



Uni Step Up Blacktown+

WHAT CAN I STUDY?

NURSING AND MIDWIFERY	SPORTS AND EXERCISE SCIENCE	BUSINESS	CRIMINOLOGY
When you pursue a career in nursing and midwifery, you'll treat, comfort and help those at their most vulnerable, support individuals and their carers, and build healthier communities.	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.	Become a business leader who is an independent thinker, global in outlook, and practical and ethical in the application of skills.	Take the first step on your path to a range of exciting career opportunities in areas such as cybersecurity, law enforcement, intelligence and investigation, correctional and rehabilitation services, and more.
PATHWAY TO: Bachelor of Nursing Bachelor of Midwifery Bachelor of Nursing/Bachelor of Business Administration	PATHWAY TO: Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Bachelor of Nutrition Science Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science	PATHWAY TO: Bachelor of Accounting and Finance Bachelor of Business Administration Bachelor of Commerce A number of dual degrees are also available	PATHWAY TO: Bachelor of Criminology and Criminal Justice
LOCATION: Blacktown	LOCATION: Blacktown	LOCATION: Blacktown	LOCATION: Blacktown

Uni Step-Up is your chance to experience university life by studying two first-year units while you are still in senior secondary school. You'll get a head start at university, develop connections with university students and staff, and gain an insight into studying at a tertiary level. .

The program is delivered during the winter and summer school holidays at Australian Catholic University (ACU).

BENEFITS OF 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

Uni Step-Up Blacktown+ is available to students through ACU's Widening Participation initiatives.

To participate, you must be in Year 11. Please note that places are limited, and priority places are allocated to:

- Students from a culturally and linguistically diverse background
- Students from Blacktown local government area
- Aboriginal and/or Torres Strait Islander students

MORE INFORMATION

For more information about the Uni Step-Up program, key dates and subject outlines, visit:

acu.edu.au/usu

or email the Uni Step-Up team at

usu@acu.edu.au

HOW TO APPLY



Apply online at
acu.edu.au/usu

Applications close Friday 18 August 2023.

Places are limited so apply now.

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

Pathway to:

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

Location: Classes will be delivered at ACU's Blacktown campus.

UNIT 1

UNIT		
EXSZ187 Growth, Motor Development and Ageing	On-campus classes	Online classes
	9am – 4pm Mon 25 September Tue 26 September Wed 27 September Thu 28 September Fri 29 September	5.30 – 6.30pm Wed 4 October Wed 11 October Wed 18 October
The aim of this unit is to provide you with much of the foundational knowledge for practice as an exercise scientist. You will learn about 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.		

UNIT 2

UNIT		
NUTZ101 Introduction to Nutrition	On-campus classes	Online classes
	9am – 4pm Wed 10 January Thu 11 January Fri 12 January Mon 15 January Tue 16 January Wed 17 January	5.30 – 6.30pm Wed 24 January Wed 31 January
The aim of this unit is to provide you with much of the foundational knowledge for practice as an exercise scientist. You will learn about 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.		

FREQUENTLY ASKED QUESTIONS

Will I be enrolled as a university student?

Yes. You will be welcomed as a student at ACU. We'll set you up with a university email 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, counsellors and peer mentors.

Will there be an exam?

University unit assessments 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.

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 ok to change your mind during your studies – that is often 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.

Do I need to attend every day?

Yes. 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.

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.