

Bachelor of Physical Activity & Health Sciences

(Information last updated on 11 September 2024)



Course Maps

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Electives – See Unit Offerings 2025 tab	

Course Maps Melbourne, Strathfield

Students who commenced in February 2021

Students who commenced prior to 2021 or 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 1 2021	EXSC187 (10CP) Growth, Motor Development and Ageing	EXSC199 (10CP) Psychology of Sport	ANAT100 (10CP) Anatomical Foundations of Exercise Science	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>
SEM 2 2021	BIOL125 (10CP) Human Biology 1	NUTR101 (10CP) Nutrition and Exercise (Inc: EXSC118)	CoreCurriculum (10cp) Unit 1 See here for unit details	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)
YEAR 2				
SEM 1 2022	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 OR BIOL124 OR BIOL121 Inc: EXSC198)	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>
SEM 2 2022	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>
	EXSC205¹ (0cp) Industry experience preparation (Pre: EXSC118/NUTR101, EXSC187, EXSC199, BIOL125)			
YEAR 3				
SEM 1 2023	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>
SEM 2 2023	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC230 Motor Control and Learning (Pre: EXSC187)	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>	Elective (10CP) (MAJOR / MINOR) <i>See Unit Offerings 2025 Tab</i>

¹ EXSC205 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 and/or before the commencement of any professional placement.

Course Maps Melbourne, Strathfield

Students who commenced Mid-Year 2021

Students who commenced prior to 2021 or 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	NUTR101 (10CP) Nutrition and Exercise (Inc: EXSC118)	BIOL125 (10CP) Human Biology 1	CoreCurriculum (10cp) Unit 1 See here for unit details	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab
SEM 1 2022	EXSC187 (10CP) Growth, Motor Development and Ageing	ANAT100 (10CP) Anatomical Foundations of Exercise Science	EXSC199 (10CP) Psychology of Sport	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab
YEAR 2				
SEM 2 2022	EXSC122 (10CP) Research and Ethics in Exercise Science (Inc: EXSC217)	EXSC296 (10CP) Health and Exercise Psychology (Pre: EXSC199 OR PYSC100 and PSYC101)	EXSC230 Motor Control and Learning (Pre: EXSC187)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab
SEM 1 2023	EXSC222 (10CP) Functional Anatomy (Pre: ANAT100)	EXSC225 (10CP) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121 Inc: EXSC198)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab
YEAR 3				
SEM 2 2023	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC204 (10CP) Exercise, Prescription and Delivery (Pre: EXSC225)	EXSC216 (10CP) Resistance Training: Science and Application (Pre Either EXSC225 or EXSC222)	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab
	EXSC205² (0cp) Industry experience preparation (Pre: NUTR101/EXSC118, EXSC187, EXSC199, BIOL125)			
SEM 1 2024	EXSC399 (20 cp) Industry Experience (Pre: ANAT100, EXSC205, EXSC225)		Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab	Elective (10CP) (MAJOR / MINOR) See Unit Offerings 2025 Tab

² EXSC205 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 and/or before the commencement of any professional placement.

PLEASE NOTE FOR THE MAP ABOVE

Pre-requisites ('Pre:') are added in italics. Pre-requisites are other units that you must have passed *before* enrolling in the 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](#).