent schools
- primary school physical education programs

Additional employment opportunities exist in:
- tertiary institutions
- fitness, leisure and recreation centres
- fitness advisers (sporting teams)
- fitness consultancies (private and government)
- private companies who contract with schools to deliver physical education and sport
- sport coaching
- sport management.

Over the past five years more than 95% of graduates seeking teacher employment have been successful within six months of graduating.

**Professional recognition**
This program is accredited by the Victorian Institute of Teaching.

**International opportunities**
There is an opportunity for a small group of students, typically seven, to teach in a secondary college in Singapore at the start of the final year.

You can also complete a semester or a full year at a university in Europe, the United States of America or Canada.

Previous participating tertiary institutions include Leeds Metropolitan University, Pennsylvania State University, Florida State University, University of West Virginia, University of British Columbia and University of Alberta.

**Pathways**
An Honours year is available.
Program structure

In each year you’ll undertake studies in the methods of teaching health, physical and sport education.
You’ll also teach in schools. These classes enable you to meet the practical requirements for accreditation as a teacher with the Victorian Institute of Teaching.
The program fosters a positive attitude towards a healthy lifestyle and a willingness to develop this attitude in schools and the community.

**Year 1**
You’ll learn the principles of teaching physical and applied exercise sciences, and complete in-depth studies in the foundation areas of human structure and function (anatomy and physiology).

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Introduction to Physical Education</th>
<th>Human Structure and Function 1</th>
<th>Methods of Teaching Health and Physical Education 1A</th>
<th>Thematic Approach to Teaching Physical Education 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growth, Development and Adapted Physical Activity</td>
<td>Human Structure and Function 2</td>
<td>Methods of Teaching Health and Physical Education 1B</td>
<td>Applied Exercise Science 1</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 2</th>
<th>Kinesiology</th>
<th>Health Issues and Promotion in the Community</th>
<th>Methods of Teaching Health and Physical Education 2A</th>
<th>Psychosocial Aspects of Health and Physical Activity</th>
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</thead>
<tbody>
<tr>
<td>Methods of Teaching Health and Physical Education 2B</td>
<td>Exercise Physiology 1</td>
<td>Program elective</td>
<td>Program elective</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Biomechanics 1</th>
<th>Methods of Teaching Health and Physical Education 3A</th>
<th>Exercise Physiology 2</th>
<th>Exercise and Sports Nutrition</th>
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</thead>
<tbody>
<tr>
<td>Methods of Teaching Health and Physical Education 3B</td>
<td>Motor Skill Learning and Performance</td>
<td>Program elective</td>
<td>Program elective</td>
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</tbody>
</table>

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<tr>
<th>Year 4</th>
<th>Theory and Practice in Health and Physical Education 4A</th>
<th>Theory and Practice in Health and Physical Education 4B</th>
<th>Senior Physical and Health Education</th>
<th>Field Experience – Teaching Practice A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Experience – Teaching Practice B</td>
<td>Applied Movement Analysis (Practical)</td>
<td>Program elective</td>
<td>University elective</td>
<td></td>
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</tbody>
</table>

### Entrance requirements
Successful completion of an Australian Year 12 senior secondary certificate of education or equivalent.

### Prerequisites
Current Year 12 prerequisites units 1 and 2 – satisfactory completion in two units (any study combination) of General Mathematics or Mathematical Methods. Units 3 and 4 – a study score of at least 20 in one of Biology, Chemistry, Mathematical Methods (CAS), Specialist Mathematics, Physical Education or Physics and a study score of at least 25 in English (except EAL) or at least 30 in English (EAL).

### Year 2
You’ll extend your study of health and exercise sciences into areas including exercise physiology and kinesiology. You’ll begin studying your second teaching method, which may include biology, advanced health or maths. Other method areas are also available. Knowledge in health-related physical activity and practice is emphasised.

### Years 3 and 4
You’ll consolidate your knowledge of health and exercise sciences with studies in biomechanics, applied exercise physiology, nutrition and motor learning and control. You’ll also need to complete an AUSTSWIM and first aid qualification.

### Program elective examples
- Psychology
- Biology
- Mathematical Methods
- Statistical Analysis
- International Health

### Additional information
Personal statement (optional): Applicants are encouraged to submit a personal statement addressing their reasons for wanting to study this program:
- motivation to teach
- strong interpersonal and communication skills
- willingness to learn
- resilience, self-efficacy and conscientiousness
- organisational and planning skills.

Working With Children Check: Students must hold a valid Working With Children Check prior to undertaking the clinical components of this program.

Literacy and Numeracy Test: Enrolled students are required to complete a literacy and numeracy test in their first year of study. It is mandated by the Federal Government and will be administered by the Australian Council for Educational Research (ACER).

This information is designed for Australian and New Zealand citizens and permanent residents of Australia.

Disclaimer: Every effort has been made to ensure the information contained in this publication is accurate and current at the date of printing. For the most up-to-date information, please refer to the RMIT University website before lodging your application. Visit [www.rmit.edu.au](http://www.rmit.edu.au).