

Course Map

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Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2023 (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 | | | | |
|------------------------|--|--|--|---|
| SEM 2 2023 | BIOL125 (10cp) Human Biology 1 <i>(Inc: BIOL121, BIOL122, BIOL124, BIOL204)</i> | EXSC122 (10cp) Research and Ethics in Exercise Science <i>(Inc: EXSD122, EXSC217)</i> Multimode | NUTR101 (10cp) Introduction to Nutrition <i>(Inc: EXSC118, EXSZ118)</i> NUTD101 Multimode | |
| Summer 2024 | EXSC225 (10cp) Physiological Bases of Exercise <i>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)</i> Multimode | | | |
| SEM 1 2024 | ANAT100 (10cp) Anatomical Foundations of Exercise Science <i>(Inc: ANAD100, ANAZ100)</i> Multimode | EXSC187 (10cp) Growth, Motor Development and Ageing <i>(Inc: EXSC187, EXSZ187)</i> Multimode | EXSC199 (10cp) Psychology of Sport <i>(Inc: EXSD199)</i> Multimode | EXSC119 (10cp) From Health to High Performance Sport Multimode |
| YEAR 2 | | | | |
| SEM 2 2024 | EXSC230 (10cp) Motor Control and Learning <i>(Pre: EXSC187)</i> Multimode | EXSC296 (10cp) Health and Exercise Psychology <i>(Pre: EXSC199 or (PYSC100 and PSYC101))</i> | EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment <i>(Pre: EXSC198 or EXSC225; Inc: EXSC242)</i> Multimode | CoreCurriculum (10cp) Unit 1 See here for unit details |
| SEM 1 2025 | EXSC224 (10cp) Mechanical Bases of Exercise <i>(Inc: EXSC120)</i> Multimode | EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment <i>(Pre: EXSC198 or EXSC225; Inc: EXSC242)</i> Multimode | Elective (10cp) See Unit Offerings 2023 Tab | |
| YEAR 3 | | | | |
| SEM 2 2025 | EXSC204 (10cp) Exercise, Prescription and Delivery <i>(Pre: EXSC198 or EXSC225)</i> Multimode | EXSC216 (10cp) Resistance Training: Science and Application <i>(Pre: (EXSC198 or EXSC225) or EXSC222)</i> Multimode | EXSC319 (10cp) Performance Analysis in Sport <i>(Pre: EXSC230)</i> Multimode | CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details |
| | EXSC218¹ (0cp) Internship Preparation for Coaching and Prescription <i>(Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)</i> | | | |
| SUMMER 2026 | EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation <i>(Pre: EXSC204 or EXSC216)</i> Multimode | | | |
| SEM 1 2026 | EXSC309 (20cp) Internship in Coaching and Prescription <i>(Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218)</i> Multimode | | EXSC321 (10cp) Biomechanics <i>(Pre: EXSC224 or EXSC120, Inc: EXSC220)</i> Multimode | EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance <i>(Pre: EXSC310)</i> Multimode |

¹ 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.

Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2022

(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 | | | | |
|----------------|--|--|---|---|
| SEM 2 2022 | BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) | EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode | NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode | |
| Summer 2023 | EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode | | | |
| SEM 1 2023 | ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode | EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode | EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode | EXSC119 (10cp) From Health to High Performance Sport Multimode |
| YEAR 2 | | | | |
| SEM 2 2023 | EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode | EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) | EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode | CoreCurriculum (10cp) Unit 1 See here for unit details |
| SEM 1 2024 | EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode | EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode | Elective (10cp) See Unit Offerings 2023 Tab | |
| YEAR 3 | | | | |
| SEM 2 2024 | EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode | EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode | EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode | CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details |
| | EXSC218² (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125) | | | |
| SUMMER 2025 | EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multimode Note Year 3 continues next page | | | |
| SEM 1 2025 | EXSC309 (20cp) Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode | | EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode | EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode |

² 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.

Bachelor of High Performance Sport

(Information last updated on 17 November 2022)

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 | | | | |
|----------------|--|--|--|---|
| SEM 2 2021 | BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) | EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode | NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode | |
| Summer 2022 | EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode | | | |
| SEM 1 2022 | ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100 Multimode) | EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode | EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode | EXSC119 (10cp) From Health to High Performance Sport Multimode |
| YEAR 2 | | | | |
| SEM 2 2022 | EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode | EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) | EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode | CoreCurriculum (10cp) Unit 1 See here for unit details |
| SEM 1 2023 | EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode | EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode | Elective (10cp) See Unit Offerings 2023 Tab | |
| YEAR 3 | | | | |
| SEM 2 2023 | EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode | EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode | EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode | CoreCurriculum (10cp) Unit 2 See here for unit and pre- requisite details |
| | EXSC218³ (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125) | | | |
| SUMMER 2024 | EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multimode Note Year 3 continues next page | | | |
| SEM 1 2024 | EXSC309 (20cp) Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode | | EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode | EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode |

³ 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 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 | | | | |
|----------------|---|--|--|--|
| SEM 2 2020 | ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode | EXSC120 (10cp) (EXSC224) Mechanical Bases of Exercise | BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) | |
| SEM 1 2021 | EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode | EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode | EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode | EXSC119 (10cp) From Health to High Performance Sport Multimode |
| WINTER 2021 | CoreCurriculum (10cp) Unit 1 See here for unit details | | | |
| YEAR 2 | | | | |
| SEM 2 2021 | NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode | EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) | EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode | EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode |
| SEM 1 2022 | Elective (10cp) See Unit Offerings 2023 Tab | EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode | EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode | |
| YEAR 3 | | | | |
| SEM 2 2022 | EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode | EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode | EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode | EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode |
| | EXSC218⁴ (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125) | | | |
| SUMMER 2023 | EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multimode | | | |
| SEM 1 2023 | EXSC309 (20cp) Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode | EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode | CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details | |

⁴ 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.

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.

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.

C - On Campus:

Most learning activities or classes are delivered at a scheduled time, on campus, 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.

Online:

OU - Online unscheduled

Learning activities are accessible anytime, anywhere. These units are normally delivered fully online and **will not** appear in a student's timetable.

OS – Online scheduled

All learning activities are held online, at scheduled times, and will require some attendance to enable online interaction. Activities will 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.

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| School of Behavioural and Health Science | Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au |
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Prerequisites

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](#).