Exercise Science

2021 Elective Units

Last updated 1 October 2020

Bachelor of Exercise and Sports Science 2
Bachelor of Physical Activity and Health Science 3
Bachelor of Exercise and Health Science 5
Bachelor of Sport and Outdoor Education 6
Bachelor of Exercise Science / Bachelor of Applied Public Health 8
Bachelor of Exercise Science / Bachelor of Business Administration 9

Note:
The following units are ***NOT available to be selected as an Exercise Science elective***. Students who are not in Year 1 will be required to withdraw from the unit.

- EXSC121 Exercise and Sport Science: Starting the Journey
- EXSC119 From Health to High Performance Sport

Prerequisites

From 2021, you will not be able to enrol in a unit in Student Connect if you don't 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

Bachelor of Exercise and Sports Science 2021

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World			A			
EXSC317	Data Analytics in Sport	0					EXSC224 & EXSC122 *OR* STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 *OR* EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		A	A	A		
EXSC115	Foundations of the Outdoor Experience		A	A	A		
EXSC290	Aquatic Environment and the Outdoor Experience		A	A			
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC313	Aquatics & Athletics		A	A	A		
EXSC320	Advanced Biomechanics				A		EXSC321
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		A	A	A		EXSC310
NUTR202	Lifespan Nutrition			A		A	BIOL125
PUBH102	Foundations of Health Promotion			A		A	

Winter Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0					EXSC118/NUTR101 & EXSC225 *OR* BIOL234

Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World		A	A			
EXSC117	Leadership Development in Teams Games		A	A			
EXSC303	Exercise Behaviour Change		A	A	A		EXSC296 and, EXSC204 OR EXSC216
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230
EXSC330	Advanced Motor Control & Learning		M		M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation		A	A	A		EXSC321 & EXSC216
PUBH312	Applied Health Promotion			M			PUBH102
EXSC390	Leadership Practices and Outdoor Experience		A	A			
BIOL234	Nutritional Physiology			A		A	EXSC118 & BIOL125

Professional Term 8

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC318 #*	International Study in High Performance Sport #*						EXSC218 *OR EXSC206*

Key:

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* = International Experience

Bachelor of Physical Activity and Health Science 2021

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC317	Data Analytics in Sport	0					EXSC224 & EXSC122 *OR* STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		A	A	A		EXSC204 *OR* EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		A	A	A		
EXSC115	Foundations of the Outdoor Experience		A	A	A		
EXSC321	Biomechanics		A	A	A		EXSC224
EXSC290	The Aquatic Environment and the Outdoor Experience		A	A			
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC312	River Journeys and Connections to Place			A			EXSC116/EXSC202
EXSC313	Aquatics and Athletics		A	A	A		
EXSC314	Healthy Relationships for Young People				A		
EXSC320	Advanced Biomechanics				A		EXSC321
EXSC394	Exercise, Health and Disease		A	A	A		2 of the following EXSC204, EXSC216 or EXSC296
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		$	$	$		EXSC310
NUTR202	Lifespan Nutrition			A		A	BIOL125
HLSC120	Indigenous Health and Culture		M	M		M	
PUBH100	Foundations of Public Health			A			
PUBH102	Foundations of Health Promotion			A		A	
PUBH304	Public Health Entrepreneurship			A			PUBH 103 AND EITHER PUBH100 OR PUBH102

Winter Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0					EXSC118/NUTR101 & EXSC225 *OR* BIOL234

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Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				A		
EXSC224	Mechanical Bases of Exercise		A	A	A		
EXSC116	Journeying in the Natural World		A	A	A		
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment		A	A	A		EXSC225
EXSC250	Gymnastics and Dance				A		
EXSC296	Health and Exercise Psychology		A	A	A		EXSC199 *OR* PSYC100 & PSYC101
EXSC303	Exercise Behaviour Change		A	A	A		EXSC296 and, EXSC204 OR EXSC216
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230
EXSC330	Advanced Motor Control & Learning		M		M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation		A	A	A		EXSC321 & EXSC216
PUBH103	Epidemiology			A		A	
PUBH200	Globalisation, Environment and Health			A			PUBH 103 AND EITHER PUBH100 OR PUBH102
PUBH312	Applied Health Promotion			M			PUBH102
EXSC385	Challenges and Opportunities in the Health of Young People				A		
EXSC391	Evaluation of the Outdoor Experience			A			EXSC390
EXSC390	Leadership Practices and the Outdoor Experience		A	A			EXSC116 *OR* EXSC202

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AUSTRALIAN CATHOLIC UNIVERSITY

Bachelor of Exercise and Health Science 2021

Please see your local Course Coordinator

Bachelor of Sport and Outdoor Education 2021

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Electives – see next page for Minors

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			A			EXSC204 *OR* EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			A			
EXSC321	Biomechanics			A			EXSC224
EXSC222	Functional Anatomy			A			ANAT100
EXSC313	Aquatics and Athletics			A			
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			A			EXSC310
PUBH100	Foundations of Public Health			A			
PUBH102	Foundations of Health Promotion			M			
YSED100	Knowing Young People			A			
YSED203	Building Relationships and Supporting Young People			A			YSED104
YSED105	Ethical Principles and Practice of Youth Work			A			

Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC224	Mechanical Bases of Exercise			A			
EXSC204	Exercise Testing, Prescription and Delivery			A			EXSC225
EXSC216	Resistance Training: Science and Application						EXSC225 or EXSC222
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment			A			EXSC225
EXSC296	Health and Exercise Psychology			A			EXSC199 *OR* PSYC100 & PSYC101
EXSC303	Exercise Behaviour Change			A			EXSC296 and EXSC204 OR EXSC216
PUBH312	Applied Health Promotion			M			PUBH102
YSED104	The Developing Young Person			A			
YSED303	Youth Work in Community and Family Settings			A			YSED203 & YSED105

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see next page for Minors

Bachelor of Sport and Outdoor Education 2021

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Minors – see previous page for Electives

Youth Studies Minor (Victoria Only)

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
YSED100	Knowing Young People			A			
YSED203	Building Relationships and Supporting Young People			A			YSED104
YSED105	Ethical Principles and Practice of Youth Work			A			YSED104

Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
YSED104	The Developing Young Person			A			
YSED303	Youth Work in Community and Family Settings			A			YSED203 & YSED205

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Bachelor of Exercise Science / Bachelor of Applied Public Health 2021

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
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Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			A			EXSC204 *OR* EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			A			
EXSC115	Foundations of the Outdoor Experience			A			
EXSC230	Motor Control and Learning			A			EXSC187
EXSC306 #	Independent Study in Exercise Science #			A			EXSC122
EXSC313	Aquatics and Athletics			A			
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			A			EXSC310
NUTR202	Lifespan Nutrition			A			BIOL125

Winter Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0					EXSC118/NUTR101 & EXSC225 *OR* BIOL234

Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World			A			
EXSC303	Exercise Behaviour Change			A			EXSC296 AND EXSC204 OR EXSC216
EXSC306 #	Independent Study in Exercise Science #			A			EXSC122
EXSC390	Leadership Practices and the Outdoor Experience			A			EXSC116 *OR* EXSC202
EXSC391	Evaluation of the Outdoor Experience			A			EXSC390

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Bachelor of Exercise Science / Bachelor of Business Administration 2021

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column
- Business electives can be taken from any undergraduate business elective unit available, as listed by the Faculty of Law and Business

Summer Term

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EXSC317	Data Analytics in Sport	0					EXSC224 & EXSC122, *OR* STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		A	A	A		EXSC204 *OR* EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		A	A	A		
EXSC115	Foundations of the Outdoor Experience		A	A	A		
EXSC321	Biomechanics		A	A	A		EXSC224
EXSC290	The Aquatic Environment and the Outdoor Experience			A			
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC312	River Journeys and Connections to Place			A			
EXSC313	Aquatics and Athletics		A	A	A		
EXSC314	Healthy Relationships for Young People				A		
EXSC320	Advanced Biomechanics				A		EXSC321
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		A	A	A		EXSC310
PUBH102	Foundations of Health Promotion			M		M	
NUTR202	Lifespan Nutrition			A		A	BIOL125

Winter Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0					EXSC118/NUTR101 & EXSC225 *OR* BIOL234

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Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				A		
EXSC116	Journeying in the Natural World						
EXSC250	Gymnastics and Dance				A		
EXSC296	Health and Exercise Psychology		A	A	A		EXSC199 *OR* PSYC100 & PSYC101
EXSC303	Exercise Behaviour Change		A	A	A		EXSC296 AND EXSC204 OR EXSC216
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
PUBH312	Applied Health Promotion			M			PUBH102
EXSC385	Challenges and Opportunities in the Health of Young People				A		
EXSC390	Leadership Practices and the Outdoor Experience		A	A			EXSC116 *OR* EXSC202

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