Exercise Science

2024 Elective Units

Last updated 14 November 2023

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.

Note:

The following units are ***NOT available to be selected as an Exercise Science elective***. Students who are not in Year 1 will be required to withdraw from the unit.
- EXSC121 Exercise and Sport Science: Starting the Journey
- EXSC119 From Health to High Performance Sport

Bachelor of Exercise and Sports Science 2024

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2024:

Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M	M		EXSC204 or EXSC216

Semester 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL
EXSC313	Aquatics and Athletics			M	M	M		NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		$	$	$	$		EXSC310
NUTR202	Lifespan Nutrition		C		C		C	NUTR101
PUBH102	Foundations of Health Promotion		M		M		M	NIL

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or BMSC103or BMSC208 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

Semester 2

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		EXSC321 and EXSC216
PUBH312	Applied Health Promotion				M			PUBH102
BIOL234	Nutritional Physiology		C		C		C	BIOL126 and NUTR101
BMSC206	Introduction to Neuroscience			C	C		C	BIOL124 or BIOL125
EXSC320	Advanced Biomechanics					M		EXSC321

Key:

C = On Campus M = Multimode **OS** = Online Scheduled **OU** = Online Unscheduled

INC = Incompatible: You may not take the unit listed if you have already passed the INC unit.

$ = Unit is run as a one-week intensive block on-campus prior to semester only.

= Requires Course Coordinator approval prior to enrolment.

* = International Experience

Bachelor of Physical Activity and Health Science 2024

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2024:

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL
EXSC224	Mechanical Bases of Exercise		M	M	M		NIL
EXSC321	Biomechanics		M	M	M		EXSC224
EXSC313	Aquatics and Athletics		M	M	M		NIL
EXSC314	Healthy Relationships for Young People				M		NIL
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M		2 of the following EXSC204, EXSC216 or EXSC296
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		$	$	$		EXSC310
HLSC120	Indigenous Health and Culture		M	M		M	NIL
NUTR202	Lifespan Nutrition			C		C	NUTR101
PUBH100	Foundations of Public Health			C			NIL
PUBH102	Foundations of Health Promotion			M		M	NIL
PUBH304	Public Health Entrepreneurship			C			PUBH100 or PUBH102

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or BMSC103or BMSC208 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

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Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	Nth Syd	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL
EXSC250	Gymnastics and Dance				M		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230
EXSC320	Advanced Biomechanics				M		EXSC321
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment		M	M	M		EXSC225
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M		EXSC321 and EXSC216
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL
PUBH103	Epidemiology			M		M	NIL
PUBH200	Globalisation, Environment and Health			C			PUBH100 or PUBH102
PUBH312	Applied Health Promotion			M			PUBH102

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$ = Unit is run as a one-week intensive block on-campus in July only.

= Requires Course Coordinator approval prior to enrolment.

Bachelor of High Performance Sport 2024

- • Core units should be taken in sequence as listed in the program map.
- • First year students should only complete elective units at 100 or 200 level.
- • Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2024:

Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

Semester 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL
EXSC313	Aquatics and Athletics			M	M	M		NIL
PUBH102	Foundations of Health Promotion		M		M		M	NIL

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or BMSC103or BMSC208 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

Semester 2

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		EXSC321 and EXSC216
BIOL234	Nutritional Physiology		C		C		C	BIOL126 and NUTR101

Key:

C = On Campus **M** = Multimode **OS** = Online Scheduled **OU** = Online Unscheduled

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= Requires Course Coordinator approval prior to enrolment.

* = International Experience

Bachelor of Exercise Science / Bachelor of Applied Public Health 2024

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2024:

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			M			EXSC204 or EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M			NIL
EXSC230	Motor Control and Learning			M			EXSC187
EXSC313	Aquatics and Athletics			M			NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			$			EXSC310
NUTR202	Lifespan Nutrition			C			NUTR101 or EXSC118

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or BMSC103or BMSC208 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
BMSC206	Introduction to Neuroscience			C			BIOL124 or BIOL125

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= Requires Course Coordinator approval prior to enrolment.

Bachelor of Exercise Science / Bachelor of Business Administration 2024

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column
- Business electives can be taken from any undergraduate business elective unit available, as listed by the Faculty of Law and Business

The following electives have been approved by the Course Co-ordinator for 2024:

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL
EXSC321	Biomechanics		M	M	M		EXSC224 or EXSC120
EXSC313	Aquatics and Athletics		M	M	M		NIL
EXSC314	Healthy Relationships for Young People				M		NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		$	$	$		EXSC310
NUTR202	Lifespan Nutrition			C		C	NUTR101 or EXSC118
PUBH102	Foundations of Health Promotion			M		M	NIL

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or BMSC103or BMSC208 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

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CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL
EXSC250	Gymnastics and Dance				M		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
PUBH312	Applied Health Promotion			M			PUBH102
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL

Key:

C = On Campus M = Multimode **OS** = Online Scheduled **OU** = Online Unscheduled

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$ = Unit is run as a one-week intensive block on-campus in July only.

= Requires Course Coordinator approval prior to enrolment.

PLEASE NOTE FOR THE MAP ABOVE

Prerequisites ('*Pre:*') and Incompatibles (*'Inc:*') are added in italics. Prerequisites are other units that you must have passed *before* enrolling in the unit. Incompatibles are units that extremely similar. If you have already successfully passed an Incompatible unit, you are not able to enrol in this 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

All units are delivered in Attendance 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.

Online:
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.

School of Behavioural and Health Science	Exercise Science Administration
	Email: ExerciseScience.Admin@acu.edu.au

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.