

Bachelor of Exercise and Sports Science

Transition from Diploma in Exercise Science

(Information last updated on 11 September 2024)



Course Map

Blacktown, Melbourne and Strathfield

Bachelor of Exercise and Sports Science Transition from Diploma in Exercise Science – Feb Entry 20242

Bachelor of Exercise and Sports Science Transition from Diploma in Exercise Science – Mid-Year Entry 20244

Bachelor of Exercise and Sports Science Transition from Diploma in Exercise Science – Feb Entry 20236

Bachelor of Exercise and Sports Science Transition from Diploma in Exercise Science – Mid-Year Entry 20238

Electives – See Unit Offerings 2025 Tab

Course Map

Blacktown, Brisbane, Melbourne and Strathfield

Transition from Diploma Students who commenced in February 2024

Students who are out of sequence due to part-time enrolment, partial completion of Diploma in Exercise Science, or progression issues should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 1 2024	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 2 2024	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
Prof Term1 2025	CoreCurriculum (10cp) Unit 1 See here for unit details			
SEM 1 2025	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2025	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
	EXSC206¹ Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			

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¹ Students who **have successfully completed** EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are NOT required** to enrol in EXSC206 Professional Experience Preparation.

Students who **have NOT successfully** completed EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are required** to enrol in EXSC206 Professional Experience Preparation.

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 3 BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEM 1 2026	EXSC398 (20cp) Professional Experience ((Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode
SEM 2 2026	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	Elective (10cp) <i>See Unit Offerings 2025 Tab for availabilities across all study sessions.</i>

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Transition from Diploma Students who commenced in Mid-Year 2024

Students who are out of sequence due to part-time enrolment, partial completion of Diploma in Exercise Science, or progression issues should seek a course advice meeting with the relevant Course Coordinator.

YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2024	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 1 2025	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121) Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2025	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	Elective (10cp) <i>See Unit Offerings 2025 Tab for availabilities across all study sessions.</i>	CoreCurriculum (10cp) Unit 1 See here for unit details
SEM 1 2026	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode

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SEM 2 2026	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225) or EXSC222 Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details
	EXSC206² Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			
SEM 1 2027	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode	

² Students who **have successfully completed** EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are NOT required** to enrol in EXSC206 Professional Experience Preparation.

Students who **have NOT successfully** completed EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are required** to enrol in EXSC206 Professional Experience Preparation.

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 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 1 2023	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187)	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100)	DPHS100 (10cp) Academic Literacy in Health Sciences
SEM 2 2023	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101)	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199)	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125)	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217)
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
Prof Term1 2024	CoreCurriculum (10cp) Unit 1 See here for unit details			
SEM 1 2024	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode
SEM 2 2024	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
EXSC206³ Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode				

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³ Students who **have successfully completed** EXSC223 Sport, Exercise and Health in Action: Engaging with Community (10cp) **prior to 2025 are NOT required** to enrol in EXSC206 Professional Experience Preparation.

Students who **have NOT successfully** completed EXSC223 Sport, Exercise and Health in Action: Engaging with Community (10cp) **prior to 2025 are required** to enrol in EXSC206 Professional Experience Preparation.

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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SEM 1 2025	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode
SEM 2 2025	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	Elective (10cp) <i>See Unit Offerings 2025 Tab for availabilities across all study sessions.</i>

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YEAR 1 DIPLOMA IN EXERCISE SCIENCE				
SEM 2 2023	NUTD101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTR101 Multi-mode	EXSD199 (10cp) Psychology of Sport (Inc: EXSC199) Multi-mode	BIOD125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL125) Multi-mode	DPHS100 (10cp) Academic Literacy in Health Sciences Multi-mode
SEM 1 2024	EXSD187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multi-mode	EXSD121 (10cp) Exercise and Sport Science: Starting the Journey (Inc: EXSC121) Multi-mode	ANAD100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAT100, ANAZ100) Multi-mode	EXSD122 (10cp) Research and Ethics in Exercise Science (Inc: EXSC122, EXSC217) Multi-mode
YEAR 2 BACHELOR OF EXERCISE AND SPORTS SCIENCE				
SEM 2 2024	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	CoreCurriculum (10cp) Unit 1 See here for unit details	
All Terms 2025	Elective (10cp) See Unit Offerings 2025 Tab for availabilities across <u>all</u> study sessions.			
SEM 1 2025	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode	EXSC223 (10cp) Sport, Exercise and Health in Action: Engaging with Community (Pre: UNCC100 or PHCC102 or PHCC104) Multi-mode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode

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YEAR 3 BACHELOR OF EXERCISE AND SPORTS SCIENCE

SEMESTER	UNIT 1	UNIT 2	UNIT 3	UNIT 4
SEM 2 2025	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details
	EXSC206⁴ Professional Experience Preparation (0cp) (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			
SEM 1 2026	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and, EXSC224 and (EXSC206 or (EXSC223 (completed prior to 2025)) and EXSC225 and EXSC204 and EXSC216) Multi-mode		EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode

⁴ Students who **have successfully completed** EXSC223 Sport, Excise and Health in Action: Engaging with Community (10cp) **prior to 2025 are NOT required** to enrol in EXSC206 Professional Experience Preparation.

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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.

UNIT DELIVERY MODES

C - Campus attendance

Learning activities or classes are primarily face-to-face at an ACU campus or approved ACU delivery site.

M - Multi-mode

Learning activities are online with a compulsory attendance component (including examinations, practicums, residentials etc).

OU - Online unscheduled

Fully online with learning activities accessible at any time (including assessments).

OS - Online scheduled

Fully online with learning activities held at scheduled times (including assessments).

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
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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](#).