

## Bachelor of Nutrition Science

### Minor – Exercise Science

*(Information last updated on 24 December 2020)*



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## Minor – Exercise Science

(Information last updated on 24 December 2020)

## Course Maps

### Blacktown, Melbourne and North Sydney\*

\*travel to Blacktown or Strathfield required

**Students who are commencing in February 2021**

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>CHEM105</b> Foundations of Chemistry 10cp (Inc: CHEM103)	<b>BIOL123</b> Cells and Tissues – the Fabric of Life 10cp (Inc: BIOL121, BIOL122)	<b>NUTR101</b> Introduction to Nutrition 10cp (Inc: EXSC118)	<b>PUBH102</b> <i>Multimode</i> Foundations of Health Promotion 10cp
<b>SEM 2 2021</b>	<b>CHEM112</b> Organic and Food Chemistry 10cp (Pre: CHEM105)	<b>BIOL124</b> Human Body in Health and Disease 1 10cp (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	<b>NUTR102</b> Culinary Nutrition Science 10cp	<b>Core Curriculum 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 10cp <a href="#">See here for details</a>
YEAR 2				
<b>SEM 1 2022</b>	<b>CHEM204</b> Biochemistry 10cp (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	<b>BIOL204</b> Human Body in Health and Disease 2 10cp (Pre: BIOL123)	<b>NUTR202</b> Lifespan Nutrition 10cp (Pre: NUTR101 OR EXSC118)	<b>EXSC119</b> <i>Multimode or on Campus</i> From Health to High Performance 10cp
<b>SEM 2 2022</b>	<b>CHEM206</b> Advanced Metabolic Biochemistry 10cp (Pre: CHEM204 OR CHEM201)	<b>BIOL234</b> Nutritional Physiology 10cp (Pre: NUTR101 and BIOL204)	<b>PUBH103</b> <i>Multimode</i> Epidemiology 10cp	<b>ANAT100</b> Anatomical Foundations of Exercise Science 10cp
YEAR 3				
<b>SEM 1 2023</b>	<b>NUTR302</b> Diet, Health and Disease 10cp (Pre: BIOL234, NUTR202)	<b>NUTR303</b> Food Science in Practice 10cp (Pre: CHEM112 AND Either NUTR102 or NUTR100)	<b>PUBH202</b> <i>Multimode or on Campus</i> Public Health Research Methods 10cp (Pre: PUBH103)	<b>EXSC225</b> <i>Multimode</i> Physiological Bases of Exercise 10cp (Pre: BIOL124 or BIOL125) (Inc: EXSC198)
<b>SEM 2 2023</b>	<b>NUTR305</b> Community and Public Health Nutrition 10cp (Pre: PUBH102)	<b>NUTR304</b> Food Product Design and Development 10cp (Pre: NUTR303)	<b>Core Curriculum 300 level unit:</b> Either UNCC300 or PHCC320 10cp <a href="#">See here for pre-requisites and details</a>	<b>Elective Unit</b> 10cp <a href="#">See elective list</a>

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## Melbourne and North Sydney\*

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### Students who commenced in February 2020

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>CHEM105</b> Foundations of Chemistry 10cp (Inc CHEM103)	<b>BIOL123</b> Cells and Tissues – the Fabric of Life 10cp (Inc BIOL121, BIOL122)	<b>NUTR101</b> Introduction to Nutrition 10cp (Inc EXSC118)	<b>PUBH102</b> <i>Multimode</i> Foundations of Health Promotion 10cp
<b>SEM 2 2020</b>	<b>CHEM112</b> Organic and Food Chemistry 10cp (Pre: CHEM105)	<b>BIOL124</b> Human Body in Health and Disease 1 10cp (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	<b>NUTR102</b> Culinary Nutrition Science 10cp	<b>UNCC100</b> Self and Community: Exploring the Anatomy of Modern Society 10cp <a href="#">See here for details</a>
YEAR 2				
<b>SEM 1 2021</b>	<b>CHEM204</b> Biochemistry 10cp (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	<b>BIOL204</b> Human Body in Health and Disease 2 10cp (Pre: BIOL123)	<b>NUTR202</b> Lifespan Nutrition 10cp (Pre: NUTR101 OR EXSC118)	<b>EXSC119</b> <i>Multimode or on Campus</i> From Health to High Performance 10cp
<b>SEM 2 2021</b>	<b>CHEM206</b> Advanced Metabolic Biochemistry 10cp (Pre: CHEM204 OR CHEM201)	<b>BIOL234</b> Nutritional Physiology 10cp (Pre: NUTR101 and BIOL204)	<b>PUBH103</b> <i>Multimode</i> Epidemiology 10cp	<b>ANAT100</b> Anatomical Foundations of Exercise Science 10cp
YEAR 3				
<b>SEM 1 2022</b>	<b>NUTR302</b> Diet, Health and Disease 10cp (Pre: BIOL234, NUTR202)	<b>NUTR303</b> Food Science in Practice 10cp (Pre: CHEM112 AND Either NUTR102 or NUTR100)	<b>PUBH202</b> <i>Multimode or on Campus</i> Public Health Research Methods 10cp (Pre: PUBH103)	<b>EXSC225</b> <i>Multimode</i> Physiological Bases of Exercise 10cp (Pre: BIOL124 or BIOL125) (Inc: EXSC198)
<b>SEM 2 2022</b>	<b>NUTR305</b> Community and Public Health Nutrition 10cp (Pre: PUBH102)	<b>NUTR304</b> Food Product Design and Development 10cp (Pre: NUTR303)	<b>Core Curriculum 300 level unit:</b> Either UNCC300 or PHCC320 10cp <a href="#">See here for pre-requisites and details</a>	<b>Elective Unit</b> 10cp <a href="#">See elective list</a>

## Bachelor of Nutrition Science – Minor Exercise Science Elective Units 2021

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- Specified units should be taken in sequence as listed in the program map.
- Additional prerequisites for individual units are shown in the final column
- A maximum of one 100-level unit elective is permitted. Please contact your Course Coordinator if you are unsure about which elective unit to choose.
- Elective units other than the ones listed below can also be taken e.g. units from other undergraduate programs, but this requires consultation with the Course Coordinator prior to enrolling into these units.

### Winter Term

CODE	TITLE	Off-shore	Black TBA	Bris	Mel	Strath	North Syd	Prereq
EXSC316	Nutrition for Sports Performance	<b>O</b>						NUTR101 OR EXSC118 AND EXSC198 OR EXSC225 OR BIOL234

### Semester 2

CODE	TITLE	Online	Black TBA	Bris	Mel	Strath	North Syd	Prereq
EXSC204	Exercise, Prescription and Delivery				<b>A</b>	<b>A</b>		EXSC225 (P)
EXSC216	Resistance Training: Science and Application				<b>A</b>	<b>A</b>		Either EXSC225 or EXSC222
EXSC322	Exercise Physiology Adaptation to Exercise and the Environment				<b>A</b>	<b>A</b>		EXSC225 (P EXSC242 (I))

#### Key:

**A** = Attendance **M** = Multimode **O** = Online

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

\* = Please contact your course coordinator prior to enrolling into this elective unit to receive additional information regarding the delivery mode and location of this unit.

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## PLEASE NOTE FOR ALL 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>	Nutrition Science Administration Email: <a href="mailto:Nutrition.admin@acu.edu.au">Nutrition.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](#).