

Course Map

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Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Students commencing February 2021 (2.5 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 1 2021	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC119 (10cp) From Health to High Performance Sport	ANAT100 (10cp) Anatomical Foundations of Exercise Science
WINTER 2021	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details			
SEM 2 2021	BIOL125 (10cp) Human Biology 1	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC230 (10cp) Motor Learning and Control (Pre: EXSC187)	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)
YEAR 2				
Summer 2122	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc EXSC217)			
SEM 1 2022	Core Curriculum (10CP) 300 level unit: Either UNCC300 or PHCC320 See here for details Or Elective (10cp) See elective list	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)
WINTER 2022	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details Or Elective (10cp) See elective list			
SEM 2 2022	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC225 or EXSC222)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)
	EXSC218¹ (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SUMMER 2023	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2023	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXC118 EXSC122, EXSC204, EXSC216, ESC224, EXSC225, EXSC218, ANAT100)		EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)

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 before the commencement of any professional placement.

Blacktown Brisbane, Melbourne and Strathfield

Students commencing February 2021

(3 year course map)

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YEAR 1				
SEM 1 2021	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC119 (10cp) From Health to High Performance Sport	ANAT100 (10cp) Anatomical Foundations of Exercise Science
SEM 2 2021	BIOL125 (10cp) Human Biology 1	EXSC122 (10cp) Research and Ethics in Exercise Science (EXSC217)	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details
YEAR 2				
SEM 1 2022	Elective (10cp) See elective list	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc EXSC120)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121, Inc: EXSC198)
SEM 2 2022	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225: Inc EXSC242)
	EXSC218² (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3:				
SUMMER 2023	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2023	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXSC118 EXSC122, EXSC204, EXSC216, EXSC224, EXSC225, EXSC218, ANAT100)		EXSC321 (10cp) Biomechanics (Pre: EXSC120 Inc: EXSC220)	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)
SEM 2 2023	Core Curriculum (10CP) 300 level unit: Either UNCC300 or PHCC320 See here for details	EXSC319 (10cp) Performance Analysis in Sport Pre: (EXSC230)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 OR PSYC100 and PSYC101)	

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Bachelor of High Performance Sport

(Information last updated on 16 October 2020)

Brisbane, Melbourne and Strathfield

Students commencing February 2020

(2.5 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 1 2020	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC119 (10cp) From Health to High Performance Sport	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)
WINTER 2020	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details			
SEM 2 2020	ANAT100 (10cp) Anatomical Foundations of Exercise Science	BIOL125 (10cp) Human Biology 1	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120)
Prof T1 2121	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc EXSC217)			
YEAR 2				
SEM 1 2021	EXSC230 (10cp) Motor Learning and Control (Pre: EXSC187)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)
WINTER 2021	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details Or Elective (10cp) See elective list			
SEM 2 2021	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)
	EXSC218³ (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SUMMER 2022	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2022	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXSC118, EXSC122, EXSC204, EXSC216, EXSC224, EXSC225, EXSC218, ANAT100)	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details Or Elective (10cp) See elective list	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	

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SEM 2 2020	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc EXSC217)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120)	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details
YEAR 2				
SEM 1 2021	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)
SEM 2 2021	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
	EXSC218⁴ (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SUMMER 2022	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2022	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXC118 EXSC122, EXSC204, EXSC216, EXSC224, EXSC225, EXSC218, ANAT100)		EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	Elective (10cp) See elective list
SEM 2 2022	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	

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WINTER 2019	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details			
SEM 2 2019	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120)	EXSC230 (10cp) Motor Learning and Control (Pre:EXSC187)
Prof T1 2120	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc EXSC217)			
YEAR 2				
SEM 1 2020	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
WINTER 2020	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details Or Elective (10cp) See elective list			
SEM 2 2020	EXSC204⁵ (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)
	EXSC218 (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SUMMER 2021	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2021	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXSC118 EXSC122, EXSC204, EXSC216, EXSC224, EXSC225, EXSC218, ANAT100)	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details Or Elective (10cp) See elective list	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	

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SEM 2 2019	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120)	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details
YEAR 2				
SEM 1 2020	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc EXSC217)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225: Inc EXSC242)
SEM 2 2020	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	EXSC230 (10cp) Motor Learning and Control (Pre: EXSC187)
	EXSC218⁶ (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SUMMER 2021	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2021	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXSC118, EXSC224, EXSC225, ANAT100, EXSC204, EXSC216, EXSC122, EXSC218)		EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)	EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)
SEM 2 2021	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)	Elective (10cp) See elective list	

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PLEASE NOTE FOR THE MAPS 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.

School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
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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](#).