

Bachelor of Nutrition Science

Minor – Exercise Science

(Information last updated on 13 January 2022)



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Course Maps

Blacktown, Melbourne and North Sydney*

*travel to Blacktown or Strathfield required

Students who are commencing in February 2022

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 2022	CHEM105 10cp Foundations of Chemistry (Inc CHEM103, CHED105)	BIOL125 10cp Human Biology 1 (Inc BIOL121, BIOL122, BIOL124, BIOL204 and BIOD125)	NUTR101 10cp Introduction to Nutrition (Inc EXSC118, NUTD101, EXSZ118)	PUBH102 10cp Foundations of Health Promotion (Inc PUBD121) Multimode
SEM 2 2022	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112)	BIOL126 10cp Human Biology 2 (Pre: BIOL125 or BIOD125 (INC: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 10cp Culinary Nutrition Science	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
SEM 1 2023	CHEM204 10cp Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204) (Inc: BIOL122)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 OR EXSC118)	EXSC119 10cp From Health to High Performance Multimode
SEM 2 2023	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 Inc: Chem104)	BIOL234 10cp Nutritional Physiology (Pre: (BIOL126 and NUTR101) or (BIOL125 and EXSC118), or (BIOL204) Inc BMSC306)	PUBH103 10cp Epidemiology Multimode	ANAT100 10cp Anatomical Foundations of Exercise Science Multimode or Attendance
YEAR 3				
SEM 1 2024	NUTR302 10cp Diet, Health and Disease (Pre: BIOL234, NUTR202)	NUTR303 10cp Food Science in Practice (Pre: CHEM112 AND Either NUTR102 or NUTR100)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103) Multimode or on Campus	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multimode
SEM 2 2024	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102)	CoreCurriculum 10cp Unit 2 See here for unit and pre-requisite details	Elective Unit 10cp See elective list

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Course Maps

Blacktown, Melbourne and North Sydney*

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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				
SEM 1 2021	CHEM105 10cp Foundations of Chemistry (Inc CHEM103, CHED105)	BIOL123 10cp Cells and Tissues – the Fabric of Life (Inc BIOL121, BIOL122)	NUTR101 10cp Introduction to Nutrition (Inc EXSC118)	PUBH102 10cp Foundations of Health Promotion Multimode
SEM 2 2021	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112)	BIOL124 10cp Human Body in Health and Disease 1 (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	NUTR102 10cp Culinary Nutrition Science	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
SEM 1 2022	CHEM204 10cp Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	BIOL204 10cp Human Body in Health and Disease 2 (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 OR EXSC118)	EXSC119 10cp From Health to High Performance Multimode
SEM 2 2022	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 Inc: Chem104)	BIOL234 10cp Nutritional Physiology (Pre: (BIOL126 and NUTR101) or (BIOL125 and EXSC118), or (BIOL204) Inc BMSC306)	PUBH103 10cp Epidemiology Multimode	ANAT100 10cp Anatomical Foundations of Exercise Science Multimode or Attendance
YEAR 3				
SEM 1 2023	NUTR302 10cp Diet, Health and Disease (Pre: BIOL234, NUTR202)	NUTR303 10cp Food Science in Practice (Pre: CHEM112 AND Either NUTR102 or NUTR100)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103) Multimode or on Campus	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multimode
SEM 2 2023	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102)	CoreCurriculum 10cp Unit 2 See here for unit and pre-requisite details	Elective Unit 10cp See elective list

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Melbourne and North Sydney*

*travel to Blacktown or Strathfield required

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				
SEM 1 2020	CHEM105 10cp Foundations of Chemistry (Inc CHEM103, CHED105)	BIOL123 10cp Cells and Tissues – the Fabric of Life (Inc BIOL121, BIOL122)	NUTR101 10cp Introduction to Nutrition (Inc EXSC118)	PUBH102 10cp Foundations of Health Promotion Multimode
SEM 2 2020	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112)	BIOL124 10cp Human Body in Health and Disease 1 (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	NUTR102 10cp Culinary Nutrition Science	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
SEM 1 2021	CHEM204 10cp Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	BIOL204 10cp Human Body in Health and Disease 2 (Pre: BIOL123) (Inc: BIOL121, BIOL122, BIOL125, BIOL126)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC119 10cp From Health to High Performance Multimode
SEM 2 2021	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 Inc: Chem104)	BIOL234 10cp Nutritional Physiology (Pre: (BIOL126 and NUTR101) or (BIOL125 and EXSC118), or (BIOL204) Inc BMSC306)	PUBH103 10cp Epidemiology Multimode	ANAT100 10cp Anatomical Foundations of Exercise Science Multimode or Attendance
YEAR 3				
SEM 1 2022	NUTR302 10cp Diet, Health and Disease (Pre: BIOL234, NUTR202)	NUTR303 10cp Food Science in Practice (Pre: CHEM112 AND Either NUTR102 or NUTR100)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103) Multimode or on Campus	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multimode
SEM 2 2022	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102)	CoreCurriculum 10cp Unit 2 See here for unit and pre-requisite details	Elective Unit 10cp See elective list

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Electives 2022

- 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.

Summer Term

CODE	TITLE	Off-shore	Black	Bris	Mel	Strath	North Syd	Prereq
EXSC316	Nutrition for Sports Performance	O						(EXSC118 OR NUTR101) & (EXSC198 or EXSC225 or BIOL234) (Pre)

Winter Term

CODE	TITLE	Off-shore	Black	Bris	Mel	Strath	North Syd	Prereq
EXSC316	Nutrition for Sports Performance	O						(EXSC118 OR NUTR101) & (EXSC198 or EXSC225 or BIOL234) (Pre)

Semester 2

CODE	TITLE	Online	Black	Bris	Mel	Strath	North Syd	Prereq
EXSC204	Exercise, Prescription and Delivery		M	M	M	M		EXSC198 or EXSC225 (Pre)
EXSC216	Resistance Training: Science and Application		M	M	M	M		EXSC198 or EXSC225 or EXSC222 (Pre)
EXSC322	Exercise Physiology Adaptation to Exercise and the Environment		M	M	M	M		EXSC225 or EXSC198 (Pre) EXSC242 (Inc)

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 THE MAP 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. 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	Nutrition Science Administration Email: Nutrition.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](#).