

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

<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.

## Blacktown Brisbane, Melbourne and Strathfield

Students commencing February 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 1 2021</b>	<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>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science
<b>SEM 2 2021</b>	<b>BIOL125 (10cp)</b> Human Biology 1	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (EXSC217)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<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 1 2022</b>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc EXSC120)	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121, Inc: EXSC198)
<b>SEM 2 2022</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<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>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225: Inc EXSC242)
	<b>EXSC218<sup>2</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3:				
<b>SUMMER 2023</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2023</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXC118 EXSC122, EXSC204, EXSC216, ESC224, EXSC225, EXSC218, ANAT100)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC120 Inc: EXSC220)	<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	
<b>SEM 2 2023</b>	<b>Core Curriculum (10CP) 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport Pre: (EXSC230)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 OR PSYC100 and PSYC101)	

<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.

# Bachelor of High Performance Sport

(Information last updated on 26 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				
<b>SEM 1 2020</b>	<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>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)
<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>			
<b>SEM 2 2020</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>BIOL125 (10cp)</b> Human Biology 1	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120)
<b>Prof T1 2121</b>	<b>EXSC217 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC122)			
YEAR 2				
<b>SEM 1 2021</b>	<b>EXSC230 (10cp)</b> Motor Learning and Control (Pre: EXSC187)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<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>WINTER 2021</b>	<b>Core Curriculum (10CP) Either 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a> <b>Or Elective (10cp)</b> <a href="#">See elective list</a>			
<b>SEM 2 2021</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC198)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)
	<b>EXSC218<sup>3</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
<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: EXC118 EXSC122, EXSC204, EXSC216, ESC224, EXSC225, EXSC218, ANAT100)	<b>Core Curriculum (10CP) Either 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a> <b>Or Elective (10cp)</b> <a href="#">See elective list</a>	<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	

<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 26 October 2020)

## Brisbane, Melbourne and Strathfield

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(3 year course map)

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YEAR 1				
<b>SEM 1 2020</b>	<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>BIOL125 (10cp)</b> Human Biology 1
<b>SEM 2 2020</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC217 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC122)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120)	<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 1 2021</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)
<b>SEM 2 2021</b>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC198)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
	<b>EXSC218<sup>4</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
<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: EXC118 EXSC122, EXSC204, EXSC216, EXSC224, EXSC225, EXSC218, ANAT100)		<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	<b>Elective (10cp)</b> <a href="#">See elective list</a>
<b>SEM 2 2022</b>	<b>Core Curriculum (10CP)</b> Either <b>300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	

<sup>4</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.

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(2.5 year course map)

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<b>WINTER 2019</b>	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>			
<b>SEM 2 2019</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120)	<b>EXSC230 (10cp)</b> Motor Learning and Control (Pre:EXSC187)
<b>Prof T1 2120</b>	<b>EXSC217 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC122)			
YEAR 2				
<b>SEM 1 2020</b>	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
<b>WINTER 2020</b>	<b>Core Curriculum (10CP) Either 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a> <b>Or Elective (10cp) <a href="#">See elective list</a></b>			
<b>SEM 2 2020</b>	<b>EXSC204<sup>5</sup> (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC198)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)
	<b>EXSC218 (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
<b>SUMMER 2021</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2021</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118 EXSC122, EXSC204, EXSC216, EXSC224, EXSC225, EXSC218, ANAT100)	<b>Core Curriculum (10CP) Either 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a> <b>Or Elective (10cp) <a href="#">See elective list</a></b>	<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	

<sup>5</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.

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<b>SEM 2 2019</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120)	<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 1 2020</b>	<b>EXSC217 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC122)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225: Inc EXSC242)
<b>SEM 2 2020</b>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC198)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC230 (10cp)</b> Motor Learning and Control (Pre: EXSC187)
	<b>EXSC218<sup>6</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
YEAR 3				
<b>SUMMER 2021</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2021</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118, EXSC224, EXSC225, ANAT100, EXSC204, EXSC216, EXSC122, EXSC218)		<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)
<b>SEM 2 2021</b>	<b>Core Curriculum (10CP) Either 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>Elective (10cp)</b> <a href="#">See elective list</a>	

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## Bachelor of High Performance Sport

(Information last updated on 26 October 2020)



### 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.

<b>School of Behavioural and Health Science</b>	Exercise Science Administration 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](#).