

Course Map

Bachelor of Exercise Science / Bachelor of Applied Public Health – Mid-Year Entry 2023	2
Bachelor of Exercise Science / Bachelor of Applied Public Health – Mid-Year Entry 2022	3
Bachelor of Exercise Science / Bachelor of Applied Public Health – Mid-Year Entry 2021	4

Electives – See Unit Offerings 2025 tab

**Bachelor of Exercise Science /
Bachelor of Applied Public Health**

(Information last updated on 11 September 2024)

Course Map Melbourne

For students who commenced Mid-Year 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				
SEM 2 2023	BIOL121 (10cp) Human Biological Science 1 <i>On Campus</i>	PUBH102 (10cp) Foundations of Health Promotion (Inc: PUBD102) <i>On Campus</i> 2025 - moved to Semester 1	PUBH103 (10cp) Epidemiology <i>On Campus</i>	CoreCurriculum (10cp) Unit 1 See here for unit details
SEM 1 2024	PUBH100 (10cp) Foundations of Public Health <i>On Campus</i> See Course Coordinator	PUBH101 (10cp) Foundations of Public Health Communication <i>On Campus</i> See Course Coordinator	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) <i>On Campus</i>	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) <i>On Campus</i>
YEAR 2				
SEM 2 2024	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) <i>On Campus</i>	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101, NUTZ101 <i>On Campus</i>	Exercise Science (10cp) Elective 1 See Unit Offerings 2025 Tab	Exercise Science (10cp) Elective 2 See Unit Offerings 2025 Tab
SEM 1 2025	PUBH202 (10cp) Public Health Research Methods (Pre: PUBH103) <i>On Campus</i>	PUBH204 (10cp) Public Health Economics (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) <i>On Campus</i>	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) <i>Multi-mode</i>
YEAR 3				
SEM 2 2025	PUBH303 (10cp) Applied Public Health Communication (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) <i>Multi-mode</i>	Exercise Science (10cp) Elective 3 See Unit Offerings 2025 Tab
SEM 1 2026	PUBH302 (10cp) Applied Public Health 1 (Pre: PUBH100 or PUBH102) <i>On Campus</i>	PUBH304 (10cp) Public Health Advocacy (Pre: PUBH100 or PUBH102) <i>On Campus</i>	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	Exercise Science (10cp) Elective 4 See Unit Offerings 2025 Tab
YEAR 4				
SEM 2 2026	PUBH305 (10cp) Applied Public Health 2 (Pre: PUBH302) <i>Multi-mode</i>	PUBH312 (10cp) Applied Health Promotion (Pre: PUBH102) <i>Multi-mode</i>	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) <i>Multi-mode</i>	Exercise Science (10cp) Elective 5 See Unit Offerings 2025 Tab
SEM 1 2027	PUBH306 (10cp) Public Health Policy and Law (Pre: PUBH100 or PUBH102) <i>On Campus</i>	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	Exercise Science (10cp) Elective 6 See Unit Offerings 2025 Tab	Exercise Science (10cp) Elective 7 See Unit Offerings 2025 Tab

**Bachelor of Exercise Science /
Bachelor of Applied Public Health**

(Information last updated on 11 September 2024)

Course Map Melbourne

For students who commenced Mid-Year 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				
SEM 2 2022	BIOL121 (10cp) Human Biological Science 1 <i>On Campus</i>	PUBH102 (10cp) Foundations of Health Promotion (Inc: PUBD102) <i>On Campus</i> 2025 - moved to Semester 1.	PUBH103 (10cp) Epidemiology <i>On Campus</i>	CoreCurriculum (10cp) Unit 1 See here for unit details
SEM 1 2023	PUBH100 (10cp) Foundations of Public Health <i>On Campus</i> See Course Coordinator	PUBH101 (10cp) Foundations of Public Health Communication <i>On Campus</i> See Course Coordinator	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) <i>On Campus</i>	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) <i>On Campus</i>
YEAR 2				
SEM 2 2023	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101, NUTZ101 <i>On Campus</i>	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) <i>On Campus</i>	Exercise Science (10cp) Elective 1 See Unit Offerings 2025 Tab	Exercise Science (10cp) Elective 2 See Unit Offerings 2025 Tab
SEM 1 2024	PUBH202 (10cp) Public Health Research Methods (Pre: PUBH103) <i>On Campus</i>	PUBH204 (10cp) Public Health Economics (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) <i>On Campus</i>	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) <i>Multi-mode</i>
YEAR 3				
SEM 2 2024	PUBH303 (10cp) Applied Public Health Communication (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) <i>Multi-mode</i>	Exercise Science (10cp) Elective 3 See Unit Offerings 2025 Tab
SEM 1 2025	PUBH302 (10cp) Applied Public Health 1 (Pre: PUBH103 and either [PUBH100 or PUBH102]) <i>On Campus</i>	PUBH304 (10cp) Public Health Advocacy (Pre: PUBH100 or PUBH102) <i>On Campus</i>	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	Exercise Science (10cp) Elective 4 See Unit Offerings 2025 Tab
YEAR 4				
SEM 2 2025	PUBH305 (10cp) Applied Public Health 2 (Pre: PUBH302) <i>Multi-mode</i>	PUBH312 (10cp) Applied Health Promotion (Pre: PUBH102) <i>Multi-mode</i>	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) <i>Multi-mode</i>	Exercise Science (10cp) Elective 5 See Unit Offerings 2025 Tab
SEM 1 2026	PUBH306 (10cp) Public Health Policy and Law (Pre: PUBH100 or PUBH102) <i>On Campus</i>	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	Exercise Science (10cp) Elective 6 See Unit Offerings 2025 Tab	Exercise Science (10cp) Elective 7 See Unit Offerings 2025 Tab

Bachelor of Exercise Science / Bachelor of Applied Public Health

(Information last updated on 11 September 2024)

Melbourne

For students who commenced Mid-Year 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				
SEM 2 2021	BIOL121 (10cp) Human Biological Science 1 <i>On Campus</i>	PUBH102 (10cp) Foundations of Health Promotion (Inc: PUBD102) <i>On Campus</i> 2025 - moved to Semester 1.	PUBH103 (10cp) Epidemiology <i>On Campus</i>	CoreCurriculum (10cp) Unit 1 See here for unit details
SEM 1 2022	PUBH100 (10cp) Foundations of Public Health <i>On Campus</i> See Course Coordinator	PUBH101 (10cp) Foundations of Public Health Communication <i>On Campus</i> See Course Coordinator	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) <i>On Campus</i>	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) <i>On Campus</i>
YEAR 2				
SEM 2 2022	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101 <i>On Campus</i>	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) <i>On Campus</i>	Exercise Science (10cp) Elective 1 See Unit Offerings 2025 Tab	Exercise Science (10cp) Elective 2 See Unit Offerings 2025 Tab
SEM 1 2023	PUBH202 (10cp) Public Health Research Methods (Pre: PUBH103) <i>On Campus</i>	PUBH204 (10cp) Public Health Economics (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) <i>On Campus</i>	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) <i>Multi-mode</i>
YEAR 3				
SEM 2 2023	PUBH303 (10cp) Applied Public Health Communication (Pre: PUBH100 or PUBH102) <i>Multi-mode</i>	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) <i>Multi-mode</i>	Exercise Science (10cp) Elective 3 See Unit Offerings 2025 Tab
SEM 1 2024	PUBH302 (10cp) Applied Public Health 1 (Pre: PUBH103 and either [PUBH100 or PUBH102]) <i>On Campus</i>	PUBH304 (10cp) Public Health Advocacy (Pre: PUBH100 or PUBH102) <i>On Campus</i>	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	Exercise Science (10cp) Elective 4 See Unit Offerings 2025 Tab
YEAR 4				
SEM 2 2024	PUBH305 (10cp) Applied Public Health 2 (Pre: PUBH302) <i>Multi-mode</i>	PUBH312 (10cp) Applied Health Promotion (Pre: PUBH102) <i>Multi-mode</i>	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) <i>Multi-mode</i>	Exercise Science (10cp) Elective 5 See Unit Offerings 2025 Tab
SEM 1 2025	PUBH306 (10cp) Public Health Policy and Law (Pre: PUBH100 or PUBH102) <i>On Campus</i>	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	Exercise Science (10cp) Elective 6 See Unit Offerings 2025 Tab	Exercise Science (10cp) Elective 7 See Unit Offerings 2025 Tab

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(Information last updated on 11 September 2024)



PLEASE NOTE FOR ALL MAPS 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.

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 Behavioural and Health Science - Administration	Exercise Science Email: ExerciseScience.Admin@acu.edu.au Applied Public Health Administration Email: PH.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](#).