

Course Maps

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Electives – See Unit Offerings 2022 tab

Course Maps Strathfield

Students who commenced 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.

YEAR 1				
SEM 1 2021	EXSC187 (10CP) Growth, Motor Development and Ageing	EXSC199 (10CP) Psychology of Sport	ANAT100 (10CP) Anatomical Foundations of Exercise Science	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2021	BIOL125 (10CP) Human Biology 1	NUTR101 (10CP) Nutrition and Exercise (Inc: EXSC118)	CoreCurriculum (10cp) Unit 1 See here for unit details	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)
YEAR 2				
SEM 1 2022	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 OR BIOL124 OR BIOL121 Inc: EXSC198)	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2022	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
	EXSC205¹ (0cp) Industry experience preparation (Pre: EXSC118/NUTR101, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SEM 1 2023	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2023	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC230 Motor Control and Learning (Pre: EXSC187)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>

¹ EXSC205 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.

Course Maps Strathfield

Students who commenced Mid-Year 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				
SEM 2 2021	NUTR101 (10CP) Nutrition and Exercise (Inc: EXSC118)	BIOL125 (10CP) Human Biology 1	CoreCurriculum (10cp) Unit 1 See here for unit details	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
SEM 1 2022	EXSC187 (10CP) Growth, Motor Development and Ageing	ANAT100 (10CP) Anatomical Foundations of Exercise Science	EXSC199 (10CP) Psychology of Sport	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
YEAR 2				
SEM 2 2022	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC230 Motor Control and Learning (Pre: EXSC187)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
SEM 1 2023	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121 Inc: EXSC198)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
YEAR 3				
SEM 2 2023	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
	EXSC205² (0cp) Industry experience preparation (Pre: NUTR101/EXSC118, EXSC187, EXSC199, BIOL125)			
SEM 1 2024	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab

² EXSC205 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.

Course Maps

Students who commenced in 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				
SEM 1 2020	EXSC187 (10CP) Growth, Motor Development and Ageing	EXSC118 (10CP) Nutrition and Exercise (Inc: NUTR101)	BIOL125 (10CP) Human Biology 1	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2020	ANAT100 (10CP) Anatomical Foundations of Exercise Science	EXSC217 (10cp) Research and Ethics in Exercise Science	CoreCurriculum (10cp) Unit 1 <i>See here for unit details</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
YEAR 2				
SEM 1 2021	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 OR BIOL124 OR BIOL121 Inc: EXSC198)	EXSC199 (10CP) Psychology of Sport	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2021	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	EXSC230 Motor Control and Learning (Pre: EXSC187)
	EXSC205³ (0cp) Industry experience preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SEM 1 2022	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2022	CoreCurriculum (10cp) Unit 2 <i>See here for unit and pre-requisite details</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>

³ EXSC205 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 &/or before the commencement of any professional placement.

Course Maps

Students who are commencing in Mid-Year 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				
SEM 2 2020	ANAT100 (10CP) Anatomical Foundations of Exercise Science	BIOL125 (10CP) Human Biology 1	CoreCurriculum (10cp) Unit 1 See here for unit details	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
SEM 1 2021	EXSC187 (10CP) Growth, Motor Development and Ageing	EXSC199 (10CP) Psychology of Sport	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
YEAR 2				
SEM 2 2021	NUTR101 (10CP) Nutrition and Exercise (Inc: EXSC118)	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
SEM 1 2022	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121 Inc: EXSC198)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
YEAR 3				
SEM 2 2022	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	EXSC230 Motor Control and Learning (Pre: EXSC187)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
	EXSC205⁴ (0cp) Industry experience preparation (Pre: EXSC118/NUTR101, EXSC187, EXSC199, BIOL125)			
SEM 1 2023	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab

⁴ EXSC205 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 &/or before the commencement of any professional placement.

Course Maps

Students who are commencing in 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	EXSC187 (10CP) Growth, Motor Development and Ageing	EXSC118 (10CP) Nutrition and Exercise (Inc: NUTR101)	BIOL125 (10CP) Human Biology 1	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2019	ANAT100 (10CP) Anatomical Foundations of Exercise Science	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 OR BIOL124 OR BIOL121 Inc: EXSC198)	CoreCurriculum (10cp) Unit 1 <i>See here for unit details</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
YEAR 2				
SEM 1 2020	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)	EXSC199 (10CP) Psychology of Sport	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2020	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
EXSC205⁵ (0cp) Industry experience preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125)				
YEAR 3				
SEM 1 2021	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		EXSC230 Motor Control and Learning (Pre: EXSC187)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>
SEM 2 2021	CoreCurriculum (10cp) Unit 2 <i>See here for unit and pre- requisite details</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2022 Tab</i>

⁵ EXSC205 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 &/or before the commencement of any professional placement.

Course Maps

Students who are commencing in Mid-Year 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 2 2019	ANAT100 (10CP) Anatomical Foundations of Exercise Science	BIOL125 (10CP) Human Biology 1	CoreCurriculum (10cp) Unit 1 See here for unit details	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
SEM 1 2020	EXSC187 (10CP) Growth, Motor Development and Ageing	EXSC118 (10CP) Nutrition and Exercise (Inc: NUTR101)	EXSC199 (10CP) Psychology of Sport	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
YEAR 2				
SEM 2 2020	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
SEM 1 2021	EXSC230 Motor Control and Learning (Pre: EXSC187)	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121 Inc: EXSC198)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
YEAR 3				
SEM 2 2021	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab
	EXSC205⁶ (0cp) Industry experience preparation (Pre: EXSC118/NUTR101, EXSC187, EXSC199, BIOL125)			
SEM 1 2022	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2022 Tab

⁶ EXSC205 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 &/or before the commencement of any professional placement.

PLEASE NOTE FOR THE MAP 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.

C - On Campus:

Most learning activities or classes are delivered at a scheduled time, on campus, to enable in-person interactions. Activities will appear in a student's timetable

M - Multi-mode:

Learning activities are delivered through a planned mix of online and in-person classes, which may include full-day sessions and/or placements, to enable interaction. Activities that require attendance will appear in a student's timetable.

Online:

OU - Online unscheduled

Learning activities are accessible anytime, anywhere. These units are normally delivered fully online and **will not** appear in a student's timetable.

OS – Online scheduled

All learning activities are held online, at scheduled times, and will require some attendance to enable online interaction. Activities will appear in a student's timetable

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. Any student studying outside the above sequence should consult with their Course Coordinator prior to enrolling. 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
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Prerequisites

You will not be able to enrol in a unit in Student Connect if you don't meet the prerequisite requirements. This helps 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](#).