

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

Students in Sydney will be enrolled at the Blacktown or Strathfield Campus, however, some units are undertaken at the North Sydney Campus. ACU will endeavour to minimise travel between campuses on the same day.

Course Map

Blacktown, Melbourne and Strathfield

For students who commenced in February 2023

***Campus availability:** Students in Sydney will be enrolled at the Blacktown or Strathfield Campus, however, some units are undertaken at the North Sydney Campus. ACU will endeavour to minimise 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

SEM 1 2023	BIOL125 (10cp) Human Biology 1 (<i>Inc: BIOL121, BIOL122, BIOL124, BIOL204</i>)	NUTR101 (10cp) Introduction to Nutrition (<i>Inc: EXSC118, EXSZ118, NUTD101</i>)	ANAT100 (10cp) Anatomical Foundations of Exercise Science (<i>Inc: ANAD100, ANAZ100</i>)	EXSC199 (10cp) Psychology of Sport (<i>Inc: EXSD199</i>)
SEM 2 2023	BIOL126 (10cp) Human Biology 2 (<i>Pre: BIOL125; Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL126</i>)	NUTR102 (10cp) Culinary Nutrition Science (<i>Inc: NUTD102</i>)	EXSC122 (10cp) Research and Ethics in Exercise Science (<i>Inc: EXSD122, EXSC217</i>)	Core Curriculum (10cp) Unit 1 See here for unit details

YEAR 2

Summer 2024	EXSC225 (10cp) Physiological Bases of Exercise (<i>Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198</i>) <i>Multi-mode</i>			
SEM 1 2024	CHEM105 (10cp) Foundations of Chemistry 10cp (<i>Inc CHED103</i>)	BMSC209 10cp Pathophysiology (<i>Pre: BIOL126 or BIOL204; Inc: BIOL122</i>)	EXSC224 (10cp) Mechanical Bases of Exercise (<i>Inc: EXSC120</i>) <i>Multi-mode</i>	EXSC222 (10cp) Functional Anatomy (<i>Pre: ANAT100</i>) <i>Multi-mode</i>
SEM 2 2024	CHEM112 (10cp) Organic and Food Chemistry (<i>Pre: CHEM105; Inc: CHED112</i>)	BIOL234 (10cp) Nutritional Physiology (<i>Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118; Inc: BMSC306</i>)	EXSC296 (10cp) Health and Exercise Psychology (<i>Pre: EXSC199 or (PYSC100 and PSYC101)</i>) <i>Multi-mode</i>	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (<i>Pre: EXSC198 or EXSC225; Inc: EXSC242</i>) <i>Multi-mode</i>

YEAR 3

SEM 1 2025	CHEM204 (10cp) Biochemistry (<i>Pre: CHEM106 or CHEM112; Inc: CHEM104, CHEM201</i>)	NUTR202 (10cp) Lifespan Nutrition (<i>Pre: NUTR101 or EXSC118</i>)	EXSC187 (10cp) Growth, Motor Development and Ageing (<i>Inc: EXSD187, EXSZ187</i>)	EXSC321 (10cp) Biomechanics (<i>Pre: EXSC224 or EXSC120, Inc: EXSC220</i>) <i>Multi-mode</i>
SEM 2 2025	CHEM206 (10cp) Advanced Metabolic Chemistry (<i>Pre: CHEM201 or CHEM204, Inc: CHEM104</i>)	EXSC204 (10cp) Exercise, Prescription and Delivery (<i>Pre: EXSC198 or EXSC225</i>) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (<i>Pre: (EXSC198 or EXSC225) or EXSC222</i>) <i>Multi-mode</i>	EXSC206* (0cp) Professional experience preparation (<i>Pre: BIOL124 or BIOL125 and (EXSC118 or NUTR101) and EXSC187 and EXSC199</i>) <i>Multi-mode</i>

*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 21 January 2026)

YEAR 4

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

Course Map

Blacktown, Melbourne and Strathfield

For students who commenced in February 2022

***Campus availability:** Students in Sydney will be enrolled at the Blacktown or Strathfield Campus, however, some units are undertaken at the North Sydney Campus. ACU will endeavour to minimise 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

SEM 1 2022	BIOL125 (10cp) Human Biology 1 (<i>Inc: BIOL121, BIOL122, BIOL124, BIOL204</i>)	NUTR101 (10cp) Introduction to Nutrition (<i>Inc: EXSC118, EXSZ118</i>) <i>NUTD101</i>)	ANAT100 (10cp) Anatomical Foundations of Exercise Science (<i>Inc: ANAD100, ANAZ100</i>)	EXSC199 (10cp) Psychology of Sport (<i>Inc: EXSD199</i>)
SEM 2 2022	BIOL126 (10cp) Human Biology 2 (<i>Pre: BIOL125</i>) (<i>Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126</i>)	NUTR102 (10cp) Culinary Nutrition Science (<i>Inc: NUTD102</i>)	EXSC122 (10cp) Research and Ethics in Exercise Science (<i>Inc: EXSD122, EXSC217</i>)	CoreCurriculum (10cp) Unit 1 See here for unit details

YEAR 2

Summer 2023	EXSC225 (10cp) Physiological Bases of Exercise (<i>Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198</i>) <i>Multi-mode</i>			
SEM 1 2023	CHEM105 (10cp) Foundations of Chemistry 10cp (<i>Inc CHED103</i>)	BMSC209 10cp Pathophysiology (<i>Pre: BIOL126 or BIOL204; Inc: BIOL122</i>)	EXSC224 (10cp) Mechanical Bases of Exercise (<i>Inc: EXSC120</i>) <i>Multi-mode</i>	EXSC222 (10cp) Functional Anatomy (<i>Pre: ANAT100</i>) <i>Multi-mode</i>
SEM 2 2023	CHEM112 (10cp) Organic and Food Chemistry (<i>Pre: CHEM105; Inc: CHED112</i>)	BIOL234 (10cp) Nutritional Physiology (<i>Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118</i>); <i>Inc: BMSC306</i>	EXSC296 (10cp) Health and Exercise Psychology (<i>Pre: EXSC199 or (PYSC100 and PSYC101)</i>) <i>Multi-mode</i>	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (<i>Pre: EXSC198 or EXSC225; Inc: EXSC242</i>) <i>Multi-mode</i>

YEAR 3

SEM 1 2024	CHEM204 (10cp) Biochemistry (<i>Pre: CHEM106 or CHEM112</i>) (<i>Inc: CHEM104, CHEM201</i>)	NUTR202 (10cp) Lifespan Nutrition (<i>Pre: NUTR101 or EXSC118</i>)	EXSC187 (10cp) Growth, Motor Development and Ageing (<i>Inc: EXSC187, EXSZ187</i>)	EXSC321 (10cp) Biomechanics (<i>Pre: EXSC224 or EXSC120, Inc: EXSC220</i>) <i>Multi-mode</i>
SEM 2 2024	CHEM206 (10cp) Advanced Metabolic Chemistry (<i>Pre: CHEM201 or CHEM204, Inc: CHEM104</i>)	EXSC204 (10cp) Exercise, Prescription and Delivery (<i>Pre: EXSC198 or EXSC225</i>) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (<i>Pre: (EXSC198 or EXSC225) or EXSC222</i>) <i>Multi-mode</i>	EXSC206* (0cp) Professional experience preparation (<i>Pre: BIOL124 or BIOL125 and (EXSC118 or NUTR101) and EXSC187 and EXSC199</i>) <i>Multi-mode</i>

*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 21 January 2026)

YEAR 4

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

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
	Nutrition Science Administration Email: Nutrition.Admin@acu.edu.au