

Bachelor of Exercise and Sports Science / Bachelor of Nutrition Science

(Information last updated on 11 September 2024)



Course Map

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Electives – See Course Enrolment Guide Unit Information Tab.

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Course Map

Blacktown, Melbourne and Strathfield

For students who commenced in February 2023

***Campus availability:** students will undertake Exercise Science units at Strathfield Campus and all other units at North Sydney Campus. Students will not be required to travel between campuses on the same day

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 1 2023	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) On-Campus	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) On-Campus	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) On-Campus	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) On-Campus
SEM 2 2023	BIOL126 (10cp) Human Biology 2 (Pre: BIOL125; (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOL126) On-Campus	NUTR102 (10cp) Culinary Nutrition Science (Inc: NUTD102) On-Campus	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) On-Campus	Core Curriculum (10cp) Unit 1 See here for unit details
YEAR 2				
Summer 2024	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode			
SEM 1 2024	CHEM105 (10cp) Foundations of Chemistry 10cp (Inc CHED103) On-Campus	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204; Inc: BIOL122) On-Campus	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode
SEM 2 2024	CHEM112 (10cp) Organic and Food Chemistry (Pre: CHEM105; Inc: CHED112) On-Campus	BIOL234 (10cp) Nutritional Physiology (Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118); Inc: BMSC306) On-Campus	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode
YEAR 3				
SEM 1 2025	CHEM204 (10cp) Biochemistry (Pre: CHEM106 or CHEM112; Inc: CHEM104, CHEM201) On-Campus	NUTR202 (10cp) Lifespan Nutrition (Pre: NUTR101 or EXSC118) On-Campus	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSD187, EXSZ187) On-Campus	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode
SEM 2 2025	CHEM206 (10cp) Advanced Metabolic Chemistry (Pre: CHEM201 or CHEM204, Inc: CHEM104) On-Campus	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	EXSC206* (0cp) Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multi-mode

*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 and /or before the commencement of any professional placement.

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YEAR 4

SEM 1 2026	NUTR302 (10cp) Diet, Health and Disease (Pre: BIOL234 and NUTR202) On-Campus	NUTR303 (10cp) Food Science in Practice (Pre: CHEM112 and NUTR102) or NUTR100) On-Campus	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC398 (20cp) Professional Experience (Pre: ANAT100 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216) Multi-mode
Winter 2026	EXSC316 (10cp) Nutrition for Sports Performance (Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234)) Online Unscheduled			
SEM 2 2026	NUTR304 (10cp) Food Product Design and Development (Pre: NUTR303) On-Campus	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details	

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YEAR 1				
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SEM 2 2022	BIOL126 (10cp) Human Biology 2 (Pre: BIOL125) (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126) On-Campus	NUTR102 (10cp) Culinary Nutrition Science (Inc: NUTD102) On-Campus	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) On-Campus	CoreCurriculum (10cp) Unit 1 See here for unit details
YEAR 2				
Summer 2023	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multi-mode			
SEM 1 2023	CHEM105 (10cp) Foundations of Chemistry 10cp (Inc: CHED103) On-Campus	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204; Inc: BIOL122) On-Campus	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode
SEM 2 2023	CHEM112 (10cp) Organic and Food Chemistry (Pre: CHEM105; Inc: CHED112) On-Campus	BIOL234 (10cp) Nutritional Physiology (Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118); Inc: BMSC306) On-Campus	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multi-mode
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SEM 1 2024	CHEM204 (10cp) Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201) On-Campus	NUTR202 (10cp) Lifespan Nutrition (Pre: NUTR101 or EXSC118) On-Campus	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) On-Campus	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multi-mode
SEM 2 2024	CHEM206 (10cp) Advanced Metabolic Chemistry (Pre: CHEM201 or CHEM204, Inc: CHEM104) On-Campus	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	EXSC206* (0cp) Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multi-mode

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YEAR 4

SEM 1 2025	NUTR302 (10cp) Diet, Health and Disease (Pre: BIOL234 and NUTR202) On-Campus	NUTR303 (10cp) Food Science in Practice (Pre: CHEM112 and NUTR102) or NUTR100) On-Campus	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC325 (10cp) Professional Experience (Pre: ANAT100 and EXSC225 and EXSC204 and EXSC206 and EXSC216) Multi-mode
Winter 2025	EXSC316 (10cp) Nutrition for Sports Performance (Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234)) Online Unscheduled			
SEM 2 2025	NUTR304 (10cp) Food Product Design and Development (Pre: NUTR303) On-Campus	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	

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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 are 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
	Nutrition Science Administration Email: Nutrition.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](#).