

Course Map

Bachelor of High Performance Sport 3 year map – Mid-year Entry 2023 2

Bachelor of High Performance Sport 3 year map – Mid-year Entry 2022 3

Electives – See Unit Offerings 2026 Tab

Bachelor of High Performance Sport

(Information last updated on 14 September 2025)



Blacktown, Brisbane, Melbourne and Strathfield

Students who commenced in 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 (Inc: BIOL121, BIOL122, BIOL124, BIOD125, BIOL204)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217)	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101)	
Summer 2024	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode			
SEM 1 2024	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187)	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199)	EXSC119 (10cp) From Health to High Performance Sport
YEAR 2				
SEM 2 2024	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	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) Multi-mode	Elective (10cp) See Unit Offerings 2026 Tab	
YEAR 3				
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	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details
	EXSC218* (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125) Multi-mode			
SUMMER 2026	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multi-mode			
SEM 1 2026	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) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multi-mode	

*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 14 September 2025)

Blacktown, Brisbane, Melbourne and Strathfield

Students who commenced in 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)	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101)	
Summer 2023	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode			
SEM 1 2023	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187)	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199)	EXSC119 (10cp) From Health to High Performance
YEAR 2				
SEM 2 2023	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	CoreCurriculum (10cp) Unit 1 See here for unit details
SEM 1 2024	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	Elective (10cp) See Unit Offerings 2026 Tab	
YEAR 3				
SEM 2 2024	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	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details
	EXSC218* (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125 Multi-mode)			
SUMMER 2025	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multi-mode			
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) Multi-mode		EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multi-mode

*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.

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 Coordinator 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 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.

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