

Course Map

Bachelor of Exercise and Sports Science – Mid-Year Entry 2023	2
Bachelor of Exercise and Sports Science – Mid-Year Entry 2022	3
Bachelor of Exercise and Sports Science – Mid-Year Entry 2021	4
Bachelor of Exercise and Sports Science – Mid-Year Entry 2020	5
Electives – See Unit Offerings 2023 Tab	

Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2023

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 2023	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	CoreCurriculum (10cp) Unit 1 See here for unit details	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode
SEM 1 2024	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSD121) Multimode
YEAR 2				
SEM 2 2024	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)	Elective (10cp) See Unit Offerings 2023 Tab	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode
SEM 1 2025	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or pHCC102 or PHCC104) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
YEAR 3				
SEM 2 2025	Elective (10cp) See Unit Offerings 2023 Tab	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
SEM 1 2026	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multimode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode

Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2022

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 2022	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) Multimode	CoreCurriculum (10cp) Unit 1 See here for unit details	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC217) Multimode
SEM 1 2023	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSD121) Multimode
YEAR 2				
SEM 2 2023	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	Elective (10cp) See Unit Offerings 2023 Tab	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode
SEM 1 2024	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
YEAR 3				
SEM 2 2024	Elective (10cp) See Unit Offerings 2023 Tab	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
SEM 1 2025	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multimode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120; Inc: EXSC220) Multimode

Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Students commencing 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) Introduction to Nutrition (Inc: EXSC118, EXSZ118) Multimode	CoreCurriculum (10cp) Unit 1 See here for unit details	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC217) Multimode
SEM 1 2022	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAZ100) Multimode	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey Multimode
YEAR 2				
SEM 2 2022	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)	Elective (10cp) See Unit Offerings 2023 Tab	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode
SEM 1 2023	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
YEAR 3				
SEM 2 2023	Elective (10cp) See Unit Offerings 2023 Tab	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222)) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
SEM 1 2024	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multimode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode

Bachelor of Exercise and Sports Science

(Information last updated on 16 September 2022)



Brisbane, Melbourne and Strathfield

Students commencing 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 (Inc: ANAD100, ANAZ100) Multimode	EXSC120 (10cp) Mechanical Bases of Exercise (Inc: EXSC224)	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	EXSC217 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122)
SEM 1 2021	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multimode
YEAR 2				
SEM 2 2021	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	CoreCurriculum (10cp) Unit 1 See here for unit details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
SEM 1 2022	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120; Inc: EXSC220) Multimode	Elective (10cp) See Unit Offerings 2023 Tab	Elective (10cp) See Unit Offerings 2023 Tab
YEAR 3				
SEM 2 2022	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	Elective (10cp) See Unit Offerings 2023 Tab
	EXSC206¹ Professional Experience Preparation 0cp (Pre: ((BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199)			
SEM 1 2023	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multimode	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	Elective (10cp) See Unit Offerings 2023 Tab	

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 &/or before the commencement of any professional placement.

PLEASE NOTE FOR THE MAP ABOVE

Prerequisites ('Pre:') and Incompatibles ('Inc:') are added in italics. Prerequisites are other units that you must have passed *before* enrolling in the unit. Incompatibles are units that extremely similar. If you have already successfully passed an Incompatible unit, you are not able to enrol in this 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
---	--

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](#).