

Course Maps

Brisbane and Melbourne commenced February 2019 or February 2020.....2

Brisbane and Melbourne commenced Mid-Year 2019 or Mid-Year 20203

Electives – See Unit Offerings 2023 tab

Course Maps

Brisbane and Melbourne only

Students who commenced in February 2019-2020

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 2019	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC115 (10cp) Foundations of the Outdoor Experience <i>Available Melbourne only 2023</i>	EXSC118 (10cp) Nutrition and Exercise (Inc: NUTR101) <i>Current unit NUTR101</i>	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)
SEM 2 2019	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	EXSC116 (10cp) Journeying in the Natural World <i>Available Melbourne only 2023</i>	EXSC117 (10cp) Leadership Development in Team Games Multimode	Core Curriculum (10cp) Unit 1 See here for unit details
YEAR 2				
SEM 1 2020	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC290 (10cp) The Aquatic Environment and the Outdoor Experience <i>Available Melbourne only 2023</i>	EXSC392 (10cp) Leadership Development in Physical Activities <i>Contact Course Coordinator 2023</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>
SEM 2 2020	EXSC217 (10cp) Research and Ethics in Exercise Science <i>Current unit EXSC122</i>	EXSC390 (10cp) Leadership Practices and the Outdoor Experience (Pre: EXSC116) <i>Available Melbourne only 2023</i>	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>
	EXSC205¹ (0cp) Industry experience preparation (Pre: (EXSC118 or NUTR101) and EXSC187 and EXSC199 and BIOL125) Multimode			
YEAR 3				
SEM 1 2021	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	EXSC312 (10cp) River Journeys and Connections to Place (Pre: EXSC116) <i>Available Melbourne only 2023</i>	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)	
SEM 2 2021	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC391 (10cp) Evaluation of the Outdoor Experience (Pre: EXSC390) <i>Available Melbourne only 2023</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</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.

Brisbane and Melbourne only

Students who commenced in Mid-Year 2019-2020

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 2019	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100 Multimode)	EXSC116 (10cp) Journeying in the Natural World <i>Available Melbourne only 2023</i>	EXSC117 (10cp) Leadership Development in Team Games Multimode	Core Curriculum (10cp) Unit 1 See here for unit details
SEM 1 2020	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC115 (10cp) Foundations of the Outdoor Experience <i>Available Melbourne only 2023</i>	EXSC118 (10cp) Nutrition and Exercise (Inc: NUTR101) <i>Current unit NUTR101</i>	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)
YEAR 2				
SEM 2 2020	EXSC217 (10cp) Research and Ethics in Exercise Science <i>Current unit EXSC122</i>	EXSC390 (10cp) Leadership Practices and the Outdoor Experience (Pre: EXSC116) <i>Available Melbourne only 2023</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>
SEM 1 2021	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC290 (10cp) The Aquatic Environment and the Outdoor Experience <i>Available Melbourne only 2023</i>	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)
Winter 2021	EXSC205² (0cp) Industry experience preparation (Pre: (EXSC118 or NUTR101) and EXSC187 and EXSC199 and BIOL125) Multimode			
YEAR 3				
SEM 2 2021	EXSC391 (10cp) Evaluation of the Outdoor Experience (Pre: EXSC390) <i>Available Melbourne only 2023</i>	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)	
SEM 1 2022	EXSC312 (10cp) River Journeys and Connections to Place (Pre: EXSC116) <i>Available Melbourne only 2023</i>	EXSC392 (10cp) Leadership Development in Physical Activities <i>Contact Course Coordinator 2023</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>	Elective or Minor Unit (10cp) <i>Contact Course Coordinator for options</i>

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.

Bachelor of Sport and Outdoor Education

(Information last updated on 14 September 2022)



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
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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](#).