

## 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

Electives – See Unit Offerings 2024 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	<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>	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125) On-Campus	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode
SEM 1 2024	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	<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
YEAR 2				
SEM 2 2024	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) ) Multimode	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2024 Tab</a>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode
SEM 1 2025	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or pHCC102 or PHCC104) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
YEAR 3				
SEM 2 2025	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2024 Tab</a>	<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>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
SEM 1 2026	<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

## 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	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) On-Campus	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSC217) Multimode
SEM 1 2023	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	<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
YEAR 2				
SEM 2 2023	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multimode	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2024 Tab</a>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode
SEM 1 2024	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
YEAR 3				
SEM 2 2024	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2024 Tab</a>	<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>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
SEM 1 2025	<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

## 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	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) On-Campus	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSC217) Multimode
SEM 1 2022	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAZ100) Multimode	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC121 (10cp)</b> Exercise and Sport Science: Starting the Journey Multimode
YEAR 2				
SEM 2 2022	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) Multimode	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2024 Tab</a>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode
SEM 1 2023	<b>EXSC223 (10cp)</b> Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSZ120) Multimode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
YEAR 3				
SEM 2 2023	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2024 Tab</a>	<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>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
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

### 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>
---	--

### 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](#).