

## Course Map

|   |   |
|---|---|
| Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science – February Entry 2023 ..... | 2 |
| Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science – February Entry 2022 ..... | 4 |

# Bachelor of Exercise and Sports Science / Bachelor of Nutrition Science

(Information last updated on 14 September 2025)



## Course Map

### Blacktown, Melbourne and Strathfield

**For students who commenced in February 2023**

**\*Campus availability:** students will undertake Exercise Science units at Strathfield Campus and all other units at North Sydney Campus. Students will not be required to travel between campuses on the same day

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 1<br/>2023</b>  | <b>BIOL125 (10cp)</b><br>Human Biology 1<br>(Inc: BIOL121, BIOL122, BIOL124, BIOL204)                                  | <b>NUTR101 (10cp)</b><br>Introduction to Nutrition<br>(Inc: EXSC118, EXSZ118) NUTD101)                                | <b>ANAT100 (10cp)</b><br>Anatomical Foundations of Exercise Science<br>(Inc: ANAD100, ANAZ100)                             | <b>EXSC199 (10cp)</b><br>Psychology of Sport<br>(Inc: EXSD199)  |
| <b>SEM 2<br/>2023</b>  | <b>BIOL126 (10cp)</b><br>Human Biology 2<br>(Pre: BIOL125; Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL126)           | <b>NUTR102 (10cp)</b><br>Culinary Nutrition Science<br>(Inc: NUTD102)   | <b>EXSC122 (10cp)</b><br>Research and Ethics in Exercise Science<br>(Inc: EXSD122, EXSC217)                                | <b>Core Curriculum (10cp)</b><br>Unit 1<br><a href="#">See here for unit details</a>  |
| YEAR 2                 |  |   |  |   |
| <b>Summer<br/>2024</b> | <b>EXSC225 (10cp)</b><br>Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode |   |  |   |
| <b>SEM 1<br/>2024</b>  | <b>CHEM105 (10cp)</b><br>Foundations of Chemistry 10cp<br>(Inc CHED103)  | <b>BMSC209 10cp</b><br>Pathophysiology<br>(Pre: BIOL126 or BIOL204; Inc: BIOL122)                                     | <b>EXSC224 (10cp)</b><br>Mechanical Bases of Exercise<br>(Inc: EXSC120) Multi-mode   | <b>EXSC222 (10cp)</b><br>Functional Anatomy<br>(Pre: ANAT100) Multi-mode  |
| <b>SEM 2<br/>2024</b>  | <b>CHEM112 (10cp)</b><br>Organic and Food Chemistry<br>(Pre: CHEM105; Inc: CHED112)                                    | <b>BIOL234 (10cp)</b><br>Nutritional Physiology<br>(Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118); Inc: BMSC306) | <b>EXSC296 (10cp)</b><br>Health and Exercise Psychology<br>(Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode              | <b>EXSC322 (10cp)</b><br>Exercise Physiology: Adaptation to Exercise and the Environment<br>(Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode      |
| YEAR 3                 |  |   |  |   |
| <b>SEM 1<br/>2025</b>  | <b>CHEM204 (10cp)</b><br>Biochemistry<br>(Pre: CHEM106 or CHEM112; Inc: CHEM104, CHEM201)                              | <b>NUTR202 (10cp)</b><br>Lifespan Nutrition<br>(Pre: NUTR101 or EXSC118)  | <b>EXSC187 (10cp)</b><br>Growth, Motor Development and Ageing<br>(Inc: EXSD187, EXSZ187)                                   | <b>EXSC321 (10cp)</b><br>Biomechanics<br>(Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode   |
| <b>SEM 2<br/>2025</b>  | <b>CHEM206 (10cp)</b><br>Advanced Metabolic Chemistry<br>(Pre: CHEM201 or CHEM204, Inc: CHEM104)                       | <b>EXSC204 (10cp)</b><br>Exercise, Prescription and Delivery<br>(Pre: EXSC198 or EXSC225) Multi-mode                  | <b>EXSC216 (10cp)</b><br>Resistance Training: Science and Application<br>(Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode | <b>EXSC206* (0cp)</b><br>Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multi-mode |

\*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 and /or before the commencement of any professional placement.

# Bachelor of Exercise and Sports Science / Bachelor of Nutrition Science

(Information last updated on 14 September 2025)

## YEAR 4

|                        |   |   |  |   |
|------------------------|---|---|--|---|
| <b>SEM 1<br/>2026</b>  | <b>NUTR302 (10cp)</b><br>Diet, Health and Disease<br>(Pre: BIOL234 and NUTR202)   | <b>NUTR303 (10cp)</b><br>Food Science in Practice<br>(Pre: CHEM112 and NUTR102) or NUTR100) | <b>EXSC394 (10cp)</b><br>Exercise Prescription for Health and Wellbeing<br>(Pre: two of EXSC204, EXSC216 or EXSC296)<br>Multi-mode | <b>EXSC398 (20cp)</b><br>Professional Experience<br>(Pre: ANAT100 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216)<br>Multi-mode |
| <b>Winter<br/>2026</b> | <b>EXSC316 (10cp)</b><br>Nutrition for Sports Performance (Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234))<br>Online Unscheduled |   |  |   |
| <b>SEM 2<br/>2026</b>  | <b>NUTR304 (10cp)</b><br>Food Product Design and Development<br>(Pre: NUTR303)  | <b>EXSC230 (10cp)</b><br>Motor Control and Learning<br>(Pre: EXSC187)<br>Multi-mode         | <b>Core Curriculum (10cp)</b><br>Unit 2<br><a href="#">See here for unit and pre-requisite details</a>                             |   |

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**For students who commenced in February 2022**

**\*Campus availability:** students will undertake Exercise Science units at Strathfield Campus and all other units at North Sydney Campus. Students will not be required to travel between campuses on the same day

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| YEAR 1                 |  |  |  |   |
|------------------------|--|--|--|---|
| <b>SEM 1<br/>2022</b>  | <b>BIOL125 (10cp)</b><br>Human Biology 1<br>(Inc: BIOL121, BIOL122, BIOL124, BIOL204)                                  | <b>NUTR101 (10cp)</b><br>Introduction to Nutrition<br>(Inc: EXSC118, EXSZ118) NUTD101)                               | <b>ANAT100 (10cp)</b><br>Anatomical Foundations of Exercise Science<br>(Inc: ANAD100, ANAZ100)                             | <b>EXSC199 (10cp)</b><br>Psychology of Sport<br>(Inc: EXSD199)  |
| <b>SEM 2<br/>2022</b>  | <b>BIOL126 (10cp)</b><br>Human Biology 2<br>(Pre: BIOL125)<br>(Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)       | <b>NUTR102 (10cp)</b><br>Culinary Nutrition Science<br>(Inc: NUTD102)  | <b>EXSC122 (10cp)</b><br>Research and Ethics in Exercise Science<br>(Inc: EXSD122, EXSC217)                                | <b>CoreCurriculum (10cp)</b><br>Unit 1<br><a href="#">See here for unit details</a>   |
| YEAR 2                 |  |  |  |   |
| <b>Summer<br/>2023</b> | <b>EXSC225 (10cp)</b><br>Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode |  |  |   |
| <b>SEM 1<br/>2023</b>  | <b>CHEM105 (10cp)</b><br>Foundations of Chemistry 10cp<br>(Inc CHED103)  | <b>BMSC209 10cp</b><br>Pathophysiology<br>(Pre: BIOL126 or BIOL204; Inc: BIOL122)                                    | <b>EXSC224 (10cp)</b><br>Mechanical Bases of Exercise<br>(Inc: EXSC120) Multi-mode   | <b>EXSC222 (10cp)</b><br>Functional Anatomy<br>(Pre: ANAT100) Multi-mode  |
| <b>SEM 2<br/>2023</b>  | <b>CHEM112 (10cp)</b><br>Organic and Food Chemistry<br>(Pre: CHEM105; Inc: CHED112)                                    | <b>BIOL234 (10cp)</b><br>Nutritional Physiology<br>(Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118); Inc: BMSC306 | <b>EXSC296 (10cp)</b><br>Health and Exercise Psychology<br>(Pre: EXSC199 or (PYSC100 and PSYC101) Multi-mode               | <b>EXSC322 (10cp)</b><br>Exercise Physiology: Adaptation to Exercise and the Environment<br>(Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode      |
| YEAR 3                 |  |  |  |   |
| <b>SEM 1<br/>2024</b>  | <b>CHEM204 (10cp)</b><br>Biochemistry<br>(Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)                             | <b>NUTR202 (10cp)</b><br>Lifespan Nutrition<br>(Pre: NUTR101 or EXSC118)   | <b>EXSC187 (10cp)</b><br>Growth, Motor Development and Ageing<br>(Inc: EXSC187, EXSZ187)                                   | <b>EXSC321 (10cp)</b><br>Biomechanics<br>(Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode   |
| <b>SEM 2<br/>2024</b>  | <b>CHEM206 (10cp)</b><br>Advanced Metabolic Chemistry<br>(Pre: CHEM201 or CHEM204, Inc: CHEM104)                       | <b>EXSC204 (10cp)</b><br>Exercise, Prescription and Delivery<br>(Pre: EXSC198 or EXSC225) Multi-mode                 | <b>EXSC216 (10cp)</b><br>Resistance Training: Science and Application<br>(Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode | <b>EXSC206* (0cp)</b><br>Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multi-mode |

\*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 and /or before the commencement of any professional placement.

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(Information last updated on 14 September 2025)

## YEAR 4

|                        |   |   |  |  |
|------------------------|---|---|--|--|
| <b>SEM 1<br/>2025</b>  | <b>NUTR302 (10cp)</b><br>Diet, Health and Disease<br>(Pre: BIOL234 and NUTR202)   | <b>NUTR303 (10cp)</b><br>Food Science in Practice<br>(Pre: CHEM112 and NUTR102) or NUTR100) | <b>EXSC394 (10cp)</b><br>Exercise Prescription for Health and Wellbeing<br>(Pre: two of EXSC204, EXSC216 or EXSC296)<br>Multi-mode | <b>EXSC325 (10cp)</b><br>Professional Experience<br>(Pre: ANAT100 and EXSC225 and EXSC204 and EXSC206 and EXSC216)<br>Multi-mode |
| <b>Winter<br/>2025</b> | <b>EXSC316 (10cp)</b><br>Nutrition for Sports Performance (Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234))<br>Online Unscheduled |   |  |  |
| <b>SEM 2<br/>2025</b>  | <b>NUTR304 (10cp)</b><br>Food Product Design and Development<br>(Pre: NUTR303)  | <b>EXSC230 (10cp)</b><br>Motor Control and Learning<br>(Pre: EXSC187)<br>Multi-mode         | <b>CoreCurriculum (10cp)</b><br>Unit 2<br><a href="#">See here for unit and pre-requisite details</a>                              |  |

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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 are 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.

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