

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 16 September 2025)



Course Map Melbourne and Strathfield

For students who commenced in 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 - 2022				
SEM 1 2022	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) Growth, Motor Development and Ageing	ANAT100 (10cp) Anatomical Foundations of Exercise Science
SEM 2 2022	PSYC101 (10cp) Applications of Psychology	PSYC104¹ (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) Click here for details
YEAR 2 - 2023				
SEM 1 2023	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp)² Research Design and Statistics 2 (Pre: PSYC104)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 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: NUTD101) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
YEAR 3 - 2024				
SEM 1 2024	PSYC213 (10cp)³ Individual Differences (Pre: PSYC100 & PSYC101 & PSYC104) Campus attendance	PSYC311 (10cp)⁴ 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)⁵ Learning and Behaviour (Pre: PSYC100 & PSYC101 & PSYC104)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225 or EXSC198) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application Pre: EXSC198 or EXSC225 or EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode

¹ PSYC110 Research Design and Data Analysis 1 has replaced PSYC104 Research Design and Statistics 1. If you have not yet completed PSYC104 then you will need to complete PSYC110 instead.

² PSYC226 Research Design and Data Analysis 2 has replaced PSYC206 Research Design and Statistics 2. If you have not yet completed PSYC206 then you will need to complete PSYC226 instead.

³ PSYC220 Personality and Individual Differences has replaced PSYC213 Individual Differences. If you have not yet completed PSYC213 then you will need to complete PSYC220 instead.

⁴ PSYC323 Research Design and Data Analysis 3 has replaced PSYC311 Research Design and Statistics 3. If you have not yet completed PSYC311 then you will need to complete PSYC323 instead.

⁵ PSYC324 Learning and Behaviour has replaced PSYC214 Learning and Behaviour. If you have not yet completed PSYC214 then you will need to complete PSYC324 instead.

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EXSC206⁶ (0cp)

Professional Experience Preparation (Pre: (BIOL124 or BIOL125) & (EXSC118 or NUTR101) & EXSC187 & EXSC199)
Multi-mode

YEAR 4 - 2025

SEM 1 2025	PSYC314 (10cp) Psychological Assessment (Pre: (PSYC104 or PSYC110) & (PSYC213 or PSYC220))	PSYC315 (10cp) Brain and Behaviour Pre: Either PSYC200 or PSYC212 or PSYC220 or PSYC213 or PSYC227 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 2025	PSYC307 (10cp) Cognitive Psychology (Pre: (PSYC206 and either PSYC213 or PSYC214) or (PSYC226 and either PSYC220 or PSYC227))	PSYC313 ⁷ (10cp) Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	Core Curriculum Unit 2 (10cp) Click here for details

PLEASE NOTE FOR THE MAP ABOVE

Students who do not follow the sequence recommended in their Course Map may experience timetabling issues and cannot be guaranteed completion within the normal course duration period.

Any student studying outside the above sequence and students who commenced prior to 2019 should consult with their Course Coordinator prior to enrolling.

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.

Attendance (A)

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.

Multi-mode (M)

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.

Online Scheduled (OS)

Fully online with learning activities held at scheduled times.

Online Unscheduled (OU)

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

⁶ 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.

⁷ PSYC227 Social Psychology has replaced PSYC313 Social Psychology. If you have not yet completed PSYC313 then you will need to complete PSYC227 instead.

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PREREQUISITES

- Prerequisites ('Pre:') are added in italics.
- Prerequisites are other units that you must have passed *before* enrolling in the unit.
- You will not be able to enrol in a unit in Student Connect if you do not 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](#).

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.

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