Transition Course Maps
Brisbane, Blacktown, Melbourne and Strathfield

Bachelor of Exercise and Sports Science – February Entry 2024 2
Bachelor of Exercise and Sports Science – Mid-Year Entry 2024 3
Bachelor of Exercise and Sports Science – February Entry 2023 4
Bachelor of Exercise and Sports Science – Mid-Year Entry 2023 5

Electives – See Unit Offerings 2027 Tab

Bachelor of Exercise and Sports Science
(Information last updated on 9 September 2026)

ACU
AUSTRALIAN CATHOLIC UNIVERSITY

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 Adviser.

YEAR 1				
SEM 1 2024	**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 2024	**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 *Multi-mode*	**EXSC225 (10cp)** Physiological Bases of Exercise *(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode*
SEM 2 2025	**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) and EXSC222) Multi-mode*	**EXSC230 (10cp)** Motor Control and Learning *(Pre: EXSC187) Multi-mode*
	EXSC206[1] Professional Experience Preparation **(0cp)** *(Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode*			
YEAR 3:				
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*
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***	**Elective (10cp)** ***See Unit Offerings 2027 Tab***

[1] 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.

Bachelor of Exercise and Sports Science
(Information last updated on 9 September 2026)

ACU
AUSTRALIAN CATHOLIC UNIVERSITY

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 Adviser.

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 2027 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 2027 Tab***	**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*
	EXSC206[2] 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.

Bachelor of Exercise and Sports Science
(Information last updated on 9 September 2026)

ACU
AUSTRALIAN CATHOLIC UNIVERSITY

Course Map

Brisbane, Blacktown, Melbourne and Strathfield

Students who commenced in February 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 Adviser.

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 2024	**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) and EXSC222) Multi-mode*	**EXSC230 (10cp)** Motor Control and Learning *(Pre: EXSC187) Multi-mode*
	EXSC206[3] 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 2027 Tab***	**Elective (10cp)** ***See Unit Offerings 2027 Tab***

[3] Students who ***have successfully completed*** EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) ***prior to 2025 are NOT required*** to enrol inEXSC206 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 inEXSC206 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

(Information last updated on 9 September 2026)

ACU
AUSTRALIAN CATHOLIC UNIVERSITY

Course Map

Brisbane, Blacktown, Melbourne and Strathfield

Students who commenced 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 Adviser.

YEAR 1				
SEM 2 2023	**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 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 2027 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 2027 Tab***	**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*
	EXSC206[4] 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*

[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 inEXSC206 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 inEXSC206 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.

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