

2027 Major Selection Information Blacktown Brisbane, Melbourne and Strathfield

Selection of a Major Study Area or Discipline (Commencing students only)

As part of your course, you may choose to complete a Major aligned to an area aligned to your interests and career goals. A Major provides an opportunity to develop deeper knowledge and skills in a particular discipline or field of study through a planned sequence of units.

Each Major is a total of 8 units (80cp) from prescribed units in one discipline. To complete a major, you will need to follow the course rules aligned to that Major.

The Major can be selected from a range of study aligned to Exercise Science career interests available at ACU. The Majors you can chose from are listed in Table 1 below.

Bachelor of Exercise and Sports Science Majors

Exercise Rehabilitation (EXRB)

Develop specialist knowledge and practical skills to support athletic performance. Study strength and conditioning, performance analysis, sport psychology and athlete preparation while applying evidence-based approaches to optimise training, enhance performance outcomes and prepare for careers in high-performance sport.

Sports Performance (EXSP)

Develop advanced expertise in exercise prescription and movement science. Study injury prevention, rehabilitation through exercise, motor control and clinical exercise applications while applying evidence-based approaches to improve health, function and physical performance across diverse populations and settings.

Table 1: Major

Discipline	Blacktown	Brisbane	Melbourne	Strathfield	Details
2027 Nutrition Sciences Majors					
Exercise Rehabilitation (EXRB)	Major	Major	Major	Major	2027 Exercise and Sport Sciences Majors See Course Enrolment Guide Course maps and Unit Tab for further details.
Sport Performance (EXSP)	Major	Major	Major	Major	