

## Course Map

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## Course Map

### Blacktown, Brisbane, Melbourne and Strathfield

#### Students commencing Mid-Year 2021

#### (3 year course map)

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 2 2021</b>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (EXSC217)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>BIOL125 (10cp)</b> Human Biology 1	
<b>Summer 2021</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121, Inc: EXSC198)			
<b>SEM 1 2022</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport

#### YEAR 2

<b>SEM 2 2022</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 OR PSYC100 and PSYC101)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: 225 Inc: EXSC242)	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>
<b>SEM 1 2023</b>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc EXSC120)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>Elective (10cp)</b> <a href="#">See elective list</a>	

#### YEAR 3

<b>SEM 2 2023</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC225)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>Core Curriculum (10CP) 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for unit and pre-requisite details</a>
	<b>EXSC218<sup>1</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
<b>SUMMER 2024</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2024</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118, EXSC224, EXSC225, ANAT100, EXSC204, EXSC216, EXSC122, EXSC218)	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 Inc: EXSC220)	

<sup>1</sup> EXSC218 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 before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 10 December 2020)



## Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2020

(3 year course map)

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 2 2020</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC120 (10cp)</b> (EXSC224) Mechanical Bases of Exercise	<b>BIOL125 (10cp)</b> Human Biology 1	
<b>SEM 1 2021</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise <i>(Pre BIOL 125 or BIOL 124 or BIO 121 Inc: EXSC198)</i>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport
<b>WINTER 2021</b>	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>			

### YEAR 2

<b>SEM 2 2021</b>	<b>EXSC118 (10cp)</b> Nutrition and Exercise <i>(Inc NUTR101)</i>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology <i>(Pre: EXSC199)</i>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science <i>*Inc EXSC217)</i>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment <i>(Pre: EXSC225; Inc EXSC242)</i>
<b>SEM 1 2022</b>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>EXSC321 (10cp)</b> Biomechanics <i>(Pre: EXSC224; Inc: EXSC220)</i>	<b>EXSC222 (10cp)</b> Functional Anatomy <i>(Pre: ANAT100)</i>	<b>EXSC230 (10cp)</b> Motor Control and Learning <i>(Pre: EXSC187)</i>

### YEAR 3

<b>SEM 2 2022</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery <i>(Pre: EXSC225)</i>	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application <i>(Pre: Either EXSC225 or EXSC222)</i>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport <i>(Pre: EXSC230)</i>	<b>Core Curriculum (10CP)</b> Either <b>300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for unit and pre-requisite details</a>
	<b>EXSC218<sup>2</sup> (0cp)</b> Internship Preparation for Coaching and Prescription <i>(Pre: EXSC119, EXSC187, EXSC199, BIOL125)</i>			
<b>SUMMER 2023</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation <i>(Pre: EXSC204 or EXSC216)</i>			
<b>SEM 1 2023</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription <i>(Pre: EXSC118, EXSC224, EXSC225, ANAT100, EXSC204, EXSC216, EXSC122, EXSC218)</i>		<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance <i>(Pre: EXSC310)</i>	

<sup>2</sup> EXSC218 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.

## Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2019

(3 year course map)

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 2 2019</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC120 (10cp) (EXSC224)</b> Mechanical Bases of Exercise	<b>BIOL125 (10cp)</b> Human Biology 1	
<b>SEM 1 2020</b>	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport
<b>WINTER 2020</b>	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>			

### YEAR 2

<b>SEM 2 2020</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC217 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC122)	<b>Elective (10cp)</b> <a href="#">See elective list</a>
<b>SEM 1 2021</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	

### YEAR 3

<b>SEM 2 2021</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC225)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
	<b>EXSC218<sup>3</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
<b>SUMMER 2022</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2022</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118, EXSC120, EXSC198, ANAT100, EXSC204, EXSC216, EXSC218)		<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	<b>Core Curriculum (10CP)</b> Either <b>300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for unit and pre-requisite details</a>

<sup>3</sup> EXSC218 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 before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 10 December 2020)

## Electives 2021

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2021

### Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World			A			
EXSC317	Data Analytics in Sport	O					EXSC224 & EXSC122 OR STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 OR EXSC216

### Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		A	A	A		
EXSC115	Foundations of the Outdoor Experience		A	A	A		
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC313	Aquatics & Athletics		A	A	A		
EXSC320	Advanced Biomechanics				A		EXSC321
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		A	A	A		EXSC310
NUTR202	Lifespan Nutrition			A		A	BIOL125
PUBH102	Foundations of Health Promotion			A		A	

### Winter Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	O					EXSC118/NUTR101 & EXSC225 OR BIOL234

### Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World		A	A			
EXSC117	Leadership Development in Teams Games		A	A			
EXSC303	Exercise Behaviour Change		A	A	A		EXSC296 and, EXSC204 OR EXSC216
EXSC306 #	Independent Study in Exercise Science #		A	A	A		EXSC122
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230
EXSC330	Advanced Motor Control & Learning		M		M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation		A	A	A		EXSC321 & EXSC216
PUBH312	Applied Health Promotion			M			PUBH102
EXSC390	Leadership Practices and Outdoor Experience		A	A			
BIOL234	Nutritional Physiology			A		A	EXSC118 & BIOL125

### Professional Term 8

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC318 #*	International Study in High Performance Sport #*						EXSC218 OR EXSC206

#### Key:

A = Attendance M = Multimode O = Online

INC = Incompatible: You may not take the unit listed if you have already passed the INC unit.

\$ = Unit is run as a one-week intensive block on-campus in July only.

# = Requires Course Coordinator approval prior to enrolment.

\* = International Experience

## Bachelor of High Performance Sport

(Information last updated on 10 December 2020)



### PLEASE NOTE FOR THE MAP ABOVE

Pre-requisites ('Pre:') are added in italics. Pre-requisites are other units that you must have passed *before* enrolling in the unit.

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.

### STUDY MODES

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

**Attendance:** Unit delivered primarily via face-to-face or video conference attendance, at an ACU campus or another location.

**Multi-mode:** Unit delivered via a combination of online content and a compulsory attendance component (including examinations, practicums, residentials, etc.)

**Online:** Unit delivered fully online (including assessments).

### 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. Please email your enquiry or request to make an appointment.

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

From 2021, you will not be able to enrol in a unit in Student Connect if you don't meet the prerequisite requirements. This will help 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](#).