

## Course Map

Bachelor of High Performance Sport 3 year map – Mid-year Entry 2021 .....	2
Bachelor of High Performance Sport 3 year map – Mid-year Entry 2020 .....	3
Bachelor of High Performance Sport 3 year map – Mid-year Entry 2019 .....	4

## Course Map

### Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2021

(3 year course map)

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

<b>SEM 2 2021</b>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (EXSC217)	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>BIOL125 (10cp)</b> Human Biology 1	
<b>Summer 2021</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121, Inc: EXSC198)			
<b>SEM 1 2022</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport

#### YEAR 2

<b>SEM 2 2022</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 OR PSYC100 and PSYC101)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: 225 Inc: EXSC242)	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>
<b>SEM 1 2023</b>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc EXSC120)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>Elective (10cp)</b> <a href="#">See elective list</a>	

#### YEAR 3

<b>SEM 2 2023</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC225)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>Core Curriculum (10CP) 300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>
	<b>EXSC218<sup>1</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
<b>SUMMER 2024</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2024</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118, EXSC224, EXSC225, ANAT100, EXSC204, EXSC216, EXSC122, EXSC218)	<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 Inc: EXSC220)	

<sup>1</sup> EXSC218 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 and before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 26 October 2020)



## Blacktown, Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2020

(3 year course map)

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

<b>SEM 2 2020</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC120 (10cp)</b> (EXSC224) Mechanical Bases of Exercise	<b>BIOL125 (10cp)</b> Human Biology 1	
<b>SEM 1 2021</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL 125 or BIOL 124 or BIO 121 Inc: EXSC198)	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport
<b>WINTER 2021</b>	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>			

### YEAR 2

<b>SEM 2 2021</b>	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science *Inc EXSC217)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
<b>SEM 1 2022</b>	<b>Elective (10cp)</b> <a href="#">See elective list</a>	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)

### YEAR 3

<b>SEM 2 2022</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC225)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>Core Curriculum (10CP)</b> Either <b>300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>
	<b>EXSC218<sup>2</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
<b>SUMMER 2023</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2023</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118, EXSC224, EXSC225, ANAT100, EXSC204, EXSC216, EXSC122, EXSC218)		<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	

<sup>2</sup> EXSC218 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 and /or before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 26 October 2020)

## Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2019

(3 year course map)

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

<b>SEM 2 2019</b>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science	<b>EXSC120 (10cp) (EXSC224)</b> Mechanical Bases of Exercise	<b>BIOL125 (10cp)</b> Human Biology 1	
<b>SEM 1 2020</b>	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc NUTR101)	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC199 (10cp)</b> Psychology of Sport	<b>EXSC119 (10cp)</b> From Health to High Performance Sport
<b>WINTER 2020</b>	<b>Core Curriculum (10CP) 100 level unit:</b> Either UNCC100 or PHCC102 or PHCC104 <a href="#">See here for details</a>			

### YEAR 2

<b>SEM 2 2020</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199)	<b>EXSC217 (10cp)</b> Research and Ethics in Exercise Science (Inc EXSC122)	<b>Elective (10cp)</b> <a href="#">See elective list</a>
<b>SEM 1 2021</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121 Inc: EXSC198)	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220)	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100)	

### YEAR 3

<b>SEM 2 2021</b>	<b>EXSC204 (10cp)</b> Exercise Testing, Prescription and Delivery (Pre: EXSC225)	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222)	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc EXSC242)
	<b>EXSC218<sup>3</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
<b>SUMMER 2022</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
<b>SEM 1 2022</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: EXSC118, EXSC120, EXSC198, ANAT100, EXSC204, EXSC216, EXSC218)		<b>EXSC396 (10cp)</b> Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	<b>Core Curriculum (10CP)</b> Either <b>300 level unit:</b> Either UNCC300 or PHCC320 <a href="#">See here for details</a>

<sup>3</sup> EXSC218 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 and before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 26 October 2020)



## 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.

<b>School of Behavioural and Health Science</b>	Exercise Science Administration Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a>
---	--

## 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](#).