

## Course Map

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**Bachelor of Exercise Science /  
Bachelor of Applied Public Health**

(Information last updated on 18 September 2023)



**Course Map  
Melbourne**

**For students who are 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                |  |  |  |   |
|-----------------------|--|--|--|---|
| <b>SEM 2<br/>2023</b> | <b>BIOL121 (10cp)</b><br>Human Biological Science 1  | <b>PUBH102 (10cp)</b><br>Foundations of Health Promotion<br>(Inc: PUBD102)<br>Multimode                | <b>PUBH103 (10cp)</b><br>Epidemiology<br>Multimode   | <b>CoreCurriculum (10cp)</b><br>Unit 1<br><a href="#">See here for unit details</a>   |
| <b>SEM 1<br/>2024</b> | <b>PUBH100 (10cp)</b><br>Foundations of Public Health  | <b>PUBH101 (10cp)</b><br>Foundations of Public Health Communication<br>Multimode                       | <b>EXSC199 (10cp)</b><br>Psychology of Sport<br>(Inc: EXSD199)<br>Multimode  | <b>ANAT100 (10cp)</b><br>Anatomical Foundations of Exercise Science<br>(Inc: ANAD100, ANAZ100)<br>Multimode                 |
| YEAR 2                |  |  |  |   |
| <b>SEM 2<br/>2024</b> | <b>EXSC122 (10cp)</b><br>Research and Ethics in Exercise Science<br>(Inc: EXSD122, EXSC217)<br>Multimode | <b>NUTR101 (10cp)</b><br>Introduction to Nutrition<br>(Inc: EXSC118, EXSZ118)<br>NUTD101<br>Multimode  | <b>Exercise Science (10cp) Elective 1</b><br><a href="#">See Unit Offerings 2023 Tab</a>   | <b>Exercise Science (10cp) Elective 2</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| <b>SEM 1<br/>2025</b> | <b>PUBH202 (10cp)</b><br>Public Health Research Methods<br>(Pre: PUBH103)                                | <b>PUBH204 (10cp)</b><br>Public Health Economics<br>(Pre: PUBH100 or PUBH102)<br>Multimode             | <b>EXSC187 (10cp)</b><br>Growth, Motor Development and Ageing<br>(Inc: EXSC187, EXSZ187)<br>Multimode  | <b>EXSC225 (10cp)</b><br>Physiological Bases of Exercise<br>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)<br>Multimode |
| YEAR 3                |  |  |  |   |
| <b>SEM 2<br/>2025</b> | <b>PUBH303 (10cp)</b><br>Applied Public Health Communication<br>(Pre: PUBH100 or PUBH102)<br>Multimode   | <b>EXSC204 (10cp)</b><br>Exercise, Prescription and Delivery<br>(Pre: EXSC198 or EXSC225)<br>Multimode | <b>EXSC216 (10cp)</b><br>Resistance Training: Science and Application<br>(Pre: (EXSC198 or EXSC225) or EXSC222)<br>Multimode                     | <b>Exercise Science (10cp) Elective 3</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| <b>SEM 1<br/>2026</b> | <b>PUBH302 (10cp)</b><br>Applied Public Health 1<br>(Pre: PUBH100 or PUBH102)                            | <b>PUBH304 (10cp)</b><br>Public Health Advocacy<br>(Pre: PUBH100 or PUBH102)                           | <b>EXSC224 (10cp)</b><br>Mechanical Bases of Exercise<br>(Inc: EXSC120)<br>Multimode   | <b>Exercise Science (10cp) Elective 4</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| YEAR 4                |  |  |  |   |
| <b>SEM 2<br/>2026</b> | <b>PUBH305 (10cp)</b><br>Applied Public Health 2<br>(Pre: PUBH302)                                       | <b>PUBH312 (10cp)</b><br>Applied Health Promotion<br>(Pre: PUBH102)<br>Multimode                       | <b>EXSC322 (10cp)</b><br>Exercise Physiology: Adaptation to Exercise and the Environment<br>(Pre: EXSC198 or EXSC225; Inc: EXSC242)<br>Multimode | <b>Exercise Science (10cp) Elective 5</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| <b>SEM 1<br/>2027</b> | <b>PUBH306 (10cp)</b><br>Public Health Policy and Law<br>(Pre: PUBH100 or PUBH102)                       | <b>CoreCurriculum (10cp)</b><br>Unit 2<br><a href="#">See here for unit and pre-requisite details</a>  | <b>Exercise Science (10cp) Elective 6</b><br><a href="#">See Unit Offerings 2023 Tab</a>   | <b>Exercise Science (10cp) Elective 7</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |

## Course Map Melbourne

**For students who are 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                |  |  |  |   |
|-----------------------|--|--|--|---|
| <b>SEM 2<br/>2022</b> | <b>BIOL121 (10cp)</b><br>Human Biological Science 1  | <b>PUBH102 (10cp)</b><br>Foundations of Health Promotion<br>(Inc: PUBD102)<br>Multimode                  | <b>PUBH103 (10cp)</b><br>Epidemiology<br>Multimode   | <b>CoreCurriculum (10cp)</b><br>Unit 1<br><a href="#">See here for unit details</a>   |
| <b>SEM 1<br/>2023</b> | <b>PUBH100 (10cp)</b><br>Foundations of Public Health  | <b>PUBH101 (10cp)</b><br>Foundations of Public Health Communication<br>Multimode                         | <b>EXSC199 (10cp)</b><br>Psychology of Sport<br>(Inc: EXSD199)<br>Multimode  | <b>ANAT100 (10cp)</b><br>Anatomical Foundations of Exercise Science<br>(Inc: ANAD100, ANAZ100)<br>Multimode                 |
| YEAR 2                |  |  |  |   |
| <b>SEM 2<br/>2023</b> | <b>NUTR101 (10cp)</b><br>Introduction to Nutrition<br>(Inc: EXSC118, EXSZ118)<br>NUTD101<br>Multimode  | <b>EXSC122 (10cp)</b><br>Research and Ethics in Exercise Science<br>(Inc: EXSD122, EXSC217)<br>Multimode | <b>Exercise Science (10cp) Elective 1</b><br><a href="#">See Unit Offerings 2023 Tab</a>   | <b>Exercise Science (10cp) Elective 2</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| <b>SEM 1<br/>2024</b> | <b>PUBH202 (10cp)</b><br>Public Health Research Methods<br>(Pre: PUBH103)                              | <b>PUBH204 (10cp)</b><br>Public Health Economics<br>(Pre: PUBH100 or PUBH102)<br>Multimode               | <b>EXSC187 (10cp)</b><br>Growth, Motor Development and Ageing<br>(Inc: EXSC187, EXSZ187)<br>Multimode  | <b>EXSC225 (10cp)</b><br>Physiological Bases of Exercise<br>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)<br>Multimode |
| YEAR 3                |  |  |  |   |
| <b>SEM 2<br/>2024</b> | <b>PUBH303 (10cp)</b><br>Applied Public Health Communication<br>(Pre: PUBH100 or PUBH102)<br>Multimode | <b>EXSC204 (10cp)</b><br>Exercise, Prescription and Delivery<br>(Pre: EXSC198 or EXSC225)<br>Multimode   | <b>EXSC216 (10cp)</b><br>Resistance Training: Science and Application<br>(Pre: (EXSC198 or EXSC225) or EXSC222)<br>Multimode                     | <b>Exercise Science (10cp) Elective 3</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| <b>SEM 1<br/>2025</b> | <b>PUBH302 (10cp)</b><br>Applied Public Health 1<br>(Pre: PUBH103 and either [PUBH100 or PUBH102])     | <b>PUBH304 (10cp)</b><br>Public Health Advocacy<br>(Pre: PUBH100 or PUBH102)                             | <b>EXSC224 (10cp)</b><br>Mechanical Bases of Exercise<br>(Inc: EXSC120)<br>Multimode   | <b>Exercise Science (10cp) Elective 4</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| YEAR 4                |  |  |  |   |
| <b>SEM 2<br/>2025</b> | <b>PUBH305 (10cp)</b><br>Applied Public Health 2<br>(Pre: PUBH302)                                     | <b>PUBH312 (10cp)</b><br>Applied Health Promotion<br>(Pre: PUBH102)                                      | <b>EXSC322 (10cp)</b><br>Exercise Physiology: Adaptation to Exercise and the Environment<br>(Pre: EXSC198 or EXSC225; Inc: EXSC242)<br>Multimode | <b>Exercise Science (10cp) Elective 5</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| <b>SEM 1<br/>2026</b> | <b>PUBH306 (10cp)</b><br>Public Health Policy and Law<br>(Pre: PUBH100 or PUBH102)                     | <b>CoreCurriculum (10cp)</b><br>Unit 2<br><a href="#">See here for unit and pre-requisite details</a>    | <b>Exercise Science (10cp) Elective 6</b><br><a href="#">See Unit Offerings 2023 Tab</a>   | <b>Exercise Science (10cp) Elective 7</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |

## Melbourne

### For students who are 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<br>2021 | <b>BIOL121 (10cp)</b><br>Human Biological Science 1  | <b>PUBH102 (10cp)</b><br>Foundations of Health Promotion<br>(Inc: PUBD102)<br>Multimode                  | <b>PUBH103 (10cp)</b><br>Epidemiology<br>Multimode   | <b>CoreCurriculum (10cp)</b><br>Unit 1<br><a href="#">See here for unit details</a>   |
| SEM 1<br>2022 | <b>PUBH100 (10cp)</b><br>Foundations of Public Health  | <b>PUBH101 (10cp)</b><br>Foundations of Public Health Communication<br>Multimode                         | <b>EXSC199 (10cp)</b><br>Psychology of Sport<br>(Inc: EXSD199)<br>Multimode  | <b>ANAT100 (10cp)</b><br>Anatomical Foundations of Exercise Science<br>(Inc: ANAD100, ANAZ100)<br>Multimode)                |
| YEAR 2        |  |  |  |   |
| SEM 2<br>2022 | <b>NUTR101 (10cp)</b><br>Introduction to Nutrition<br>(Inc: EXSC118, EXSZ118)<br>NUTD101)<br>Multimode | <b>EXSC122 (10cp)</b><br>Research and Ethics in Exercise Science<br>(Inc: EXSD122, EXSC217)<br>Multimode | <b>Exercise Science (10cp) Elective 1</b><br><a href="#">See Unit Offerings 2023 Tab</a>   | <b>Exercise Science (10cp) Elective 2</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| SEM 1<br>2023 | <b>PUBH202 (10cp)</b><br>Public Health Research Methods<br>(Pre: PUBH103)                              | <b>PUBH204 (10cp)</b><br>Public Health Economics<br>(Pre: PUBH100 or PUBH102)<br>Multimode               | <b>EXSC187 (10cp)</b><br>Growth, Motor Development and Ageing<br>(Inc: EXSC187, EXSZ187)<br>Multimode  | <b>EXSC225 (10cp)</b><br>Physiological Bases of Exercise<br>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)<br>Multimode |
| YEAR 3        |  |  |  |   |
| SEM 2<br>2023 | <b>PUBH303 (10cp)</b><br>Applied Public Health Communication<br>(Pre: PUBH100 or PUBH102)<br>Multimode | <b>EXSC204 (10cp)</b><br>Exercise, Prescription and Delivery<br>(Pre: EXSC198 or EXSC225)<br>Multimode   | <b>EXSC216 (10cp)</b><br>Resistance Training: Science and Application<br>(Pre: (EXSC198 or EXSC225) or EXSC222)<br>Multimode                     | <b>Exercise Science (10cp) Elective 3</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| SEM 1<br>2024 | <b>PUBH302 (10cp)</b><br>Applied Public Health 1<br>(Pre: PUBH103 and either [PUBH100 or PUBH102])     | <b>PUBH304 (10cp)</b><br>Public Health Advocacy<br>(Pre: PUBH100 or PUBH102)                             | <b>EXSC224 (10cp)</b><br>Mechanical Bases of Exercise<br>(Inc: EXSC120)<br>Multimode   | <b>Exercise Science (10cp) Elective 4</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| YEAR 4        |  |  |  |   |
| SEM 2<br>2024 | <b>PUBH305 (10cp)</b><br>Applied Public Health 2<br>(Pre: PUBH302)                                     | <b>PUBH312 (10cp)</b><br>Applied Health Promotion<br>(Pre: PUBH102)                                      | <b>EXSC322 (10cp)</b><br>Exercise Physiology: Adaptation to Exercise and the Environment<br>(Pre: EXSC198 or EXSC225; Inc: EXSC242)<br>Multimode | <b>Exercise Science (10cp) Elective 5</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |
| SEM 1<br>2025 | <b>PUBH306 (10cp)</b><br>Public Health Policy and Law<br>(Pre: PUBH100 or PUBH102)                     | <b>CoreCurriculum (10cp) Unit 2</b><br><a href="#">See here for unit and pre-requisite details</a>       | <b>Exercise Science (10cp) Elective 6</b><br><a href="#">See Unit Offerings 2023 Tab</a>   | <b>Exercise Science (10cp) Elective 7</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                    |

# Bachelor of Exercise Science / Bachelor of Applied Public Health

(Information last updated on 18 September 2023)



## Melbourne

### For students who are 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<br>2020 | <b>ANAT100 (10cp)</b><br>Anatomical Foundations of Exercise Science<br>(Inc: ANAD100, ANAZ100<br>Multimode) | <b>PUBH102 (10cp)</b><br>Foundations of Health Promotion<br>(Inc: PUBD102)<br>Multimode                  | <b>PUBH103 (10cp)</b><br>Epidemiology<br>Multimode   | <b>CoreCurriculum (10cp)</b><br>Unit 1<br><a href="#">See here for unit details</a>   |
| SEM 1<br>2021 | <b>PUBH100 (10cp)</b><br>Foundations of Public Health   | <b>PUBH101 (10cp)</b><br>Foundations of Public Health Communication<br>Multimode                         | <b>EXSC187 (10cp)</b><br>Growth, Motor Development and Ageing<br>(Inc: EXSC187, EXSZ187)<br>Multimode                        | <b>EXSC199 (10cp)</b><br>Psychology of Sport<br>(Inc: EXSD199)<br>Multimode   |
| YEAR 2        |   |  |  |   |
| SEM 2<br>2021 | <b>NUTR101 (10cp)</b><br>Introduction to Nutrition<br>(Inc: EXSC118, EXSZ118)<br>NUTD101)<br>Multimode      | <b>EXSC122 (10cp)</b><br>Research and Ethics in Exercise Science<br>(Inc: EXSD122, EXSC217)<br>Multimode | <b>BIOL121 (10cp)</b><br>Human Biological Science 1  | <b>Exercise Science (10cp) Elective 1</b><br><a href="#">See Unit Offerings 2023 Tab</a>  |
| SEM 1<br>2022 | <b>PUBH202 (10cp)</b><br>Public Health Research Methods<br>(Pre: PUBH103)                                   | <b>PUBH204 (10cp)</b><br>Public Health Economics<br>(Pre: PUBH100 or PUBH102)<br>Multimode               | <b>EXSC224 (10cp)</b><br>Mechanical Bases of Exercise<br>(Inc: EXSC120)<br>Multimode   | <b>EXSC225 (10cp)</b><br>Physiological Bases of Exercise<br>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)<br>Multimode         |
| YEAR 3        |   |  |  |   |
| SEM 2<br>2022 | <b>PUBH303 (10cp)</b><br>Applied Public Health Communication (Pre: PUBH100 or PUBH102)                      | <b>EXSC204 (10cp)</b><br>Exercise, Prescription and Delivery<br>(Pre: EXSC198 or EXSC225)<br>Multimode   | <b>EXSC216 (10cp)</b><br>Resistance Training: Science and Application<br>(Pre: (EXSC198 or EXSC225) or EXSC222)<br>Multimode | <b>EXSC322 (10cp)</b><br>Exercise Physiology: Adaptation to Exercise and the Environment<br>(Pre: EXSC225 or ExSC198; Inc: EXSC242) |
| SEM 1<br>2023 | <b>PUBH302 (10cp)</b><br>Applied Public Health 1<br>(Pre: PUBH100 or PUBH102)                               | <b>PUBH304 (10cp)</b><br>Public Health Advocacy<br>(Pre: PUBH100 or PUBH102)                             | <b>Exercise Science (10cp) Elective 2</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                     | <b>Exercise Science (10cp) Elective 3</b><br><a href="#">See Unit Offerings 2023 Tab</a>  |
| YEAR 4        |   |  |  |   |
| SEM 2<br>2023 | <b>PUBH305 (10cp)</b><br>Applied Public Health 2<br>(Pre: PUBH302)  | <b>PUBH312 (10cp)</b><br>Applied Health Promotion<br>(Pre: PUBH102)                                      | <b>Exercise Science (10CP) Elective 4</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                     | <b>Exercise Science (10CP) Elective 5</b><br><a href="#">See Unit Offerings 2023 Tab</a>  |
| SEM 1<br>2024 | <b>PUBH306 (10cp)</b><br>Public Health Policy and Law (Pre: PUBH100 or PUBH102)                             | <b>CoreCurriculum (10cp) Unit 2</b><br><a href="#">See here for unit and pre-requisite details</a>       | <b>Exercise Science (10cp) Elective 6</b><br><a href="#">See Unit Offerings 2023 Tab</a>                                     | <b>Exercise Science (10cp) Elective 7</b><br><a href="#">See Unit Offerings 2023 Tab</a>  |

## Bachelor of Exercise Science / Bachelor of Applied Public Health

(Information last updated on 18 September 2023)

### PLEASE NOTE FOR ALL MAPS ABOVE

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 Behavioural and Health Science - Administration</b> | Exercise Science<br>Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a><br>Applied Public Health Administration<br>Email: <a href="mailto:PH.Admin@acu.edu.au">PH.Admin@acu.edu.au</a> |
|---|--|

### 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](#).