

## Course Map

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## Course Map

### Blacktown, Brisbane, Melbourne and Strathfield

#### Students commencing February 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				
<b>SEM 1 2023</b>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC121 (10cp)</b> Exercise and Sport Science: Starting the Journey (Inc: EXSD121) Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
<b>SEM 2 2023</b>	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125)	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118, NUTD101) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
YEAR 2				
<b>SEM 1 2024</b>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
<b>SEM 2 2024</b>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222)) Multimode	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode
YEAR 3:				
<b>SEM 1 2025</b>	<b>EXSC398 (20cp)</b> Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multimode		<b>EXSC394 (10cp)</b> Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120: Inc: EXSC220) Multimode
<b>SEM 2 2025</b>	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>

## Course Map

### Blacktown, Brisbane, Melbourne and Strathfield

**Students commencing February 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 1 2022	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC121 (10cp)</b> Exercise and Sport Science: Starting the Journey (Inc: EXSD121) Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
SEM 2 2022	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125)	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118, NUTD101) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
YEAR 2				
SEM 1 2023	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
SEM 2 2023	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222)) Multimode	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode
YEAR 3				
SEM 1 2024	<b>EXSC398 (20cp)</b> Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multimode		<b>EXSC394 (10cp)</b> Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode
SEM 2 2024	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>

# 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 <i>(Inc: EXSZ187)</i> <i>Multimode</i>	<b>EXSC199 (10cp)</b> Psychology of Sport <i>Multimode</i>	<b>EXSC121 (10cp)</b> Exercise and Sport Science: Starting the Journey <i>Multimode</i>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science <i>(Inc: ANAZ100)</i> <i>Multimode</i>
<b>SEM 2 2021</b>	<b>BIOL125 (10cp)</b> Human Biology 1 <i>(Inc: BIOL121, BIOL122, BIOL124, BIOL204)</i>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science <i>(Inc: EXSC217)</i> <i>Multimode</i>	<b>NUTR101 (10cp)</b> Introduction to Nutrition <i>(Inc: EXSC118, EXSZ118)</i> <i>Multimode</i>	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
YEAR 2				
<b>SEM 1 2022</b>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise <i>(Inc: EXSC120)</i> <i>Multimode</i>	<b>EXSC222 (10cp)</b> Functional Anatomy <i>(Pre: ANAT100)</i> <i>Multimode</i>	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community <i>(Pre: UNCC100 or PHCC102 or PHCC104)</i> <i>Multimode</i>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise <i>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)</i> <i>Multimode</i>
<b>SEM 2 2022</b>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology <i>(Pre: EXSC199 OR PSYC100 and PSYC101)</i>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery <i>(Pre: EXSC225)</i>	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application <i>(Pre: Either EXSC225 or EXSC222)</i>	<b>EXSC230 (10cp)</b> Motor Control and Learning <i>(Pre: EXSC187)</i> <i>Multimode</i>
YEAR 3:				
<b>SEM 1 2023</b>	<b>EXSC398 (20cp)</b> Professional Experience <i>(Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216)</i> <i>Multimode</i>		<b>EXSC394 (10cp)</b> Exercise Prescription for Health and Wellbeing <i>(Pre: two of EXSC204, EXSC216 or EXSC296)</i> <i>Multimode</i>	<b>EXSC321 (10cp)</b> Biomechanics <i>(Pre: EXSC224 or EXSC120; Inc: EXSC220)</i> <i>Multimode</i>
<b>SEM 2 2023</b>	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment <i>(Pre: EXSC198 or EXSC225; Inc: EXSC242)</i> <i>Multimode</i>	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>

## 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.

<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

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](#).