

## Course Map

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## Course Map

### Blacktown, Brisbane, Melbourne and Strathfield

Students commencing 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.

YEAR 1				
<b>SEM 1 2021</b>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC121 (10cp)</b> Exercise and Sport Science: Starting the Journey	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science
<b>SEM 2 2021</b>	<b>BIOL125 (10cp)</b> Human Biology 1	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (EXSC217)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>
YEAR 2				
<b>SEM 1 2022</b>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc EXSC120)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100)	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121, Inc: EXSC198)
<b>SEM 2 2022</b>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 OR PSYC100 and PSYC101)	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC225)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)
YEAR 3:				
<b>SEM 1 2023</b>	<b>EXSC398 (20cp)</b> Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)		<b>EXSC394</b> Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC120 Inc: EXSC220)
<b>SEM 2 2023</b>	<b>Core Curriculum (10CP) 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225: Inc EXSC242)	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>

# Bachelor of Exercise and Sports Science

(Information last updated on 1 October 2020)



## Brisbane, Melbourne and Strathfield

Students commencing February 2020

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.

YEAR 1				
<b>SEM 1 2020</b>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>BIOL125 (10cp)</b> Human Biology 1
<b>SEM 2 2020</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC217)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120)	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>
YEAR 2				
<b>SEM 1 2021</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)
<b>SEM 2 2021</b>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC198)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225: Inc EXSC242)
	<b>EXSC206 (0cp)</b> Professional Experience Preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125)			
YEAR 3				
<b>SEM 1 2022</b>	<b>EXSC398 (20cp)</b> Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)		<b>EXSC394</b> Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)	<b>Elective (10cp)</b> <a href="#">See elective list</a>
<b>SEM 2 2022</b>	<b>Core Curriculum (10CP)</b> Either 300 level unit: Either UNCC300 or PHCC320 <a href="#">See here for details</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>

# Bachelor of Exercise and Sports Science

(Information last updated on 1 October 2020)



## Brisbane, Melbourne and Strathfield

Students commencing February 2019

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.

YEAR 1				
SEM 1 2019	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport	<b>BIOL125 (10cp)</b> Human Biology 1
	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120)	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>
SEM 2 2019				
YEAR 2				
SEM 1 2020	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC217)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC198)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)
SEM 2 2020				<b>EXSC230 (10cp)</b> Motor Learning and Control (Pre: EXSC187)
	<b>EXSC206 (0cp)</b> Professional Experience Preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SEM 1 2021	<b>EXSC398 (20cp)</b> Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)		<b>EXSC394</b> Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)	<b>Elective (10cp)</b> <a href="#">See elective list</a>
SEM 2 2021	<b>Core Curriculum (10CP) Either 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>Elective (10cp)</b> <a href="#">See elective list</a>

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### PLEASE NOTE FOR THE MAPS ABOVE

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

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).

### 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.

<b>School of Behavioural and Health Science</b>	Exercise Science Administration Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a>
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### 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](#).