

Uni Step-Up Online 2026

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

This online program is designed exclusively for students in regional areas to get a head start on university study. You'll complete two undergraduate university units alongside other Year 11 students, studying online with ACU.

GET A HEAD START

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.

THERE IS NO COST

Uni Step-Up is HECS-free and there is no cost to participants. All tuition costs and resources are covered by ACU.

EARN UNIVERSITY CREDIT

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.

PATHWAY TO FURTHER STUDY

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

For more information about the Uni Step-Up program, visit:

acu.edu.au/usu

or email:

usu@acu.edu.au

What can I study?

There are three subject offerings available for Uni Step-Up online.

NURSING, MIDWIFERY AND PARAMEDICINE

When you pursue a career in nursing, midwifery and paramedicine, you'll care for people at their most vulnerable, supporting individuals and building healthier communities.

Pathway to:

- Bachelor of Nursing
- Bachelor of Midwifery
- Bachelor of Paramedicine.

Dual degrees are also available.

EXERCISE AND SPORTS SCIENCE

Exercise science courses will prepare you to shape healthy minds and bodies, and even health policies. You can make a positive impact on individuals and communities.

Pathway to:

- Bachelor of Exercise and Sports Science
- Bachelor of High Performance Sport
- Bachelor of Nutrition Science.

Dual degrees are also available.

BUSINESS

Studying business will enable you to become a leader who thinks independently, with a global outlook and the ability to apply skills practically and ethically.

Pathway to:

- Bachelor of Accounting and Finance
- Bachelor of Business Administration
- Bachelor of Commerce.

Dual degrees are also available.

How does Uni Step-Up Online run?

Uni Step-Up is delivered online, with students attending a tutorial every week during the university semester. Semester 1 commences in early March 2026, and Semester 2 commences in early August 2026. Each semester is taught over 12 weeks.



As a Uni Step-Up student, you will be required to log in to a live tutorial of up to two hours and watch a pre-recorded lecture each week. To be successful in the Uni Step-Up program, you will need to set aside approximately 5 hours a week during the semester.

WHO CAN APPLY FOR UNI STEP-UP?

To participate in Uni Step-Up, you must be in Year 11 and live in a regional or remote area or identify as Aboriginal or Torres Strait Islander.

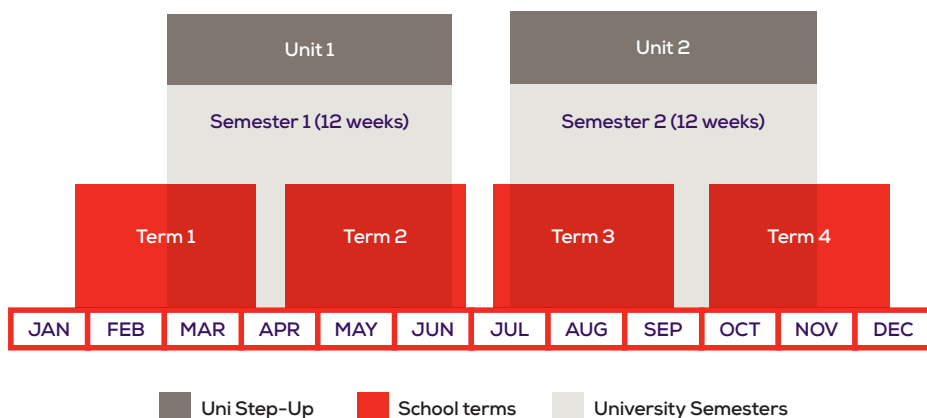
TAILORED SUPPORT

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.

HOW TO APPLY

Applications are open until Sunday 22 February 2026, unless all spaces are filled earlier. To apply, you'll need to upload a copy of your most recent school report and provide short answer responses.

Visit acu.edu.au/usu and apply online today.



Uni Step-Up study areas



Nursing, midwifery and paramedicine

Caring for others is a rewarding experience that gives more than it takes. A career in nursing, midwifery or paramedicine allows you to make a meaningful difference in people's lives. You will have the knowledge, skills and attitude to improve people's wellbeing, and will provide vital care when they need it most.

The units delivered this Uni Step-Up program can lead to further study in the Bachelor of Nursing, Bachelor of Midwifery, Bachelor of Paramedicine and several dual degrees.

UNIT CODE	UNIT NAME	TIMING
HLSZ120	INDIGENOUS HEALTH AND CULTURE	MARCH – JUNE 2026

This unit focuses on the social, historical and political contexts, cultural knowledges, and related health issues of the Indigenous peoples of Australia and across the world. Students will explore the historical context of Aboriginal and Torres Strait Islander health, examining contemporary issues in healthcare provision, and Aboriginal and Torres Strait Islander 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	AUGUST – NOVEMBER 2026

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

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 opens doors to countless opportunities. With ACU, you will gain more than a standard business degree – you'll learn how to lead and drive positive and sustainable change in the world.

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

UNIT CODE	UNIT NAME	TIMING
BUSZ104	FINANCIAL LITERACY	MARCH – JUNE 2026

Without knowledge of ethical accounting and financial analysis skills, the business world would face significant risks. This unit provides a foundational understanding of accounting and financial management, helping you to appreciate the financial aspects of business decisions.

Topics will include:

- 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.

Financial Literacy is the first unit you will study in Uni Step-Up business.

UNIT CODE	UNIT NAME	TIMING
ITEZ100	INFORMATION TECHNOLOGY IN ACTION	AUGUST – NOVEMBER 2026

Technological advances over recent decades have fundamentally changed the way we work and communicate. As technology continues to evolve rapidly, employees need to understand its impact on various aspects of life and work. This unit integrates Microsoft's Excel Associate curriculum, offering students the opportunity to gain industry certification by completing the Microsoft Excel Associate exam as part of their assessments.

Topics will include:

- emerging technologies
- digital disruption
- cybersecurity and data privacy
- digital information and digital property
- ethical computing
- social and environmental impact of technology
- digital communication and productivity applications.

Information Technology in Action is the second unit you will study in Uni Step-Up business.



Exercise and Sports Science

Exercise science courses will equip you for a future developing healthy minds and bodies, and even health policies. You can make a positive impact on individuals and communities, help people to achieve peak performance, optimal health and overall wellbeing. If you're passionate about sport, exercise and health this program is for you.

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

UNIT CODE	UNIT NAME	TIMING
EXSZ187	GROWTH, MOTOR DEVELOPMENT AND AGEING	MARCH – JUNE 2026

Understanding the effects of growth, motor development and ageing on the systems and motor output of the human body is central to all disciplines of exercise science practice. This foundational knowledge is essential for further study and the practical application of exercise science, and is critical in the attainment of exercise scientist accreditation.

Topics will include:

- prenatal and postnatal growth
- fundamentals of motor development and learning
- timing and sequence of changes during adolescence
- exercise and ageing.

Growth, Motor Development and Ageing is the first unit you will study in Uni Step-Up sports and exercise science.

UNIT CODE	UNIT NAME	TIMING
NUTZ101	INTRODUCTION TO NUTRITION	AUGUST – NOVEMBER 2026

A solid understanding of nutrition is essential for practitioners in food, exercise and health-related fields. In this unit, students will explore key documents that inform dietary recommendations, including the Australian Dietary Guidelines and Nutrient Reference Values. They will examine 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.

Topics will include:

- 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.

Introduction to Nutrition is the second unit you will study in Uni Step-Up sports and exercise science.

Frequently asked questions

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

WHEN ARE CLASSES HELD?

Classes are generally held once per week on weeknights from 6 – 8pm. Exact times and days will be communicated in early 2026. Participants in QLD will start one hour earlier during daylight savings times

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 SESSION?

Your attendance at every session is required. Please check the dates to check 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 are 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.