

Course Map

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Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 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 2 2021	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details	BIOL125 (10cp) Human Biology 1	EXSC122 (10cp) Research and Ethics in Exercise Science (EXSC217)
SEM 1 2022	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC121 (10cp) Exercise and Sport Science: Starting the Journey
YEAR 2				
SEM 2 2022	Core Curriculum (10CP) 300 level unit: Either UNCC300 or PHCC320 See here for details	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 OR PSYC100 and PSYC101)	Elective (10cp) See elective list	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)
SEM 1 2023	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc EXSC120)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL 125 or BIOL 124 or BIO121, Inc: EXSC198)
YEAR 3				
SEM 2 2023	Elective (10cp) See elective list	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: 225 Inc: EXSC242)
SEM 1 2024	EXSC398 (20cp) Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)		EXSC394 Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)	EXSC321 (10cp) Biomechanics (Pre: EXSC224 Inc: EXSC220)

Bachelor of Exercise and Sports Science

(Information last updated on 13 April 2021)



Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 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 2 2020	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC120 (10cp) Mechanical Bases of Exercise	BIOL125 (10cp) Human Biology 1	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc EXSC217)
SEM 1 2021	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)
YEAR 2				
SEM 2 2021	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	Core Curriculum (10CP) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225 Inc: EXSC242)
SEM 1 2022	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)	Elective (10cp) See elective list	Elective (10cp) See elective list
YEAR 3				
SEM 2 2022	Core Curriculum (10CP) Either 300 level unit: Either UNCC300 or PHCC320 See here for details	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	Elective (10cp) See elective list
	EXSC206¹ Professional Experience Preparation 0cp (Pre: EXSC118, EXSC187, EXSC199, BIOL125)			
SEM 1 2023	EXSC398 (20cp) Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)	EXSC394 Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)	Elective (10cp) See elective list	

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.

Bachelor of Exercise and Sports Science

(Information last updated on 13 April 2021)



Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2019

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 2 2019	ANAT100 (10cp) Anatomical Foundations of Exercise Science	EXSC120 (10cp) Mechanical Bases of Exercise	BIOL125 (10cp) Human Biology 1	Core Curriculum (10cp) 100 level unit: Either UNCC100 or PHCC102 or PHCC104 See here for details
SEM 1 2020	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)
YEAR 2				
SEM 2 2020	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC122 (10cp) Research and Ethics in Exercise Science *Inc EXSC217)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)
SEM 1 2021	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220)	Elective (10cp) See elective list	Elective (10cp) See elective list
YEAR 3				
SEM 2 2021	Core Curriculum (10cp) Either 300 level unit: Either UNCC300 or PHCC320 See here for details	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC225)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)	Elective (10cp) See elective list
EXSC206² Professional Experience Preparation 0cp (Pre: EXSC118, EXSC187, EXSC199, BIOL125)				
SEM 1 2022	EXSC398 (20cp) Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296)		Elective (10cp) See elective list

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.

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. Please email your enquiry or request to make an appointment.

School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
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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](#).