



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 what it takes to study at a tertiary level. The program is delivered during the winter and summer school holidays at Australian Catholic University (ACU) campuses.

**BENEFITS OF UNI STEP-UP**

- **Pathway to further study:** Participants who successfully complete two Uni Step-Up units will receive an unconditional direct entry offer to a mapped ACU course.
- **Receive credit for a university degree:** Get credit for related undergraduate courses at ACU.
- **There is no charge:** Complete two university units without accruing any HECS fees.
- **Get a head start at university:** Test out a subject area and develop your skills in academic writing and referencing.
- **Small group size:** Cohort size is limited to ensure you have regular access to guided mentoring from current university students and staff.

**ELIGIBILITY**

Uni Step-Up is available to students through ACU's Widening Participation initiatives. To participate in Uni Step-Up, you must be in Year 11 and meet one of the following criteria:

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

**WHEN DOES UNI STEP-UP RUN?**

Uni Step-Up is delivered in the June/July 2024 and January 2025 school holidays.

**ACCOMMODATION**

Students who complete Uni Step-Up and enrol at ACU are eligible for an accommodation scholarship in Ballarat, Canberra or NSW.

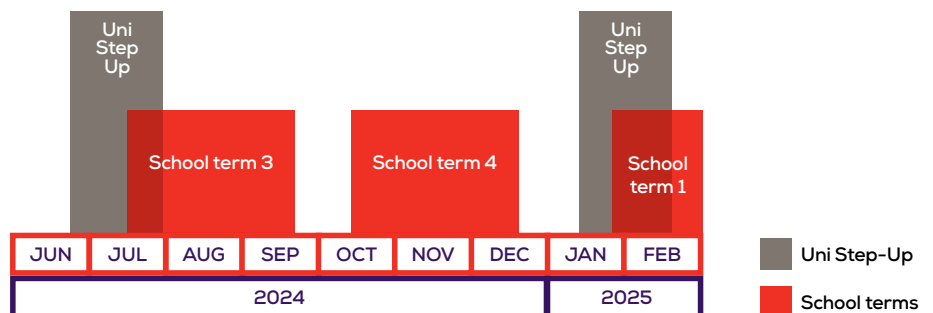
**Learn more**

**MORE INFORMATION**

Visit [acu.edu.au/usu](http://acu.edu.au/usu) or email the Uni Step-Up team at [wp.qld@acu.edu.au](mailto:wp.qld@acu.edu.au)

**HOW TO APPLY**

Apply online now at [acu.edu.au/usu](http://acu.edu.au/usu). Applications close Thursday 6 June 2024 or when classes are full.



# Uni Step-Up: 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.

**Location:** Classes will be delivered at ACU's Melbourne, Brisbane and Strathfield campuses.

## UNIT 1

UNIT	QLD	PATHWAY TO	
<b>EXSZ187</b> Growth, Motor Development and Ageing	<b>On-campus classes (9am-4pm)</b> Wednesday 26 June 2024 (Orientation) Thursday 27 June 2024 Friday 28 June 2024  Monday 1 July 2024 Tuesday 2 July 2024 Wednesday 3 July 2024	<b>Online classes (5.30pm-6.30pm)</b> Wednesday 10 July 2024 Wednesday 17 July 2024	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 Bachelor of Exercise Science/ Bachelor of Applied Public Health Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science Bachelor of Exercise Science/ Bachelor of Business Administration Bachelor of Nutrition Science/ Bachelor of Business Administration

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	DATE AND TIME	PATHWAY TO	
<b>NUTZ101</b> Introduction to Nutrition	<b>On-campus classes (9am-4pm)</b> Wednesday 8 January 2025 Thursday 9 January 2025 Friday 10 January 2025  Monday 13 January 2025 Tuesday 14 January 2025 Wednesday 15 January 2025	<b>Online classes (5.30pm-6.30pm)</b> Wednesday 22 January 2025 Wednesday 29 January 2025	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 Bachelor of Exercise Science/ Bachelor of Applied Public Health Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science Bachelor of Exercise Science/ Bachelor of Business Administration Bachelor of Nutrition Science/ Bachelor of Business Administration

The aim of this unit is to help you build a strong nutrition foundation from which you can continue to develop knowledge, understanding and skills relating to professional practice in food, nutrition and exercise.

You'll learn about the nutrients and other bioactive substances in food that help maintain normal cell function, nutrient transport and storage, and metabolism and water and electrolyte balance as these relate to energy metabolism for health and exercise. Principles of healthy eating, dietary guidelines and nutrient reference values will be introduced, together with the concept of energy balance nutrition assessment, and nutritional strategies for training, competition, recovery and hydration.

## 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 student ID card, 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.