

Course Map Melbourne and Strathfield

For students who are commencing in February 2021

Students who are out of sequence due to part-time enrolment or progression issues should seek a course advice meeting with the relevant Course Coordinator.

***Campus availability: students will undertake Exercise Science units at Strathfield Campus and all other units at North Sydney Campus. Students will not be required to travel between campuses on the same day**

YEAR 1				
SEM 1 2021	BIOL123 (10cp) Cells and Tissues – the Fabric of Life (Inc BIOL121, BIOL122)	NUTR101 (10cp) Introduction to Nutrition (Inc EXSC118)	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC199 (10cp) Psychology of Sport
SEM 2 2021	BIOL124 (10cp) Human Body in Health and Disease 1 (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	NUTR102 (10cp) Culinary Nutrition Science	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC217)	Core Curriculum (10cp) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details
Summer 2022	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 OR BIOL124 OR BIOL121, Inc: EXSC198)			
YEAR 2				
SEM 1 2022	CHEM105 (10cp) Foundations of Chemistry 10cp (Inc CHEM103)	BIOL204 (10cp) Human Body in Health and Disease 2 (Pre: BIOL123)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)
SEM 2 2022	CHEM112 (10cp) Organic and Food Chemistry (Pre: CHEM105)	BIOL234 (10cp) Nutritional Physiology (Pre: NUTR101 and BIOL204)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242)
YEAR 3				
SEM 1 2023	CHEM204 (10cp) Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	NUTR202 (10cp) Lifespan Nutrition (Pre: NUTR101)	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC321 (10cp) Biomechanics (Pre: EXSC224, Inc: EXSC220)
SEM 2 2023	CHEM206 Advanced Metabolic Chemistry (Pre: CHEM204)	EXSC204 Exercise, Prescription and Delivery (Pre: EXSC225)	EXSC216 Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	EXSC206¹ (0cp) Professional experience preparation (Pre: EXSC118 / NUTR101, EXSC187, EXSC199, BIOL124)

¹ EXSC206 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. It will also address some of the requirements needed to fulfil your accreditation as a Strength and Conditioning Coach with the Australian Strength and Conditioning Association. This unit consists of online modules. Modules must be done in the student's own time before the end of Semester 2 and /or before the commencement of any professional placement.

Bachelor of Exercise and Sports Science / Bachelor of Nutrition Science

(Information last updated on 16 October 2020)



YEAR 4

SEM 1 2024	NUTR302 (10cp) Diet, Health and Disease (Pre: BIOL234 and NUTR202)	NUTR303 (10cp) Food Science in Practice (Pre: CHEM112 AND NUTR102 or NUTR100)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216)
Winter 2024	EXSC316 (10cp) Nutrition for Sports Performance (Pre: BIOL234 OR EXSC118 AND EXSC198)			
SEM 2 2024	NUTR302 (10cp) Food Product Design and Development (Pre: NUTR303)	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	Core Curriculum (10cp) 300 level unit: Either UNCC300 or PHCC320 See here for details	

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PLEASE NOTE FOR ALL MAPS ABOVE

Students who do not follow the sequence recommended in their Course Map cannot be guaranteed a clash free timetable or completion within the normal course duration period. Any student studying outside the above sequence should consult with their Course Coordinator prior to enrolling.

STUDY MODES

All units are delivered in Attendance mode, unless otherwise indicated in the map.

Attendance: Unit delivered primarily via face-to-face or video conference attendance, at an ACU campus or another location.

Multi-mode: Unit delivered via a combination of online content and a compulsory attendance component (including examinations, practicums, residentials, etc.)

Online: Unit delivered fully online (including assessments).

PREREQUISITES

Pre-requisites ('Pre:') are added in italics. Pre-requisites are other units that you must have passed *before* enrolling in the unit.

From 2021, you will not be able to enrol in a unit in Student Connect if you do not meet the prerequisite requirements. This will help stop you from enrolling in units incorrectly.

You can find out about unit prerequisite requirements in your Course Enrolment Guide.

Under some circumstances, you might be eligible for a prerequisite waiver. You can find out more about prerequisites and how to apply for a waiver on the [Student Portal](#)

Course Advice

Course Coordinators and/or Course Advisors are available to assist you with course advice. Students should in the first instance contact the Course Administrator on their campus. If required, your query will be referred to a Course Advisor or the National Course Coordinator. Please email your enquiry or request to make an appointment.

School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
	Nutrition Science Administration Email: nutrition.admin@acu.edu.au

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