

**Bachelor of Psychological Science/
Bachelor of Exercise and Sports Science**

(Information last updated on 17 November 2022)



Course Map

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Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 17 November 2022)



Course Map

Melbourne and Strathfield

For students who are commencing in 2023

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 - 2023				
SEM 1	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) Growth, Motor Development and Ageing <i>Multi-mode</i>	ANAT100 (10cp) Anatomical Foundations of Exercise Science <i>Multi-mode</i>
SEM 2	PSYC101 (10cp) Applications of Psychology	PSYC104 (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) See here for details
YEAR 2 - 2024				
SEM 1	PSYC200 (10cp) Lifespan Development(Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2(Pre: PSYC104)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	EXSC199 (10cp) Psychology of Sport <i>Multi-mode</i>
SEM 2	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or both PSYC100 and PSYC101) <i>Multi-mode</i>	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118) <i>Multi-mode</i>	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) <i>Multi-mode</i>
YEAR 3 - 2025				
SEM 1	PSYC213 (10cp) Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206)	Core Curriculum Unit 2 (10cp) See here for details	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) <i>Multi-mode</i>
SEM 2	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	PSYC310 (10cp) Psychological services Experience (Pre: PSYC212)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC222 or EXSC225) <i>Multi-mode</i>
	EXSC206¹ (0cp) Professional Experience Preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125) <i>Multi-mode</i>			

¹ EXSC206 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 &/or before the commencement of any professional placement.

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YEAR 4 - 2026

Summer Term	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode			
SEM 1	PSYC314 (10cp) Psychological Assessment (Pre: PSYC104, PSYC213)	PSYC315 (10cp) Brain and Behaviour (Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224, Inc: EXSC220) Multi-mode
SEM 2	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC313 (10cp) Social Psychology (Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)	EXSC398 (20cp) Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode

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STUDY MODES

All units are delivered in On Campus mode, unless otherwise indicated in the map.

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M - Multi-mode

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OU - Online unscheduled

Learning activities are accessible anytime, anywhere. These units are normally delivered fully online and will not appear in a student's timetable.

OS – Online scheduled

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COURSE ADVICE

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School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
	Psychological Science Administration Email: Psychology.Admin@acu.edu.au

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PREREQUISITES AND INCOMPATIBLES

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Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

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Course Map

Melbourne and Strathfield

For students who commenced in 2022

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YEAR 1 - 2022				
SEM 1 2022	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) (10cp) Growth, Motor Development and Ageing	ANAT100 (10cp) Anatomical Foundations of Exercise Science
SEM 2 2022	PSYC101 (10cp) Applications of Psychology	PSYC104 (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) See here for details
YEAR 2 - 2023				
SEM 1 2023	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2 (Pre: PSYC104)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL 125 or BIOL124 or BIO121; Inc: EXSC198) Multi-mode	EXSC199 (10cp) Psychology of Sport Multi-mode
SEM 2 2023	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101) Multi-mode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
YEAR 3 - 2024				
SEM 1 2024	PSYC213 (10cp) Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode
SEM 2 2024	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC222 or EXSC225) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode
	EXSC206² (0cp) Professional Experience Preparation (Pre: NUTR101, EXSC187, EXSC199, BIOL 125) Multi-mode			
YEAR 4 - 2025				
SEM 1 2025	PSYC314 (10cp) Psychological Assessment (Pre: PSYC104, PSYC213)	PSYC315 (10cp) Brain and Behaviour	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)

² EXSC206 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 &/or before the commencement of any professional placement.

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		(Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	(Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	Multi-mode
SEM 2 2025	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC313 (10cp) Social Psychology (Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	Core Curriculum Unit 2 (10cp) See here for details

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STUDY MODES

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OU - Online unscheduled

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School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
	Psychological Science Administration Email: Psychology.Admin@acu.edu.au

PREREQUISITES AND INCOMPATIBLES

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Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

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Course Map

Melbourne and Strathfield

For students who commenced in 2021

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YEAR 1 - 2021				
SEM 1 2021	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC118 (10cp) Nutrition and Exercise (Inc: NUTR101)
SEM 2 2021	PSYC101 (10cp) Applications of Psychology	PSYC104 (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	UNCC100 (10cp) Self and Community: Exploring the Anatomy of Modern Society See here for details
YEAR 2 - 2022				
SEM 1 2022	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2 (Pre: PSYC104)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL 125 or BIOL124 or BIOL121; Inc: EXSC198)	EXSC199 (10cp) Psychology of Sport
SEM 2 2022	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101)	ANAT100 (10cp) Anatomical Foundations of Exercise Science
YEAR 3 - 2023				
SEM 1 2023	PSYC213 (10cp) Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode
SEM 2 2023	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222) Multi-mode
	EXSC206³ (0cp) Professional Experience Preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125) Multi-mod			

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YEAR 4 - 2024

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SEM 2 2024	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC313 (10cp) Social Psychology (Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	Core Curriculum Unit 2 (10cp) See here for details

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PREREQUISITES AND INCOMPATIBLES

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

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Course Map

Melbourne and Strathfield

For students who commenced in 2020

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YEAR 1 - 2020				
SEM 1 2020	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) Growth, Motor Development and Ageing	BIOL125 (10cp) Human Biology 1
SEM 2 2020	PSYC101 (10cp) Applications of Psychology	PSYC104 (10cp) Research Design and Statistics 1	ANAT100 (10cp) Anatomical Foundations of Exercise Science	UNCC100 (10cp) Self and Community: Exploring the Anatomy of Modern Society
YEAR 2 - 2021				
SEM 1 2021	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2 (Pre: PSYC104)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)
SEM 2 2021	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	EXSC120 (10cp) Mechanical Bases of Exercise
YEAR 3 - 2022				
SEM 1 2022	PSYC213 (10cp) Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206)	EXSC199 (10cp) Psychology of Sport	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121; Inc: EXSC198)
Sem 2 2022	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)
	EXSC206⁴ (0cp) Professional Experience Preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125) Multimode			

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YEAR 4 - 2023

SEM 1 2023	PSYC314 (10cp) Psychological Assessment (Pre: PSYC104, PSYC213)	PSYC315 (10cp) Brain and Behaviour (Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	EXSC394 (10cp) Exercise, Health and Disease (Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220) Multi-mode
SEM 2 2023	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC313 (10cp) Social Psychology (Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	Core Curriculum Unit 2 (10cp) See here for details

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