

Bachelor of Exercise and Sports Science

*Transition from Diploma in Exercise Science
(Information last updated on 21 September 2023)*



Course Map

Bachelor of Exercise and Sports Science – February Entry 2023 2

Bachelor of Exercise and Sports Science – Mid-Year Entry 2023 3

Electives – See Unit Offerings 2024 Tab

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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, partial completion of Diploma in Exercise Science, or progression issues should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 1 2023	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187)	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100)	DPHS100 (10cp) Academic Literacy in Health Sciences
SEM 2 2023	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101)	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199)	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125)	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217)
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
Prof Term 1 2024	CoreCurriculum (10cp) Unit 1 See here for unit details			
SEM 1 2024	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
SEM 2 2024	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	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	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode
YEAR 3 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
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
SEM 2 2025	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	Elective (10cp) See Unit Offerings 2024 Tab	

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Students commencing Mid-Year 2023

Students who are out of sequence due to part-time enrolment, partial completion of Diploma in Exercise Science, or progression issues should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2022	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101)	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199)	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125)	DPHS100 (10cp) Academic Literacy in Health Sciences
SEM 1 2023	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187)	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121)	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100)	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217)
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
Winter Term 2023	CoreCurriculum (10cp) Unit 1 See here for unit details			
SEM 2 2023	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	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	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 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2024	CoreCurriculum (10cp) Unit 2 See here for unit and pre- requisite details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	Elective (10cp) See Unit Offerings 2024 Tab	
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

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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](#).