

Course Map

Blacktown, Melbourne and Strathfield

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Course Map

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Transition from Diploma Students who commenced in February 2026

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 Adviser.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 1 2026	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 2 2026	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101) Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 1 2027	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223¹ (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2027	Core Curriculum (10cp) Unit 1 See here for unit details	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) and EXSC222) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSD187) Multi-mode
	EXSC206¹ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187 or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			

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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.

Bachelor of Exercise and Sports Science

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(Information last updated on 9 September 2026)

YEAR 3

BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 1 2028	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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 2028	Core Curriculum (10cp) Unit 2 See here for unit details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or EXSD199 or (PYSC100 and PSYC101)) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	Elective (10cp) See Unit Offerings 2027 Tab.

Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Transition from Diploma Students who commenced in Mid-Year 2026

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 Adviser.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2026	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 1 2027	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121) Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2027	EXSC296 (10cp) Health and Exercise Psychology (Pre: (EXSC199 or EXSD199) or (PYSC100 and PSYC101)) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSD187) Multi-mode	Elective (10cp) <i>See Unit Offerings 2027 Tab</i>	Core Curriculum (10cp) Unit 1 See here for unit details
SEM 1 2028	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode

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SEM 2 2028	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225) and EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit details
	EXSC206² Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			
SEM 1 2029	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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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Transition from Diploma Students who commenced in February 2025

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 Adviser.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 1 2025	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 2 2025	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101) Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 1 2026	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223¹ (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2026	Core Curriculum (10cp) Unit 1 See here for unit details	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) and EXSC222) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSD187) Multi-mode
	EXSC206³ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187 or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			

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³ 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.

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BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 1 2027	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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 2027	Core Curriculum (10cp) Unit 2 See here for unit details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or EXSD199 or (PYSC100 and PSYC101)) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode
			Elective (10cp) See Unit Offerings 2027 Tab.

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Transition from Diploma Students who commenced in Mid-Year 2025

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 Adviser.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2025	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 1 2026	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121) Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2026	EXSC296 (10cp) Health and Exercise Psychology (Pre: (EXSC199 or EXSD199) or (PYSC100 and PSYC101)) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSD187) Multi-mode	Elective (10cp) <i>See Unit Offerings 2027 Tab</i>	Core Curriculum (10cp) Unit 1 See here for unit details
SEM 1 2027	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode

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SEM 2 2027	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) and EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit details
	EXSC206⁴ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			
SEM 1 2028	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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

⁴ 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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Blacktown, Brisbane, Melbourne and Strathfield

Transition from Diploma Students who commenced in February 2024

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YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 1 2024	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 2 2024	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101) Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
Prof Term1 2025	CoreCurriculum (10cp) Unit 1 See here for unit details			
SEM 1 2025	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2025	EXSC296 (10cp) Health and Exercise Psychology (Pre: (EXSC199 or EXSD199) 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) and EXSC222) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSC187) Multi-mode
	EXSC206⁵ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187 or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			

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⁵ 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.

Bachelor of Exercise and Sports Science

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(Information last updated on 9 September 2026)

YEAR 3 BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 1 2026	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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 2026	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 2027 Tab

Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Transition from Diploma Students who commenced in Mid-Year 2024

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 Adviser.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2024	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 1 2025	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121) Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2025	EXSC296 (10cp) Health and Exercise Psychology (Pre: (EXSC199 or EXSC199) or (PYSC100 and PSYC101)) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSC187)) Multi-mode	Elective (10cp) <i>See Unit Offerings 2027 Tab</i>	CoreCurriculum (10cp) Unit 1 See here for unit details
SEM 1 2026	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode

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BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 2 2026	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	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details
	EXSC206⁶ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			
SEM 1 2027	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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	

⁶ 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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Transition from Diploma Students who commenced in 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 Adviser.

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 Term1 2024	CoreCurriculum (10cp) Unit 1 See here for unit details			
SEM 1 2024	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2024	EXSC296 (10cp) Health and Exercise Psychology (Pre: (EXSC199 or EXSC199) or (PYSC100 and PSYC101))	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) and EXSC222) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
	EXSC206⁷ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			

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⁷ 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.

Bachelor of Exercise and Sports Science

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YEAR 3 BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 1 2025	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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 2027 Tab

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Blacktown, Brisbane, Melbourne and Strathfield

Transition from Diploma Students who commenced in 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 Adviser.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2023	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 1 2024	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121) Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2024	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187 or EXSD187) Multi-mode	EXSC296 (10cp) Health and Exercise Psychology (Pre: (EXSC199 or EXSC199) or (PYSC100 and PSYC101)) Multi-mode	CoreCurriculum (10cp) Unit 1 See here for unit details	
All Terms 2025	Elective (10cp) See Unit Offerings 2027 Tab			
SEM 1 2025	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100 or ANAD100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOD125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode

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Bachelor of Exercise and Sports Science

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YEAR 3 BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 2 2025	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	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details
	EXSC206⁸ Professional Experience Preparation (0cp) (Pre: (NUTR101 or NUTD101) and (EXSC187or EXSD187) and (EXSC199 or EXSD199) and (BIOL125 or BIOD125)) Multi-mode			
SEM 1 2026	EXSC398 (20cp) Professional Experience (Pre: ((ANAT100 or ANAD100) and EXSC224 and (EXSC206 or (EXSC223 if unit 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

⁸ 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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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 Adviser prior to enrolling.

UNIT STUDY MODES

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

All units are delivered in Attendance mode, unless otherwise indicated in the map.

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 Advisers 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 Adviser. Any student studying outside the above sequence should consult with their Course Adviser 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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