

## General Education Guidelines for Exercise Physiology

UNSW requires that undergraduate students undertake a structured program in General Education as an integral part of studies for their degree.

The General Education Program at UNSW intends to broaden and deepen students' understanding of the environment in which they live and work and to enhance their critical analysis skills. Above all, the program presents students with interesting, challenging and enjoyable opportunities to pursue their own intellectual curiosity.

**Students enrolled in the Bachelor of Exercise Physiology cannot take General Education courses that relate to the field of Exercise Physiology or any of its sub-disciplines. For example, courses that relate to Psychology, Physics, Health, Nutrition, and any other disciplines offered within the Exercise Physiology program should not be selected and will not be credited as General Education courses. Please see pages 6-7 of this document for examples of specific General Education courses that should NOT be selected by Exercise Physiology students.**

### General Education Requirements

**The basic General Education requirements are the same for students in all single degree programs or concurrent degree programs drawn from one Faculty:**

- Students must satisfactorily complete a minimum of 12 units of credit (i.e. 2 courses) in General Education courses or their equivalent taken from outside their home Faculty
- The University's General Education requirements are in addition to any core course requirements associated with the program or streams within the program
- Faculties retain the authority to direct students against taking certain courses from outside the home faculty as General Education if it is the Faculty's view that these courses substantially overlap with courses in the primary single or concurrent degree program. Please see pages 5 & 7 of this document for further clarification.

### General Education Guide

Attached is a sample of some of the General Education courses on offer. Please note, a full list of all General Education Courses can be found in the UNSW Handbook <https://www.handbook.unsw.edu.au/>

## Australian School of Business Courses

### GENC3004

### Personal Finance

Offered: Term 1, Term 2, Term 3

#### Description

The course introduces students from a non-financial background to the principles of accumulating, managing and protecting wealth. The course covers the topics of tracking expenses and preparing budgets, savings, buying on credit, securing a good job, buying a home, paying off mortgages faster, protecting yourself through using insurance, building wealth using superannuation, paying appropriate levels of tax and avoiding investment mistakes.

## **GENC7002**

### **Getting into Business**

**Offered:** Term 1, Term 2, Term 3

#### **Description**

This course examines how to set up, manage and develop a business within the limits of the law. The law regulates and provides protection and value to every aspect of the business and its activities. In a step by step method, using case studies, students will be exposed to the ideas and concepts which make up the ingredients of a successful business. Identifying the business opportunity; developing the concept; setting up the vehicle to conduct the business, securing premises; equipment and employees; dealing with creditors, suppliers customers and the government; and protecting the assets of the business are all covered in this course.

## **Professional Practice Program Office**

## **DIPP1111**

### **Introduction to Leadership and Professional Practice**

**Offered:** Term 1, Term 2

#### **Description**

Graduate employers recruit students who demonstrate the potential to lead their organisations into the future. As such, Introduction to Leadership and Professional Practice will explore leadership from a developmental perspective. Students will investigate the attributes of effective leadership and examine their own potential for leadership through an assisted process of self-assessment and reflection. Students will be introduced to key leadership theories and research to enable critical engagement with the concept of leadership and to give a broader framework to think about their experiences and development needs.

Another focus will centre on exploring leadership in the context of team work. We will examine how leadership is related to interpersonal behaviour, the process of communication, the capacity to motivate others and self-manage (emotional intelligence). By developing these skills sets, everyone has the potential to provide leadership within a work environment.

Finally, we will examine the role of professionals in society, and the codes of ethics and practice that support standards within professional practice. Overall the course aims to prepare students to enter the workforce with a better understanding of the contribution they can make as leaders, team members and professionals.

The course will be delivered via online engagement and workshop participation.

## **DIIP1112**

### **Creating Your Career: Employability for the Future**

**Offered:** Term 1, Term 2, Term 3

#### **Description**

Creating Your Career: Employability for the Future covers four principal topics:

- Understanding yourself and developing your employability
- Researching career opportunities and organisations now and into the future
- Using career development competencies to create your career
- Communicating your professional point of difference.

Research has consistently highlighted the competitive nature of the graduate recruitment process. Results from the 2018 Australian Association of Graduate Employers Survey showed that major graduate employers receive over 1,000 applications each year.

While academic performance is important, the majority of graduate employers rated teamwork, cultural fit and interpersonal skills as “very important” - much higher ratings than academic grades. In 2018, the next most valued attributes were communication, motivational fit and problem-solving skills. The transferable skills developed outside the classroom in community engagement, casual work and relevant work placements are the major factors that differentiate the best candidates. All of this evidence suggests the need for students to strive for a balance between university and other activities as well as the need to develop employability skills as part of the university experience.

Within the course, students self-assess, reflect on and develop their employability skills in line with current and future industry expectations.

## Faculty of Arts & Social Sciences Courses

### [ARTS1060](#)

### Introduction to Film Studies

Offered: Term 1

#### Description

In this course you will learn essential techniques and vocabulary for analysing, explaining and interpreting fictional and documentary films, skills that may also be applied to other audio-visual media. You will learn to recognise and apply specialised film studies terminology by closely studying films drawn from a range of contexts and historical periods

### [ARTS1090](#)

### Media, Culture and Everyday Life

Offered: Term 1

#### Description

Media and Everyday Life offers an accessible grounding in the traditions, perspectives and concepts of media studies. Starting with the familiar and the everyday, this course introduces students to the breadth of contemporary media studies from television and the tradition of mass media studies, to telephony and the study of networked media and communication technologies. With an eye on the way that television and telephony have adapted to changing realities over the decades, this course explains how media and communication technologies have transformed the rhythms of everyday life, the organisation of domestic space, the boundaries between private and public, and our sense of involvement with national and public collectivities. In addition, the course examines the concept of mediation by exploring how both television and telephony shape the experience of time, distance, immediacy and liveness.

### [ARTS1240](#)

### Environment and Society

Offered: Term 1

#### Description

This course introduces students to the cultural and political dimensions of some of the key environmental issues of our day. From climate change and biodiversity loss, to toxic waste and genetically modified organisms, all of these environmental issues are unavoidably entangled with human societies, beliefs and values. Through a range of case studies, the course introduces students to a diverse set of tools and approaches to better understand these ‘human dimensions’ of environmental issues.

## **ARTS2813**

## **International Security**

**Offered: Term 3**

### **Description**

This course examines the key international security issues since the end of the Cold War. The end of the Cold War and globalisation have coincided with the emergence of a host of "new" security challenges to the state. These include the proliferation of conventional weapons and of weapons of mass destruction, international crime, international terrorism, environmental degradation, civil wars and ethnic violence. At the same time, traditional notions of security centered around the state has been challenged by advocates of human security, leading the emergence of the human security agenda which focuses on the human individual as the referent for security. To add to these, there remain traditional security concerns centred around war and conflict, geostrategic rivalries and arms races. The course examines the key security challenges of our times, both traditional and non-traditional, how they are manifested and how the state and the global community have attempted to cope with them.

## **Faculty of Law Courses**

## **GENL0250**

## **Sport, Law and Society in Australia**

**Offered: Term 1**

### **Description**

The rise of organised sport coincided with Australia's development as a nation playing a major role in developing Australian identities. As one of Australia's major cultural practices, participation and success in international sport became an essential element in projecting Australia on the global stage. In the late twentieth century sport became one of nation's fastest growing industries. This course explores the history of Australian sport and the development of a body of law to underpin its place and function in Australian society. Topics include sport and Australian nationalism; the rise of organised sport in Australia; development of sports governance; the intersection of sport and the law in issues of race, gender, ethnicity and religion; the debate between amateurism and professionalism; Australian sport on the global stage; doping and the law, the court of Arbitration for sport; the impact of corporate interest in Australian sport.

## **GENL1021**

## **World Religions**

**Offered: Term 2**

### **Description**

This course offers students a general introduction to five of the world's major religions with a special focus on the way in which their specific laws and customs impact upon the behaviour of their adherents. The religions studied are Hinduism, Buddhism, Judaism, Christianity and Islam. Each week a specific practical theme will be traced across the five religions. The themes include sacred images; scriptural texts; ethics; the three life-cycle rituals of birth, death and marriage; food and clothing customs; the calendar; religious architecture and popular places of pilgrimage. An objective, comparative approach will be taken and little prior knowledge of any religious tradition is required. A major focus of the course is the social relevance of religion in today's society. Its aim is to deepen the student's appreciation of the rich mosaic, which characterises the practical and legal dimensions of the world's great religions.

**GENL1063**

**Terror and Religion**

**Offered:** Term 2

**Description**

The aim of *Terror and Religion* is to explore the historic and contemporary links between religion and terror and to help students understand the complexity of religious violence in the late 20th and early 21st centuries. The course investigates legal and other definitions of terrorism and the development of modern doctrines of terror. It examines topics such as religious motivation, and the justification and legitimisation of the use violence in a number of major religious belief systems. It identifies the differences between mainstream and extremist teachings. It analyses significant acts of religiously motivated violence, and explores background issues such as secularisation, modernism and globalisation, as well as more personal ones, such as the nature of religious conviction and its influence on behaviour.

**Faculty of Science Courses**

**PHYS1160**

**Introduction to Astronomy**

**Offered:** Term 1, Term 2, Term 3

**Description**

Introduction to Astronomy and the search for life elsewhere. This course provides a broad overview of Astronomy and our place in the Cosmos. It covers the solar system and its exploration, stars, galaxies and cosmology, the Earth as a habitable planet and the search for life elsewhere in the universe. The course is delivered wholly on the internet through Moodle. The course is suitable as an introductory course for science students or as a general education course for non-scientists.

**GENS4008**

**Nuclear Arms, Peace and Global Governance**

**Offered:** Term 2

**Description**

Students are invited to study and discuss various questions concerning nuclear weapons, and the more general problem of preventing war. We look at the international political system, warfare and the arms race. We ask how a nuclear bomb actually works, and what its effects are likely to be. The associated issues of nuclear safeguards and the nuclear power industry are treated briefly. We study nuclear strategies, and then review attempts to control nuclear arms, particularly the Non-Proliferation Treaty. We discuss institutions of collective security aimed at preserving peace, including the European Union and the United Nations. Finally, we discuss steps towards improved governance at the global level, through which we may eventually remove the threat of nuclear weapons entirely.

## General Education Courses NOT Suitable for Exercise Physiology Students

### Faculty of Medicine Courses



**Note:** Students enrolled in Exercise Physiology are **not allowed** to enrol in any GENM course.

#### Medicine Courses Excluded

<a href="#">GENM0295</a>	Personalised Medicine
<a href="#">GENM0510</a>	Making News: Engaging the Media
<a href="#">GENM0518</a>	Health and Power in an Internet Age
<a href="#">GENM0703</a>	Concepts of Physical Activity, Exercise and Health
<a href="#">GENM0707</a>	Nutrition and Health
<a href="#">GENM0708</a>	Principles of Health Education and Behaviour Change

### Faculty of Science Courses



**Note:** Students enrolled in Exercise Physiology are **not allowed** to enrol in the following courses for their General Education requirements. Psychology courses cannot be selected because the Exercise Physiology program includes one core psychology course and several electives courses in psychology. PHYS1110 Everyday Physics is excluded as a General Education course because the content overlaps with BIOM2451 Biomechanics, a core course in the Exercise Physiology program.

#### Science Courses Excluded

<a href="#">PSYC1011</a>	Psychology 1B
<a href="#">PSYC1022</a>	The Psychology of Addiction
<a href="#">PSYC1023</a>	Abnormal Psychology
<a href="#">PSYC1024</a>	Clinical Perspectives on Anxiety, Mood and Stress
<a href="#">PSYC1031</a>	Psychological Science of Resilience
<a href="#">PSYC2101</a>	Assessment, Personality & Psychopathology
<a href="#">GENS5013</a>	Workplace Safety
<a href="#">PHYS1110</a>	Everyday Physics



## Faculty of Arts and Social Sciences Courses

**Note:** Students enrolled in Exercise Physiology are **not allowed** to enrol in the following courses for their General Education requirements.

### Arts & Social Science Courses Excluded

[SOCW1004](#) Lifespan, Health and Resilience

[EDST2044](#) Motivation in Learning and Teaching