



Uni Step-Up 2025 Melbourne Campus Program

ACU's Uni Step-Up is your chance to experience university life by studying two first-year units while you are in Year 11.

acu.edu.au/usu

 **ACU**
AUSTRALIAN CATHOLIC UNIVERSITY



ACU's Uni Step-Up is your chance to experience university life by studying two first-year units while you are in Year 11.

Get a head start on a degree and university study by completing two undergraduate university units alongside other Year 11 students during the winter and summer school holidays.

GET A HEAD START	THERE IS NO COST	EARN UNIVERSITY CREDIT	TAILORED SUPPORT
Uni Step-Up is a great way to test out a subject area and develop your skills in academic writing and referencing. You'll learn to use university systems and support services to help you get ready for university life.	Uni Step-Up is HECS-free and there is no cost to participants. All tuition costs and resources are covered by ACU.	The units delivered in Uni Step-Up are the same units delivered to first-year undergraduate students. This means that you will receive credit for your Uni Step-Up units if you continue to study in a related course at ACU.	As a Uni Step-Up student, you'll be guided through your studies by our team of dedicated university lecturers and Uni Step-Up coordinators. You'll also receive guided mentoring by our team of experienced ACU students throughout your studies.

PATHWAY TO FURTHER STUDY

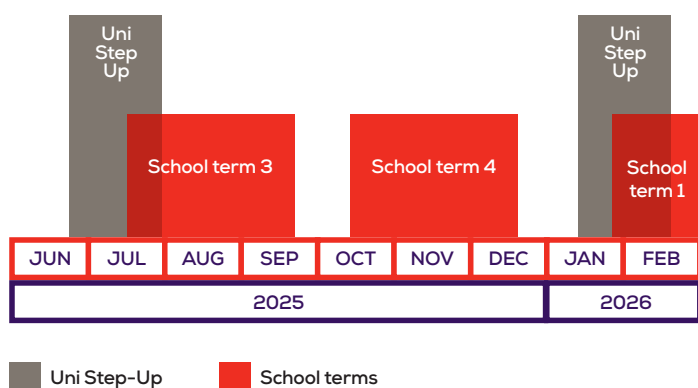
Participants who successfully complete two units become eligible to receive an early entry offer to a related ACU course.

What can I study?

There are three Uni Step-Up subjects available at the ACU Melbourne campus in 2025.

NURSING, MIDWIFERY AND PARAMEDICINE	EXERCISE AND SPORTS SCIENCE	BUSINESS
When you pursue a career in nursing, midwifery and paramedicine, you'll provide care, comfort and support to those at their most vulnerable, and help to build healthier communities.	Exercise science courses will equip you for a future developing healthy minds, bodies and even health policies. You'll make a positive impact on the lives of individuals and communities.	Become a business leader who thinks independently, has a global outlook, and applies skills practically and ethically.
PATHWAY TO	PATHWAY TO	PATHWAY TO
<ul style="list-style-type: none"> Bachelor of Nursing Bachelor of Midwifery Bachelor of Paramedicine Dual degrees are also available.	<ul style="list-style-type: none"> Bachelor of Exercise and Sports Science Bachelor of Nutrition Science Dual degrees are also available.	<ul style="list-style-type: none"> Bachelor of Accounting and Finance Bachelor of Business Dual degrees are also available.

How does Uni Step-Up run?



Uni Step-Up is delivered on campus at ACU during the winter and summer school holidays. Additional online support sessions are held to help you with assessment tasks and coursework.

Classes are taught by an ACU academic staff member on campus at ACU. You will also receive additional support from an allocated Uni Step-Up staff member in addition to support from current ACU student ambassadors.

Classes for the first unit start in the winter school holidays in 2025. Classes for the second unit take place during the January 2026 school holidays. Each unit is taught over six-days with additional support sessions held when you return to secondary school study.

UNI STEP-UP CLASS SCHEDULE JULY 2025

	TIME	DATE	LOCATION
Orientation	10am – 1pm	Saturday 28 June 2025	ACU Melbourne Campus
On-campus classes	9am – 4pm	Wednesday 9 July 2025 Thursday 10 July 2025 Friday 11 July 2025 Monday 14 July 2025 Tuesday 15 July 2025 Wednesday 16 July 2025	ACU Melbourne Campus
Online classes	5.30 – 6.30pm	Wednesday 23 July 2025 Wednesday 30 July 2025	Online

UNI STEP-UP CLASS SCHEDULE JANUARY 2026

	TIME	DATE	LOCATION
On-campus classes	9am – 4pm	Wednesday 7 January 2026 Thursday 8 January 2026 Friday 9 January 2026 Monday 12 January 2026 Tuesday 13 January 2026 Wednesday 14 January 2026	ACU Melbourne Campus
Online classes	5.30 – 6.30pm	Wednesday 21 January 2026 Wednesday 28 January 2026	Online

WHERE ARE CLASSES HELD?

All classes are held on site at our ACU Melbourne Campus, 115 Victoria Parade Fitzroy, located in the heart of cosmopolitan Melbourne. The campus itself is a mix of historic and modern buildings with plenty of room to study, relax and connect with other students. The nearby Parliament Train Station is serviced by 14 lines and is on the City Loop. The walk from the station to the campus is about a 10-minute walk on good, well-lit paths.

WHO CAN APPLY FOR UNI STEP-UP?

To participate in Uni Step-Up, you must be in Year 11 and meet at least one of the following criteria:

- attend a widening participation partner school; or
- identify as Aboriginal or Torres Strait Islander; or
- live in a regional or remote area.

HOW TO APPLY

Applications are open until Sunday 8 June 2025 unless all spaces are filled earlier. To apply, you'll need to upload a copy of your most recent school report and provide two short answer written responses.

Visit acu.edu.au/usu for more details and to apply online today.

Uni Step-Up: study areas



Nursing, midwifery and paramedicine

Caring for others gives more than it takes. Your career in nursing, midwifery or paramedicine means a career helping others.

You will have the knowledge, skills and attitude to improve people's wellbeing. And be there to provide vital care when they need it most. The units delivered in this Uni Step-Up program can lead to further study in the Bachelor of Nursing, Bachelor of Midwifery, Bachelor of Paramedicine, and various dual degrees.

UNIT CODE	UNIT NAME	TIMING
HLSZ120	INDIGENOUS HEALTH AND CULTURE	JULY SCHOOL HOLIDAYS 2025

The social-historical-political context, cultural knowledges, and related health issues of Indigenous peoples of Australia and across the world are the focus of this unit. You will examine the historical context of Aboriginal and Torres Strait Islander peoples' health, contemporary issues in healthcare provision, and Aboriginal and Torres Strait Islander peoples' ways of knowing, being and doing.

Topics will include:

- Aboriginal and Torres Strait Islander health
- Aboriginal and Torres Strait Islander healthcare provision
- cultural competence in healthcare
- introduction to community engagement in health.

Indigenous Health and Culture is the first unit you will study in Uni Step-Up nursing, midwifery and paramedicine.

UNIT CODE	UNIT NAME	TIMING
HLSZ122	EVIDENCE FOR PRACTICE	JANUARY SCHOOL HOLIDAYS 2026

This unit provides foundational knowledge and skills for sourcing, appraising and reflecting on literature and information sources used in the healthcare environment. To assist health students to deliver evidence-based care, approaches to knowledge development in the health disciplines, including the generation of new knowledge, the refinement of practice and the delivery of quality care are explored.

Topics will include:

- introduction to evidence-based practice
- the five steps of evidence-based practice
- evidence-based healthcare.

Evidence for Practice is the second unit you will study in Uni Step-Up nursing, midwifery and paramedicine.



Business

A career in business means opportunities. With ACU, you will get more than your usual business degree. You'll learn how to lead in business to create positive and sustainable change.

The units delivered in this Uni Step-Up program can lead to further study in Bachelor of Business, Bachelor Accounting and Finance and other dual degrees.

UNIT CODE	UNIT NAME	TIMING
BUSZ104	MONEY MATTERS	JULY SCHOOL HOLIDAYS 2025
<p>Without knowledge of ethical accounting and financial analysis skills, the business world could collapse. This unit provides a non-specialist grounding in accounting and financial management so that you can appreciate the financial dimensions of decisions within business.</p> <p>Topics will include:</p> <ul style="list-style-type: none"> • organisational structures and operations • business strategy and planning • measuring and reporting accounting information • corporate social responsibility and ethical professional values • corporate governance • fundamental finance and risk • cost behaviour analysis. <p>Money Matters is the first unit you will study in Uni Step-Up business.</p>		

UNIT CODE	UNIT NAME	TIMING
ITEZ100	INFORMATION TECHNOLOGY IN ACTION	JANUARY SCHOOL HOLIDAYS 2026
<p>Technological advances over the past decades have fundamentally changed the nature of work and communications. As technology continues to evolve at an ever-increasing pace, all employees need an appreciation of how technology impacts various aspects of their lives. Microsoft's Excel Associate curriculum has been embedded in this unit, and as part of the assessments, students are provided the opportunity to gain industry certification by completing the Microsoft Excel Associate exam.</p> <p>Topics will include:</p> <ul style="list-style-type: none"> • emerging technologies • digital disruption • cybersecurity, data privacy • digital information and digital property • ethical computing • social and environmental impact of technology • digital communication and productivity applications. <p>Information Technology in Action is the second unit you will study in Uni Step-Up business.</p>		



Sports and exercise science

Study behavioural and health science to create a world of wellness.

Exercise science courses will equip you for a future developing healthy minds, bodies and even health policies. You'll be able to make a positive impact on the lives of individuals and communities. Help people achieve peak performance, optimal health and wellbeing. If you're passionate about sport, exercise and health – this is for you.

The units delivered in this Uni Step-Up program can lead to further study in the Bachelor of Exercise and Sports Science, Bachelor of Nutrition Science, and other dual degrees.

UNIT CODE	UNIT NAME	TIMING
EXSZ187	GROWTH, MOTOR DEVELOPMENT AND AGEING	JULY SCHOOL HOLIDAYS 2025
<p>An understanding of the impact of growth, motor development and ageing, across the lifespan, on the systems and motor output of the human body is central to all disciplines of exercise science practice, foundational to the further study and application of exercise science and critical in the attainment of exercise scientist accreditation.</p>		<p>Topics will include:</p> <ul style="list-style-type: none"> • prenatal and postnatal growth • fundamentals of motor development and learning • timing and sequence of changes during adolescence • exercise and ageing. <p>Growth, Motor Development and Ageing is the first unit you will study in Uni Step-Up exercise and sports science.</p>

UNIT CODE	UNIT NAME	TIMING
NUTZ101	INTRODUCTION TO NUTRITION	JANUARY SCHOOL HOLIDAYS 2026
<p>A fundamental understanding of nutrition is essential for practitioners in food, exercise and health-related industries. In this unit, you will develop an understanding of key documents that inform dietary recommendations including: the Australian Dietary Guidelines and the Nutrient Reference Values; explore macronutrients and how they are absorbed; gain an understanding of vitamins and minerals and how they work to maintain good health; and be introduced to dietary assessment methods and analysis.</p>		<p>Topics will include:</p> <ul style="list-style-type: none"> • physiology of digestion and absorption • energy metabolism, energy balance and hydration • nutrient reference values and dietary guidelines for healthy eating • sports nutrition strategies • undernutrition and overnutrition in health and exercise • methods of dietary assessment and evaluation. <p>Introduction to Nutrition is the second unit you will study in Uni Step-Up exercise and sports science.</p>



Frequently asked questions

For more information about the Uni Step-Up program, visit acu.edu.au/usu or email: wp.vic@acu.edu.au

WILL I BE ENROLLED AS A UNIVERSITY STUDENT?

Yes. We'll set you up with a university email account and access to ACU's online learning platforms. As an ACU student, you will have full access to support from our academic skills unit, library services and peer mentors.

CAN I APPLY IF I'M NOT ON AN ATAR PATHWAY?

Yes. You can participate if you are a current Year 11 student, and you are on a pathway to complete a recognised Year 12 certificate.

CAN I APPLY IF I'M AN INTERNATIONAL STUDENT?

Uni Step-Up is for domestic students. If you are unsure whether you are classified as a domestic student, we recommend contacting us at usu@acu.edu.au

WHAT TYPE OF ASSESSMENTS ARE INVOLVED?

University unit assessments vary and can include multiple choice quizzes, posters, short answer questions, essays and exams. You will be guided and supported through all your assessments during your study.

DO I NEED TO ATTEND EVERY DAY?

Your attendance at every session is required. Please check the dates to ensure your availability.

WHO WILL BE IN MY CLASSES?

You will be in a small class with other Year 11 students. The class size is kept small to ensure that you can get to know other students and receive close support from university staff and peer mentors.

DO I NEED TO BUY ANY TEXTBOOKS?

No. All required learning resources will be supplied for you as part of your participation in the program.

WHAT IF I CHANGE MY MIND AND DON'T WANT TO CONTINUE?

It's okay to change your mind – this is part of the journey as you learn about your interests and goals for the future. Once you start the program, we'll be there to support you, but if you do change your mind, you can exit the program early.

HOW DOES UNI STEP-UP HELP ME TO GAIN ENTRY TO ACU?

By completing the Uni Step-Up program, you will be eligible to receive an early offer to study at ACU. You will need to pass two Uni Step-Up units to be eligible to receive an early offer. Full details on early offers and conditions will be communicated after you complete the program.

I AM NOT SURE IF I SHOULD APPLY?

Uni Step-Up offers you a unique opportunity to try out university study before completing your schooling. Talk with your teacher and parent/guardian about your readiness to take on this extra challenge.