

**Bachelor of Psychological Science/  
Bachelor of Exercise and Sports Science**

*(Information last updated on 18 September 2023)*



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# Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 18 September 2023)



## Course Map Melbourne and Strathfield For students who commenced in 2023

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

YEAR 1 - 2023				
<b>SEM 1</b>	<b>PSYC100 (10cp)</b> Foundations of Psychology	<b>PSYC108 (10cp)</b> Psychological Practice: Theory and Techniques	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing <i>Multi-mode</i>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science <i>Multi-mode</i>
<b>SEM 2</b>	<b>PSYC101 (10cp)</b> Applications of Psychology	<b>PSYC104<sup>1</sup> (10cp)</b> Research Design and Statistics 1	<b>BIOL125 (10cp)</b> Human Biology 1	<b>Core Curriculum Unit 1 (10cp)</b> <a href="#">See here for details</a>
YEAR 2 - 2024				
<b>SEM 1</b>	<b>PSYC200 (10cp)</b> Lifespan Development <i>(Pre: PSYC100, PSYC101)</i>	<b>PSYC206 (10cp)</b> Research Design and Statistics 2 <i>(Pre: PSYC104)</i>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise <i>(Inc: EXSC120) Multi-mode</i>	<b>EXSC199 (10cp)</b> Psychology of Sport <i>Multi-mode</i>
<b>SEM 2</b>	<b>PSYC212 (10cp)</b> Abnormal Psychology <i>(Pre: PSYC100, PSYC101)</i>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology <i>(Pre: EXSC199 or both PSYC100 and PSYC101) Multi-mode</i>	<b>NUTR101 (10cp)</b> Introduction to Nutrition <i>(Inc: EXSC118) Multi-mode</i>	<b>EXSC230 (10cp)</b> Motor Control and Learning <i>(Pre: EXSC187) Multi-mode</i>
YEAR 3 - 2025				
<b>SEM 1</b>	<b>PSYC220<sup>2</sup> (10cp)</b> Personality and Individual Differences <i>(Pre: PSYC100 &amp; PSYC101 &amp; (PSYC104 or PSYC110); Inc: PSYC213)</i>	<b>PSYC311 (10cp)</b> Research Design and Statistics 3 <i>(Pre: PSYC206)</i>	<b>Core Curriculum Unit 2 (10cp)</b> <a href="#">See here for details</a>	<b>EXSC222 (10cp)</b> Functional Anatomy <i>(Pre: ANAT100) Multi-mode</i>
<b>SEM 2</b>	<b>PSYC214 (10cp)</b> Learning and Behaviour <i>(Pre: PSYC100, PSYC101, PSYC104)</i>	<b>PSYC310 (10cp)</b> Psychological services Experience <i>(Pre: PSYC212)</i>	<b>EXSC204 (10cp)</b> Exercise Prescription and Delivery <i>(Pre: EXSC225) Multi-mode</i>	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application <i>(Pre: Either EXSC222 or EXSC225) Multi-mode</i>
	<b>EXSC206<sup>3</sup> (0cp)</b> Professional Experience Preparation <i>(Pre: EXSC118, EXSC187, EXSC199, BIOL125) Multi-mode</i>			

<sup>1</sup> From 2024 PSYC110 Research Design and Data Analysis 1 replaces PSYC104 Research Design and Statistics 1. If you have not yet completed PSYC104 then you will be required to complete PSYC110 in 2024 or 2025.

<sup>2</sup> From 2025 PSYC220 Personality and Individual Differences will replace PSYC213 Individual Differences. If you have already successfully completed PSYC213 you are not required to complete PSYC220.

<sup>3</sup> EXSC206 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. It will also address some of the requirements needed to fulfil your accreditation as a Strength and Conditioning Coach with the Australian Strength and Conditioning Association. This unit consists of online modules. Modules must be done in the student's own time before the end of Semester 2 &/or before the commencement of any professional placement.

# Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 18 September 2023)

## YEAR 4 - 2026

<b>Summer Term</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode			
<b>SEM 1</b>	<b>PSYC314 (10cp)</b> Psychological Assessment (Pre: PSYC104, PSYC213)	<b>PSYC315 (10cp)</b> Brain and Behaviour (Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	<b>EXSC394 (10cp)</b> Exercise Prescription for Health and Wellbeing (Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224, Inc: EXSC220) Multi-mode
<b>SEM 2</b>	<b>PSYC307 (10cp)</b> Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	<b>PSYC227<sup>4</sup> (10cp)</b> Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	<b>EXSC398 (20cp)</b> Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode

### PLEASE NOTE FOR THE MAP ABOVE

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

All units are delivered in On Campus mode, unless otherwise indicated in the map.

#### C - On Campus

Most learning activities or classes are delivered at a scheduled time, on campus, to enable in-person interactions. Activities will appear in a student's timetable.

#### M - Multi-mode

Learning activities are delivered through a planned mix of online and in-person classes, which may include full-day sessions and/or placements, to enable interaction. Activities that require attendance will appear in a student's timetable.

#### 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

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### COURSE ADVICE

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	Psychological Science Administration Email: <a href="mailto:Psychology.Admin@acu.edu.au">Psychology.Admin@acu.edu.au</a>

<sup>4</sup> From 2025 PSYC227 Social Psychology will replace PSYC313 Social Psychology. If you have already successfully completed PSYC313 then you are not required to complete PSYC227.

# Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

*(Information last updated on 18 September 2023)*



## PREREQUISITES AND INCOMPATIBLES

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.

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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](#).

# Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 18 September 2023)



## Course Map

### Melbourne and Strathfield

#### For students who commenced in 2022

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

YEAR 1 - 2022				
<b>SEM 1 2022</b>	<b>PSYC100 (10cp)</b> Foundations of Psychology	<b>PSYC108 (10cp)</b> Psychological Practice: Theory and Techniques	<b>EXSC187 (10cp) (10cp)</b> Growth, Motor Development and Ageing	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science
<b>SEM 2 2022</b>	<b>PSYC101 (10cp)</b> Applications of Psychology	<b>PSYC104<sup>1</sup> (10cp)</b> Research Design and Statistics 1	<b>BIOL125 (10cp)</b> Human Biology 1	<b>Core Curriculum Unit 1 (10cp)</b> <a href="#">See here for details</a>
YEAR 2 - 2023				
<b>SEM 1 2023</b>	<b>PSYC200 (10cp)</b> Lifespan Development (Pre: PSYC100, PSYC101)	<b>PSYC206 (10cp)</b> Research Design and Statistics 2 (Pre: PSYC104)	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121; Inc: EXSC198) Multi-mode	<b>EXSC199 (10cp)</b> Psychology of Sport Multi-mode
<b>SEM 2 2023</b>	<b>PSYC212 (10cp)</b> Abnormal Psychology (Pre: PSYC100, PSYC101)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101) Multi-mode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118) Multi-mode	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multi-mode
YEAR 3 - 2024				
<b>SEM 1 2024</b>	<b>PSYC213 (10cp)</b> Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	<b>PSYC311 (10cp)</b> Research Design and Statistics 3 (Pre: PSYC206)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multi-mode
<b>SEM 2 2024</b>	<b>PSYC214 (10cp)</b> Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	<b>EXSC204 (10cp)</b> Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC222 or EXSC225) Multi-mode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode
	<b>EXSC206<sup>2</sup> (0cp)</b> Professional Experience Preparation (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			

<sup>1</sup> From 2024 PSYC110 Research Design and Data Analysis 1 replaces PSYC104 Research Design and Statistics 1. If you have not yet completed PSYC104 then you will be required to complete PSYC110 in 2024 or 2025.

<sup>2</sup> EXSC206 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. It will also address some of the requirements needed to fulfil your accreditation as a Strength and Conditioning Coach with the Australian Strength and Conditioning Association. This unit consists of online modules. Modules must be done in the student's own time before the end of Semester 2 &/or before the commencement of any professional placement.

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## YEAR 4 - 2025

<b>SEM 1 2025</b>	<b>PSYC314 (10cp)</b> Psychological Assessment (Pre: PSYC104, PSYC213)	<b>PSYC315 (10cp)</b> Brain and Behaviour (Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	<b>EXSC394 (10cp)</b> Exercise Prescription for Health and Wellbeing (Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224; Inc: EXSC220) Multi-mode
<b>SEM 2 2025</b>	<b>PSYC307 (10cp)</b> Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	<b>PSYC227<sup>3</sup> (10cp)</b> Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	<b>EXSC325 (10cp)</b> Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	<b>Core Curriculum Unit 2 (10cp)</b> <a href="#">See here for details</a>

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<sup>3</sup> From 2025 PSYC227 Social Psychology will replace PSYC313 Social Psychology. If you have already successfully completed PSYC313 then you are not required to complete PSYC227.

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# Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

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## Course Map

### Melbourne and Strathfield

#### For students who commenced in 2021

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

YEAR 1 - 2021				
<b>SEM 1 2021</b>	<b>PSYC100 (10cp)</b> Foundations of Psychology	<b>PSYC108 (10cp)</b> Psychological Practice: Theory and Techniques	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing	<b>EXSC118 (10cp)</b> Nutrition and Exercise (Inc: NUTR101)
<b>SEM 2 2021</b>	<b>PSYC101 (10cp)</b> Applications of Psychology	<b>PSYC104<sup>1</sup> (10cp)</b> Research Design and Statistics 1	<b>BIOL125 (10cp)</b> Human Biology 1	<b>UNCC100 (10cp)</b> Self and Community: Exploring the Anatomy of Modern Society <a href="#">See here for details</a>
YEAR 2 - 2022				
<b>SEM 1 2022</b>	<b>PSYC200 (10cp)</b> Lifespan Development (Pre: PSYC100, PSYC101)	<b>PSYC206 (10cp)</b> Research Design and Statistics 2 (Pre: PSYC104)	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIOL121; Inc: EXSC198)	<b>EXSC199 (10cp)</b> Psychology of Sport
<b>SEM 2 2022</b>	<b>PSYC214 (10cp)</b> Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	<b>PSYC212 (10cp)</b> Abnormal Psychology (Pre: PSYC100, PSYC101)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101)	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science
YEAR 3 - 2023				
<b>SEM 1 2023</b>	<b>PSYC213 (10cp)</b> Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	<b>PSYC311 (10cp)</b> Research Design and Statistics 3 (Pre: PSYC206)	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc. EXSC120) Multi-mode	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multi-mode
<b>SEM 2 2023</b>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multi-mode	<b>EXSC204 (10cp)</b> Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222) Multi-mode
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<b>SEM 2 2024</b>	<b>PSYC307 (10cp)</b> Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	<b>PSYC313 (10cp)</b> Social Psychology (Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)	<b>EXSC325 (10cp)</b> Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	<b>Core Curriculum Unit 2 (10cp)</b> <a href="#">See here for details</a>

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