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## Course Map

### Graduate Diploma in High Performance Sport – Full-Time 2022 or 2023

Students who are out of sequence due to Mid-Year enrolment or progression issues and students to commenced prior to 2022 should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1				
<b>ACU Term 1</b>	<b>EXSC510 (10cp)</b> Strength and Conditioning for Performance and Rehabilitation <i>Online Unscheduled</i> Also available ACU Term 3	<b>EXSC652 (10cp)*</b> Contemporary Issues in Sports Science <i>Online Intensive</i> Sessions will be recorded.		
<b>ACU Term 2</b>	<b>EXSC668 (10cp)</b> Performance Nutrition <i>Online Unscheduled</i> Also available ACU Term 4	<b>EXSC651 (10cp)</b> Sports Injury Prevention <i>Online Unscheduled</i> Also available ACU Term 4		
<b>ACU Term 3</b>	<b>EXSC512 (10cp)</b> Leadership and Culture in High Performance Settings <i>Online Unscheduled</i>	<b>EXSC513 (10cp)</b> Data Analysis and Interpretation for High Performance Sport <i>Online Unscheduled</i> Also available ACU Term 1		
<b>ACU Term 4</b>	<b>EXSC650 (10cp)</b> Fatigue, Recovery, Adaptation and Performance <i>Online Unscheduled</i> Also available ACU Term 2	<b>Elective Unit (10cp)</b> <i>(See elective list)</i> <i>Online Unscheduled</i> Electives available in all ACU Terms		

## Course Map

### Graduate Diploma in High Performance Sport – Part-Time 2022 or 2023

Students who are out of sequence due to Mid-year enrolment or progression issues and students to commenced prior to 2022 should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1				
<b>ACU Term 1</b>	<b>EXSC652 (10cp)*</b> Contemporary Issues in Sports Science <i>Online Intensive</i> <i>Sessions will be recorded.</i>			
<b>ACU Term 2</b>	<b>EXSC668 (10cp)</b> Performance Nutrition <i>Online Unscheduled</i> <i>Also available ACU Term 4</i>			
<b>ACU Term 3</b>	<b>EXSC510 (10cp)</b> Strength and Conditioning for Performance and Rehabilitation <i>Online Unscheduled</i> <i>Also available ACU Term 1</i>			
<b>ACU Online Term 4</b>	<b>EXSC651 (10cp)</b> Sports Injury Prevention <i>Online Unscheduled</i> <i>Also available ACU Term 2</i>			
YEAR 2				
<b>ACU Term 1</b>	<b>EXSC513 (10cp)</b> Data Analysis and Interpretation for High Performance Sport <i>Online Unscheduled</i> <i>Also available ACU Term 3</i>			
<b>ACU Term 2</b>	<b>EXSC650 (10cp)</b> Fatigue, Recovery, Adaptation and Performance <i>Online Unscheduled</i> <i>Also available ACU Term 4</i>			
<b>ACU Term 3</b>	<b>EXSC512 (10cp)</b> Leadership and Culture in High Performance Settings <i>Online Unscheduled</i>			
<b>ACU Term 4</b>	<b>Elective Unit (10cp)</b> <i>(See elective list)</i> <i>Online Unscheduled</i> <i>Electives available in all ACU Terms</i>			

**Graduate Diploma in High Performance Sport**  
**Master of High Performance Sport**  
*(Information last updated on 13 September 2023)*



**Graduate Diploma in High Performance Sport Electives 2024**

Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling

**ACU Term 1** Mon 29 Jan 2024 to Sun 7 Apr 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC659	Athlete Development: Strategies, Capabilities and Wellbeing (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	(P) EXSC510

*(select Study Period " ACU Term 1" in Student Connect)*

**ACU Term 2** Mon 22 Apr2024 to Sun 30 Jun 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	Nil
EXSC653	Project Design for High Performance Sport (10cp)	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
EXSC671	The Business of High Performance Sport (10cp)	OU	Nil

*(select Study Period " ACU Term 2" in Student Connect)*

**ACU Term 3** Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	(P) EXSC510

*(select Study Period " ACU Term 3" in Student Connect)*

**ACU Term 4** Mon 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC653	Project Design for High Performance Sport	OU	Nil
EXSC658	Performing Under Pressure	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance	OU	Nil

*(select Study Period " ACU Term 4" in Student Connect)*

**International Experience**

CODE	TITLE	Mode	Prereq
EXSC675*	International Experience in High Performance Sport	OU	Nil

\* Enrolment in this unit requires Course Coordinator approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

## Course Map

### Master of High Performance Sport – Full-Time 2022 or 2023

Students who are out of sequence due to part-time enrolment or progression issues and students to commenced prior to 2022 should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1				
ACU Term 1	<b>EXSC652 (10cp)*</b> Contemporary Issues in Sports Science <i>Online Intensive</i> <i>Sessions will be recorded.</i>	<b>EXSC513 (10cp)</b> Data Analysis and Interpretation for High Performance Sport <i>Online Unscheduled</i> <i>Also available ACU Term 3</i>		
ACU Term 2	<b>EXSC651 (10cp)</b> Sports Injury Prevention <i>Online Unscheduled</i> <i>Also available ACU Term 4</i>	<b>EXSC668 (10cp)</b> Performance Nutrition <i>Online Unscheduled</i> <i>Also available ACU Term 4</i>		
ACU Term 3	<b>EXSC512 (10cp)</b> Leadership and Culture in High Performance Settings <i>Online Unscheduled</i>	<b>EXSC510 (10cp)</b> Strength and Conditioning for Performance and Rehabilitation <i>Online Unscheduled</i> <i>Also available ACU Term 1</i>		
ACU Term 4	<b>EXSC650 (10cp)</b> Fatigue, Recovery, Adaptation and Performance <i>Online</i>	<b>Elective Unit (10cp)</b> <i>(See elective list)</i> <i>Online Unscheduled</i> <i>Electives available in all ACU Terms</i>		
YEAR 2				
ACU Terms 1-4	<p style="text-align: center;"><b><u>Option 1: Major Research Project+</u></b></p> <p><b>EXSC654 Major Research Project Part A+ (20 CP)</b> <i>Online (Pre: EXSC513 and EXSC653. Inc: EXSC656 and EXSC657) and</i>  <b>EXSC655 Major Research Project Part B+ (20 CP)</b> <i>Online (Pre: EXSC513 and EXSC653 and EXSC654 Inc: EXSC656 and EXSC657)</i></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 2: Minor Project and 2 Electives</u></b></p> <p><b>EXSC656 Minor Project (20 CP)</b> <i>Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and</i>  <b>2 x 10 CP Elective Units</b> <i>Online</i></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 3: Industry Internship and 2 Electives</u></b></p> <p><b>EXSC657 Industry Internship (20 CP)</b> <i>(Pre: EXSC510 .Inc: EXSC654) and EXSC655 and</i>  <b>2 x 10 CP Elective Units</b> <i>Online</i></p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;"><b><u>Option 4: Minor Project and Industry Internship</u></b></p> <p><b>EXSC656 Minor Project (20 CP)</b> <i>Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and</i>  <b>EXSC657 Industry Internship (20 CP)</b> <i>(Pre: EXSC510 Inc: EXSC654 and EXSC655)</i></p> <p><b>+</b> The Major Research Project units (<i>EXSC654 Part A and EXSC655 Part B</i>) are a <b>12-month</b> commitment. Students must have a GPA ≥5.5 in the first 8 units of the MHighPerfSport degree to be considered for EXSC654 and EXSC655.</p>			

## Master of High Performance Sport Electives 2024

Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling

**ACU Term 1** Mon 29 Jan 2024 to Sun 7 Apr 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC659	Athlete Development: Strategies, Capabilities and Wellbeing (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	(P) EXSC510

*(select Study Period " ACU Term 1" in Student Connect)*

**ACU Term 2** Mon 22 Apr2024 to Sun 30 Jun 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	Nil
EXSC653	Project Design for High Performance Sport (10cp)	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
EXSC671	The Business of High Performance Sport (10cp)	OU	Nil
ITEC610	Introduction to Data Science with Python (10cp)	OU	Nil

*(select Study Period " ACU Term 2" in Student Connect)*

**ACU Term 3** Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	(P) EXSC510

*(select Study Period " ACU Term 3" in Student Connect)*

**ACU Term 4** Mon 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC653	Project Design for High Performance Sport	OU	Nil
EXSC658	Performing Under Pressure	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance	OU	Nil
ITEC610	Introduction to Data Science with Python (10cp)	OU	Nil

*(select Study Period " ACU Term 4" in Student Connect)*

### International Experience

CODE	TITLE	Mode	Prereq
EXSC675 <sup>+</sup>	International Experience in High Performance Sport	OU	Nil

<sup>+</sup> Enrolment in this unit requires Course Coordinator approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

## Master of High Performance Sport Project / Internship Units 2024

Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling

Students choose either:

- 40 cp of project work (EXSC654 and EXSC655) or
- 20 cp of project work (EXSC656) and 20 cp of elective units or
- 20 cp of internship work (EXSC657) and 20 cp of elective units or
- 20 cp of project work (EXSC656) and 20 cp of internship work (EXSC657).

### YEAR 2

ACU  
Terms  
1-4

#### Option 1: Major Research Project+

**EXSC654 Major Research Project Part A+** (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC656 and EXSC657) and

**EXSC655 Major Research Project Part B+** (20 CP) Online (Pre: EXSC513 and EXSC653 and EXSC654 Inc: EXSC656 and EXSC657)

OR

#### Option 2: Minor Project and 2 Electives

**EXSC656 Minor Project** (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and  
**2 x 10 CP Elective Units** Online ([See elective list](#))

OR

#### Option 3: Industry Internship and 2 Electives

**EXSC657 Industry Internship** (20 CP) (Pre: EXSC510 .Inc: EXSC654) and EXSC655 and  
**2 x 10 CP Elective Units** Online ([See elective list](#))

OR

#### Option 4: Minor Project and Industry Internship

**EXSC656 Minor Project** (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and  
**EXSC657 Industry Internship** (20 CP) (Pre: EXSC510 Inc: EXSC654 and EXSC655)

+ The Major Research Project units (EXSC654 Part A and EXSC655 Part B) are a **12-month** commitment. Students must have a GPA  $\geq 5.5$  in the first 8 units of the MHighPerfSport degree to be considered for EXSC654 and EXSC655.

The following units are available in all ACU Terms

**ACU Term 1** Mon 29 Jan 2024 to Sun 7 Apr 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

**ACU Term 2** Mon 22 Apr 2024 to Sun 30 Jun 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

**ACU Term 3** Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)

**ACU Term 4** Mon 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC654	Major Research Project (Part A) (20cp)	OU	(P) EXSC513 AND EXSC653 AND GPA of 5.5 or above in the first 8 units of the MHPS degree. (Inc) EXSC656, EXSC657
EXSC655	Major Research Project (Part N) (20cp)	OU	(P) (EXSC513 and EXSC653 and EXSC654 and GPA of 5.5 or above in the first 8 units of the MHPS degree (Inc) EXSC656, EXSC657
EXSC656	Minor Project (20cp)	OU	(P) EXSC513 AND EXSC653 (Inc) EXSC654, EXSC655
EXSC657	Industry Internship (20cp)	OU	(P) EXSC511 (Inc) EXSC654, EXSC655

*(select Study Period "ACU Term 1" in Student Connect) or  
(select Study Period "ACU Term 2" in Student Connect) or  
(select Study Period "ACU Term 3" in Student Connect) or  
(select Study Period "ACU Term 4" in Student Connect)*

## 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

**Online:** Unit delivered fully online (including assessments).

### **OU - Online unscheduled**

Learning activities are accessible anytime, anywhere. These units are normally delivered fully online and **will not** appear in a student's timetable.

### **OS – Online scheduled**

All learning activities are held online, at scheduled times, and will require some attendance to enable online interaction. Activities will appear in a student's timetable

## 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. Any student studying outside the above sequence should consult with their Course Coordinator prior to enrolling. Please email your enquiry or request to make an appointment.

<b>School Behavioural and Health Science - Administration</b>	Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a>
<b>National Course Coordinator</b>	Dr Paul Tofari Email: <a href="mailto:Paul.Tofari@acu.edu.au">Paul.Tofari@acu.edu.au</a>

## Prerequisites

You will not be able to enrol in a unit in Student Connect if you don't meet the prerequisite requirements. This helps 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](#).