



Uni Step-Up Exercise Science (Online)

Uni Step Up is your chance to get a head start on university by studying two first year units while you are still in senior secondary school. You'll develop connections with current students and staff while experiencing study at a tertiary level. The program is funded through the Higher Education Participation and Partnership Program (HEPPP). Uni Step Up and is delivered at no cost to eligible students.

WHY SHOULD YOU ENROL IN UNI STEP UP?

- **Receive credit for a university degree:** get credit for related undergraduate courses at ACU.
- **There is no charge:** complete two university units HECS free.
- **Get a head start for university:** test out a subject area and develop your skills in academic writing and referencing.

- **Small group size:** class size is limited to ensure you have regular access to guided mentoring from current university students and staff.
- **Pathway to further study:** participants who successfully complete two Uni Step-Up units may be eligible to receive an unconditional direct entry offer to a mapped ACU course.

ELIGIBILITY

Entry into Uni Step Up is competitive, to apply you must:

- attend an ACU Widening Participation partner school
- OR
- live in a remote or regional area
- OR
- identify as Aboriginal or Torres Strait Islander.

WHEN?

Uni Step Up is delivered online, one night per week during term times. Semester 1 starts 14 March 2022. Semester 2 starts 14 August 2022.

Each semester is taught over 10 weeks, with a two-week exam period to conclude the unit. You will be required to log in to a live tutorial of one to two hours and watch a pre-recorded two to three hour lecture each week.

To be successful in the Uni Step Up program you will need to set aside approximately 10 hours per week during the semester for personal study in addition to the one to two hours of class time. This time is when you'll complete set readings, write your assignments and revise for exams. This is in addition to your regular school study.

KEY DATES

For study in Semester 1 2022 (March – May)

Applications open

Monday 4 October 2021

Applications close

Wednesday 23 February 2022

Class timetable released

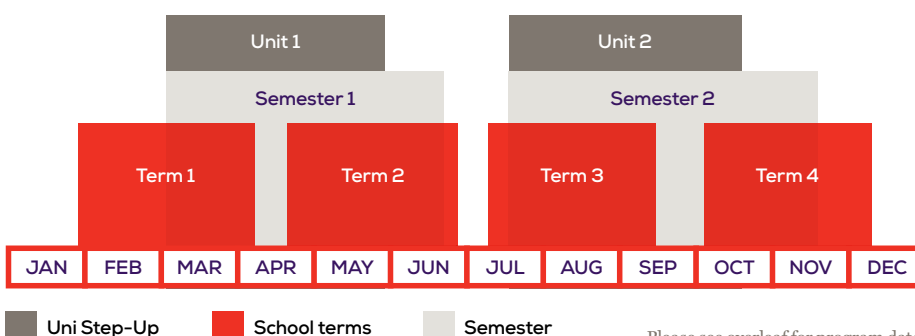
Tuesday 1 March 2022

Parent Information Session

We'll email you once you have enrolled

Student Orientation 2022

We'll email you once you have enrolled



Uni Step-Up: Exercise science (Online)

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 healthy policies. You'll be able to make a positive impact on the lives of individuals and communities.

UNIT 1

UNIT	DATE	ASSESSMENTS	PATHWAY TO
EXSZ187 Growth, Motor Development and Ageing	Commencing Wednesday 16 March 2022 at 5pm – 7pm (Qld) 6pm – 8pm (Vic/NSW)	1. Online quiz 2. Online quiz 3. Exam	Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Plus a number of double degrees are available.

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. In this unit you will be exposed to knowledge on pre- and post-natal growth, the effect of growth, maturation and ageing on key human physiological systems, the process of motor development, the classification of skills, the effects of constraints on motor skill acquisition and some fundamental motor learning theory. You will gain skills in applying this knowledge to complete assessment of human fundamental movement patterns.

UNIT 2

UNIT	DATE	ASSESSMENTS	PATHWAY TO
EXSZ118 Nutrition and Exercise	Commencing Wednesday 17 April 2022 at 5pm – 7pm (Qld) 6pm – 8pm (Vic/NSW)	1. Written assignment 2. Oral presentation 3. Exam	Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Plus a number of double degrees are available.

An understanding of the principles of nutrition as they relate to general health and exercise is required to provide general nutritional advice to apparently healthy individuals. The knowledge and skills are consistent with the professional standards for exercise scientist accreditation. The aim of this unit is to provide you with this nutritional foundation as it relates to health, exercise, and culture, and its integration with other sub-disciplines of exercise science. This includes the roles of macro- and micro-nutrients for general health and in energy metabolism during acute exercise and chronic training.

Please note this information may be subject to change.

FREQUENTLY ASKED QUESTIONS

Will I be enrolled as a university student?

Yes! You will be welcomed as a student at ACU. We will set you up with a university student ID card, university email, and access to ACU's online learning platform. You will have full access to support from academic skills team, library staff, counsellors, and peer mentors.

Will there be an exam?

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

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. Any required learning resources will be supplied for you as part of your enrolment in the program.

What if I change my mind and don't want to continue?

It is ok to change your mind during your studies – that is often part of the journey as we learn about our interests and goals for the future. Once you commence the program, we will be there to support you, but if you do change your mind, you can exit the program early without any cost or academic penalty.

Do I need to attend every day?

Your attendance at every session is important. Please check that you are available to participate in each session.

How does Uni Step Up help me to gain entry to ACU?

By completing the Uni Step Up program, you may be eligible to receive an early offer to study at ACU.

- You will need to pass both Uni Step Up units to be eligible to receive an early offer.
- The better you do in your Uni Step Up studies, the better your chances of receiving an offer to your course of preference.

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. Chat with your teacher and parent/guardian about your readiness to take on this extra challenge.

APPLICATIONS CLOSE

5pm on Wednesday 23 February 2022.

APPLY ONLINE

https://acu.qualtrics.com/jfe/form/SV_6n70r0V4b1lmfrg

