

## Course Map

### Students who commenced in 2022-2023

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

Students may commence the Graduate Certificate in High Performance Sport throughout the year.

YEAR 1				
<b>ACU Term 1</b>	<b>Specified Unit</b> <b>EXSC510 (10cp)</b> Strength and Conditioning for Performance and Rehabilitation (Pre: Nil) Online unscheduled This unit is also available in ACUO Term 3	<b>Specified Unit</b> <b>EXSC513 (10cp)</b> Data Analysis and Interpretation for High Performance Sport (Pre: Nil) Online unscheduled This unit is also available in ACUO Term 3		
<b>ACU Term 2</b>	<b>Elective Unit (10cp)</b> Elective unit options are available in ACU Terms 1-4.	<b>Elective Unit (10cp)</b> Elective unit options are available in ACU Terms 1-4.		

### Scheduled Unit Availability:

Select the units outlined above from the following Study Periods:

#### Specified Units

**ACU Term 1** Mon 29 Jan 2024 to Sun 7 Apr 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Online	Prereq
EXSC510	Strength and Conditioning for Performance and Rehabilitation (10cp)	OU	NIL
EXSC513	Data Analysis and Interpretation for High Performance Sport (10cp)	OU	NIL

(select Study Period "ACUO Term 1" in Student Connect)

**ACU Term 3** Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)

CODE	TITLE	Online	Prereq
EXSC510	Strength and Conditioning for Performance and Rehabilitation (10cp)	OU	NIL
EXSC513	Data Analysis and Interpretation for High Performance Sport (10cp)	OU	NIL

(select Study Period "ACU Term 3" in Student Connect)

#### Elective Units

\*Elective units to be selected in consultation with the Course Coordinator

**ACU Term 1** Mon 29 Jan 2024 to Sun 7 Apr 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC652	Contemporary Issues in High Performance Sport (10cp) (Contemporary Issues in Sports Science is delivered as an online intensive. Presentations are recorded and hosted on the learning management system.)	OS	NIL

(select Study Period "ACU Term 1" in Student Connect)

**ACU Term 2** Mon 22 Apr 2024 to Sun 30 Jun 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC650	Fatigue, Recovery, Adaptation and Performance (10 cp)	OU	NIL
EXSC651	Sports Injury Prevention (10 cp)	OU	NIL
EXSC668	Performance Nutrition (10 cp)	OU	NIL

(select Study Period "ACU Term 2" in Student Connect)

## Graduate Certificate in High Performance Sport

(Information last updated on 13 September 2023)



### ACU Term 3 Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)

CODE	TITLE	Online	Prereq
EXSC512	Leadership and Culture in High Performance Settings (10 cp)	OU	NIL

*select Study Period "ACU Term 3" in Student Connect*

### ACU Term 4 Mon 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Online	Prereq
EXSC650	Fatigue, Recovery, Adaptation and Performance (10 cp)	OU	NIL
EXSC651	Sports Injury Prevention (10 cp)	OU	NIL
EXSC668	Performance Nutrition (10 cp)	OU	NIL

*select Study Period "ACU Term 4" in Student Connect*

## 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.

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](#).

### STUDY MODES

**Online:** Unit delivered fully online (including assessments).

#### **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. If required, your query will be referred to a Course Advisor or the National Course Coordinator. Please email your enquiry or request to make an appointment.

<b>School Behavioural and Health Science - Administration</b>	Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a>
<b>National Course Coordinator (Online)</b>	Dr. Paul Tofari (Lecturer) Email: <a href="mailto:Paul.Tofari@acu.edu.au">Paul.Tofari@acu.edu.au</a>