

Transition Course Maps Brisbane, Blacktown, Melbourne and Strathfield

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Course Map

Brisbane, Blacktown, Melbourne and Strathfield

Students who commenced in February 2024

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.

Relevant Course Coordinator:

YEAR 1				
SEM 1 2024	EXSC187 (10cp) Growth, Motor Development and Ageing <i>(Inc: EXSD187, EXSZ187)</i>	EXSC199 (10cp) Psychology of Sport <i>(Inc: EXSD199)</i>	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey <i>(Inc: EXSD121)</i>	ANAT100 (10cp) Anatomical Foundations of Exercise Science <i>(Inc: ANAD100, ANAZ100)</i>
SEM 2 2024	BIOL125 (10cp) Human Biology 1 <i>(Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125)</i>	EXSC122 (10cp) Research and Ethics in Exercise Science <i>(Inc: EXSD122, EXSC217)</i>	NUTR101 (10cp) Introduction to Nutrition <i>(Inc: EXSC118, EXSZ118, NUTD101)</i>	CoreCurriculum (10cp) Unit 1 See here for unit details
YEAR 2				
SEM 1 2025	EXSC224 (10cp) Mechanical Bases of Exercise <i>(Inc: EXSC120) Multi-mode</i>	EXSC222 (10cp) Functional Anatomy <i>(Pre: ANAT100) Multi-mode</i>	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community <i>Multi-mode</i>	EXSC225 (10cp) Physiological Bases of Exercise <i>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode</i>
SEM 2 2025	EXSC296 (10cp) Health and Exercise Psychology <i>(Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode</i>	EXSC204 (10cp) Exercise, Prescription and Delivery <i>(Pre: EXSC198 or EXSC225) Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application <i>(Pre: (EXSC198 or EXSC225) or EXSC222)) Multi-mode</i>	EXSC230 (10cp) Motor Control and Learning <i>(Pre: EXSC187) Multi-mode</i>
	EXSC206¹ Professional Experience Preparation (0cp) <i>(Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode</i>			
YEAR 3:				
SEM 1 2026	EXSC398 (20cp) Professional Experience <i>(Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode</i>		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing <i>(Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode</i>	EXSC321 (10cp) Biomechanics <i>(Pre: EXSC224 or EXSC120: Inc: EXSC220) Multi-mode</i>
SEM 2 2026	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment <i>(Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode</i>	Elective (10cp) See Unit Offerings 2026 Tab	Elective (10cp) See Unit Offerings 2026 Tab

¹ Students who **have successfully completed** EXSC223 Sport, Exercise and Health in Action: Engaging with Community (10cp) **prior to 2025 are NOT required** to enrol in EXSC206 Professional Experience Preparation.

Students who **have NOT successfully** completed EXSC223 Sport, Exercise and Health in Action: Engaging with Community (10cp) **prior to 2025 are required** to enrol in EXSC206 Professional Experience Preparation.

EXSC206 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 &/or before the commencement of any professional placement.

Course Map

Brisbane, Blacktown, Melbourne and Strathfield

Students who commenced Mid-Year 2024

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 2024	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101)	CoreCurriculum (10cp) Unit 1 See here for unit details	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217)
SEM 1 2025	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187)	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199)	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSD121)
YEAR 2				
SEM 2 2025	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	Elective (10cp) See Unit Offerings 2026 Tab	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
SEM 1 2026	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
YEAR 3				
SEM 2 2026	Elective (10cp) See Unit Offerings 2026 Tab	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode
	EXSC206² Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			
SEM 1 2027	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode

² Students who **have successfully completed** EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are NOT required** to enrol in EXSC206 Professional Experience Preparation.

Students who **have NOT successfully** completed EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are required** to enrol in EXSC206 Professional Experience Preparation.

EXSC206 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 &/or before the commencement of any professional placement.

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Relevant Course Coordinator:

YEAR 1				
SEM 1 2023	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187)	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199)	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSD121)	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)
SEM 2 2023	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD125)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217)	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118, NUTD101)	CoreCurriculum (10cp) Unit 1 See here for unit details
YEAR 2				
SEM 1 2025	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2024	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222)) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
	EXSC206³ Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			
YEAR 3:				
SEM 1 2025	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120: Inc: EXSC220) Multi-mode
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) Multi-mode	Elective (10cp) See Unit Offerings 2026 Tab	Elective (10cp) See Unit Offerings 2026 Tab

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SEM 1 2024	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187)	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199)	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSD121)
YEAR 2				
SEM 2 2024	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	Elective (10cp) See Unit Offerings 2026 Tab	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
SEM 1 2025	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
YEAR 3				
SEM 2 2025	Elective (10cp) See Unit Offerings 2026 Tab	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode
	EXSC206⁴ Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			
SEM 1 2026	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode

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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.

School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
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