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# Bachelor of Exercise Science / Bachelor of Applied Public Health

(Information last updated on 14 September 2025)

## 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 2023</b>	<b>BIOL121 (10cp)</b> Human Biological Science 1 <i>On Campus</i>	<b>PUBH102 (10cp)</b> Foundations of Health Promotion (Inc: PUBD102) <i>On Campus</i> 2025 - moved to Semester 1	<b>PUBH103 (10cp)</b> Epidemiology <i>On Campus</i>	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
<b>SEM 1 2024</b>	<b>PUBH100 (10cp)</b> Foundations of Public Health <i>On Campus</i> <a href="#">See Course Coordinator</a>	<b>PUBH101 (10cp)</b> Foundations of Public Health Communication <i>On Campus</i> <a href="#">See Course Coordinator</a>	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) <i>On Campus</i>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) <i>On Campus</i>
YEAR 2				
<b>SEM 2 2024</b>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) <i>On Campus</i>	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101, NUTZ101 <i>On Campus</i>	<b>Exercise Science (10cp) Elective 1</b> <a href="#">See Unit Offerings 2026 Tab</a>	<b>Exercise Science (10cp) Elective 2</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2025</b>	<b>PUBH202 (10cp)</b> Public Health Research Methods (Pre: PUBH103) <i>On Campus</i>	<b>PUBH204 (10cp)</b> Public Health Economics (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) <i>On Campus</i>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) <i>Multi-mode</i>
YEAR 3				
<b>SEM 2 2025</b>	<b>PUBH303 (10cp)</b> Applied Public Health Communication (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) <i>Multi-mode</i>	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) <i>Multi-mode</i>	<b>Exercise Science (10cp) Elective 3</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2026</b>	<b>PUBH302 (10cp)</b> Applied Public Health 1 (Pre: PUBH100 or PUBH102) <i>On Campus</i>	<b>PUBH304 (10cp)</b> Public Health Advocacy (Pre: PUBH100 or PUBH102) <i>On Campus</i>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	<b>Exercise Science (10cp) Elective 4</b> <a href="#">See Unit Offerings 2026 Tab</a>
YEAR 4				
<b>SEM 2 2026</b>	<b>PUBH305 (10cp)</b> Applied Public Health 2 (Pre: PUBH302) <i>Multi-mode</i>	<b>PUBH312 (10cp)</b> Applied Health Promotion (Pre: PUBH102) <i>Multi-mode</i>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) <i>Multi-mode</i>	<b>Exercise Science (10cp) Elective 5</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2027</b>	<b>PUBH306 (10cp)</b> Public Health Policy and Law (Pre: PUBH100 or PUBH102) <i>On Campus</i>	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a>	<b>Exercise Science (10cp) Elective 6</b> <a href="#">See Unit Offerings 2026 Tab</a>	<b>Exercise Science (10cp) Elective 7</b> <a href="#">See Unit Offerings 2026 Tab</a>

# Bachelor of Exercise Science / Bachelor of Applied Public Health

(Information last updated on 14 September 2025)

## 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 2022</b>	<b>BIOL121 (10cp)</b> Human Biological Science 1 <i>On Campus</i>	<b>PUBH102 (10cp)</b> Foundations of Health Promotion (Inc: PUBD102) <i>On Campus</i> 2025 - moved to Semester 1.	<b>PUBH103 (10cp)</b> Epidemiology <i>On Campus</i>	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
<b>SEM 1 2023</b>	<b>PUBH100 (10cp)</b> Foundations of Public Health <i>On Campus</i> <a href="#">See Course Coordinator</a>	<b>PUBH101 (10cp)</b> Foundations of Public Health Communication <i>On Campus</i> <a href="#">See Course Coordinator</a>	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) <i>On Campus</i>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) <i>On Campus</i>
YEAR 2				
<b>SEM 2 2023</b>	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101, NUTZ101) <i>On Campus</i>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) <i>On Campus</i>	<b>Exercise Science (10cp) Elective 1</b> <a href="#">See Unit Offerings 2026 Tab</a>	<b>Exercise Science (10cp) Elective 2</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2024</b>	<b>PUBH202 (10cp)</b> Public Health Research Methods (Pre: PUBH103) <i>On Campus</i>	<b>PUBH204 (10cp)</b> Public Health Economics (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) <i>On Campus</i>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) <i>Multi-mode</i>
YEAR 3				
<b>SEM 2 2024</b>	<b>PUBH303 (10cp)</b> Applied Public Health Communication (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) <i>Multi-mode</i>	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) <i>Multi-mode</i>	<b>Exercise Science (10cp) Elective 3</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2025</b>	<b>PUBH302 (10cp)</b> Applied Public Health 1 (Pre: PUBH103 and either [PUBH100 or PUBH102]) <i>On Campus</i>	<b>PUBH304 (10cp)</b> Public Health Advocacy (Pre: PUBH100 or PUBH102) <i>On Campus</i>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	<b>Exercise Science (10cp) Elective 4</b> <a href="#">See Unit Offerings 2026 Tab</a>
YEAR 4				
<b>SEM 2 2025</b>	<b>PUBH305 (10cp)</b> Applied Public Health 2 (Pre: PUBH302) <i>Multi-mode</i>	<b>PUBH312 (10cp)</b> Applied Health Promotion (Pre: PUBH102) <i>Multi-mode</i>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) <i>Multi-mode</i>	<b>Exercise Science (10cp) Elective 5</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2026</b>	<b>PUBH306 (10cp)</b> Public Health Policy and Law (Pre: PUBH100 or PUBH102) <i>On Campus</i>	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>Exercise Science (10cp) Elective 6</b> <a href="#">See Unit Offerings 2026 Tab</a>	<b>Exercise Science (10cp) Elective 7</b> <a href="#">See Unit Offerings 2026 Tab</a>

# Bachelor of Exercise Science / Bachelor of Applied Public Health

(Information last updated on 14 September 2025)



## 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				
<b>SEM 2 2021</b>	<b>BIOL121 (10cp)</b> Human Biological Science 1 On Campus	<b>PUBH102 (10cp)</b> Foundations of Health Promotion (Inc: PUBD102) On Campus 2025 - moved to Semester 1.	<b>PUBH103 (10cp)</b> Epidemiology On Campus	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
<b>SEM 1 2022</b>	<b>PUBH100 (10cp)</b> Foundations of Public Health On Campus See Course Coordinator	<b>PUBH101 (10cp)</b> Foundations of Public Health Communication On Campus See Course Coordinator	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) On Campus	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) On Campus
YEAR 2				
<b>SEM 2 2022</b>	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) On Campus	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) On Campus	<b>Exercise Science (10cp) Elective 1</b> <a href="#">See Unit Offerings 2026 Tab</a>	<b>Exercise Science (10cp) Elective 2</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2023</b>	<b>PUBH202 (10cp)</b> Public Health Research Methods (Pre: PUBH103) On Campus	<b>PUBH204 (10cp)</b> Public Health Economics (Pre: PUBH100 or PUBH102) Multi-mode	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) On Campus	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
YEAR 3				
<b>SEM 2 2023</b>	<b>PUBH303 (10cp)</b> Applied Public Health Communication (Pre: PUBH100 or PUBH102) Multi-mode	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode	<b>Exercise Science (10cp) Elective 3</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2024</b>	<b>PUBH302 (10cp)</b> Applied Public Health 1 (Pre: PUBH103 and either [PUBH100 or PUBH102]) On Campus	<b>PUBH304 (10cp)</b> Public Health Advocacy (Pre: PUBH100 or PUBH102) On Campus	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	<b>Exercise Science (10cp) Elective 4</b> <a href="#">See Unit Offerings 2026 Tab</a>
YEAR 4				
<b>SEM 2 2024</b>	<b>PUBH305 (10cp)</b> Applied Public Health 2 (Pre: PUBH302) Multi-mode	<b>PUBH312 (10cp)</b> Applied Health Promotion (Pre: PUBH102) Multi-mode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	<b>Exercise Science (10cp) Elective 5</b> <a href="#">See Unit Offerings 2026 Tab</a>
<b>SEM 1 2025</b>	<b>PUBH306 (10cp)</b> Public Health Policy and Law (Pre: PUBH100 or PUBH102) On Campus	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a>	<b>Exercise Science (10cp) Elective 6</b> <a href="#">See Unit Offerings 2026 Tab</a>	<b>Exercise Science (10cp) Elective 7</b> <a href="#">See Unit Offerings 2026 Tab</a>

# Bachelor of Exercise Science / Bachelor of Applied Public Health

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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.

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](#).

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.

## UNIT STUDY MODES

The study mode describes the way that a unit is taught.

### A - Attendance

Most learning activities or classes are delivered at a scheduled time, on campus, or approved ACU delivery site, 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.

### OS - Online scheduled

Fully online with learning activities held at scheduled times.

### OU - Online unscheduled

Learning activities are accessible at anytime, anywhere. These units are normally delivered fully online and will not 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 Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a> Applied Public Health Administration Email: <a href="mailto:PH.Admin@acu.edu.au">PH.Admin@acu.edu.au</a>
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