

Bachelor of Nutrition Science

Minor – Exercise Science

(Information last updated on 1 September 2026)



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Course Maps

Bachelor of Nutrition Science Minor Exercise Science Blacktown, Melbourne and North Sydney*

*travel to Blacktown or Strathfield required

Students who commenced in February 2023 or 2024

Students who are out of sequence due to part-time enrolment or progression issues should seek a course advice meeting with the relevant Course Adviser.

YEAR 1				
Sem 1 2023 or 2024	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: PUBD101)
Sem 2 2023 or 2024	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112) This unit is no longer offered see your Course Adviser	BIOL126 10cp Human Biology 2 (Pre: BIOL125 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 10cp Culinary Nutrition Science (Inc: NUTD102)	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
Prof Term 2 2024 or 2025	PUBH103 10cp Epidemiology This unit is Only offered in Professional Term 2 2027			
Sem 1 2024 or 2025	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 (Inc: EXSC121 or EXSC394) In Teachout Online Scheduled – last time offered 2027
Sem 2 2024 or 2025	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)	ANAT100 10cp Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)	

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YEAR 3

Sem 1 2025 or 2026	NUTR302 10cp Diet, Health and Disease (Pre: BIOL234 and NUTR202)	NUTR303 10cp Food Science in Practice (Pre: (CHEM112 and NUTR102) or NUTR100)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103)	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multi-mode
Sem 2 2025 or 2026	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	EXSC204 10cp Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode or EXSC216 10cp Resistance Training: Science and Application (Pre: EXSC225 or EXSC222) Multi-mode or EXSC322 10cp Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225) Multi-mode or EXSC316 10cp Nutrition for Sports Performance (Pre: NUTR101 and EXSC225 or BIOL234) Online Unscheduled in Summer Term

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Students who commenced in February 2025 or 2026

Students who are out of sequence due to part-time enrolment or progression issues should seek a course advice meeting with the relevant Course Adviser.

YEAR 1				
Sem 1 2025 or 2026	Chemistry/Numeracy Bridging 0cp OR Minor Elective Unit – 10cp	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)
Sem 2 2025 or 2026	CHEM113 10cp Essential Ideas in Chemistry (Inc: CHED113)	BIOL126 10cp Human Biology 2 (Pre: BIOL125 or BIOD125) (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 10cp Culinary Nutrition Science (Inc: NUTD102)	Core Curriculum 10cp Unit 1 See here for unit details
YEAR 2				
Prof Term 2 2026 or 2027	PUBH103 (10cp) Epidemiology <i>This unit is Only offered in Professional Term 2 2027</i>			
Sem 1 2026 or 2027	CHEM207 10cp Foundations of Biochemistry (Pre: CHEM113 or CHED113)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOD126 or BIOL204) (Inc: BIOL122)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103)	ANAT100 10cp Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100)
Sem 2 2026 or 2027	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 or CHEM207 Inc: CHEM104)	BIOL234 10cp Nutritional Physiology (Pre: ((BIOL125 or BIOD125) and (NUTR101 or NUTD101)) or BIOL204 Inc: BMSC306)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 or NUTD101)	EXSC296 10cp Health and Exercise Psychology (Waiver - Pre: EXSC199 or (PSYC100 and PSYC101))

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YEAR 3

Sem 1 2027 or 2028	NUTR302 10cp Diet, Health and Disease (Pre: BIOL234 and NUTR202)	NUTR303 10cp Food Science in Practice (Pre: ((CHEM112 or CHED112) or (CHEM113 or CHED113)) and (NUTR102 or NUTD102))	Core Curriculum 10cp Unit 2 See here for unit and pre-requisite details Note change to Semester 1	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multi-mode
Winter 2027 or 2028	EXSC316 (10cp) EXSC316 is also available in Summer Term. Nutrition for Sports Performance (PRE: NUTR101) and EXSC225 or BIOL234) Online Unscheduled			
Sem 2 2027 or 2028	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102 or PUBD102)	NUTR311 10cp Food, Society, and the Environment (Pre: NUTR202 and (PUBH202 or PSYC226)) Note change to Semester 2	

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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 Adviser 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 Advisers 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 Adviser. Any student studying outside the above sequence should consult with their Course Adviser 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
National Course Adviser	In 2026 contact: Dr Emma Beckett (Senior Lecturer Nutrition and Food Science) Email. Emma.Beckett@acu.edu.au From February 2027 contact: Dr Ryan Tam (Senior Lecturer Nutrition Science) Email. Ryan.Tam@acu.edu.au