

Course Map

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Electives – See Unit Offerings 2024 Tab

Course Map

Brisbane, Melbourne and Strathfield

Students commencing February 2023 (2.5 year course map)

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	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC119 (10cp) From Health to High Performance Sport Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
WINTER 2023	Core Curriculum (10cp) Unit 1 See here for unit details			
SEM 2 2023	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOD125, BIOL204) On-Campus	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multimode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode
YEAR 2				
Summer 2024	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode			
SEM 1 2024	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details Or Elective (10cp) See Unit Offerings 2024 Tab	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
WINTER 2024	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details Or Elective (10cp) See Unit Offerings 2024 Tab			
SEM 2 2024	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225 or EXSC222) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode
	EXSC218* (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125) Multimode			

EXSC218 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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Bachelor of High Performance Sport

(Information last updated on 19 September 2023)



AUSTRALIAN CATHOLIC UNIVERSITY

YEAR 3

**SUMMER
2025**

EXSC310 (10cp)

Strength and Conditioning: Fundamentals of Athlete Preparation (*Pre: EXSC204 or EXSC216*)
Multimode

**SEM 1
2025**

EXSC309 (20cp)

Internship in Coaching and Prescription
(*Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218)*)
Multimode

EXSC321 (10cp)

Biomechanics
(*Pre: EXSC224 or EXSC120, Inc: EXSC220*)
Multimode

EXSC396 (10cp)

Strength & Conditioning:
Prescription for Athlete
Performance
(*Pre: EXSC310*)
Multimode

Bachelor of High Performance Sport

(Information last updated on 19 September 2023)



Blacktown, Brisbane, Melbourne and Strathfield

Students commencing February 2023

(3 year course map)

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	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC119 (10cp) From Health to High Performance Sport Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode)
SEM 2 2023	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOD125, BIOL204) On-Campus	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	Core Curriculum (10cp) Unit 1 See here for unit details
YEAR 2				
SEM 1 2024	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	
SEM 2 2024	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225) or EXSC222) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
	EXSC218* (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125) Multimode			
YEAR 3:				
SUMMER 2025	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multimode			
SEM 1 2025	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode		EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode	EXSC396 (10cp) Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode
SEM 2 2025	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multimode	Elective (10cp) See Unit Offerings 2024 Tab

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Course Map

Brisbane, Melbourne and Strathfield

Students commencing February 2022 (2.5 year course map)

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 2022	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC119 (10cp) From Health to High Performance Sport Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
WINTER 2022	Core Curriculum (10cp) Unit 1 See here for unit details			
SEM 2 2022	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) On-Campus	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multimode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode
YEAR 2				
Summer 2123	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode			
SEM 1 2023	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details Or Elective (10cp) See Unit Offerings 2024 Tab	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
Winter 2023	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details			
SEM 2 2023	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode
	EXSC218* (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125) Multimode			

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AUSTRALIAN CATHOLIC UNIVERSITY

YEAR 3

SUMMER 2024	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) <i>Multimode</i>		
SEM 1 2024	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) <i>Multimode</i>	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) <i>Multimode</i>	EXSC396 (10cp) Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) <i>Multimode</i>

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Blacktown, Brisbane, Melbourne and Strathfield

Students commencing February 2022

(3 year course map)

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YEAR 1				
SEM 1 2022	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode	EXSC119 (10cp) From Health to High Performance Sport Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
SEM 2 2022	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204) On-Campus	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	Core Curriculum (10cp) Unit 1 See here for unit details
YEAR 2				
SEM 1 2023	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	
SEM 2 2023	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225) or EXSC222) Multimode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
	EXSC218* (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)			

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Bachelor of High Performance Sport

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YEAR 3:

SUMMER 2024	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multimode			
SEM 1 2024	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode	EXSC396 (10cp) Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode	
SEM 2 2024	Core Curriculum (10cp) Unit 2 See here for unit and pre-requisite details	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230) Multimode	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)) Multimode	Elective (10cp) See Unit Offerings 2024 Tab

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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.

STUDY MODES

All units are delivered in Attendance mode, unless otherwise indicated in the map.

C - On Campus:

Most learning activities or classes are delivered at a scheduled time, on campus, to enable in-person interactions. Activities will appear in a student's timetable

M - Multi-mode:

Learning activities are delivered through a planned mix of online and in-person classes, which may include full-day sessions and/or placements, to enable interaction. Activities that require attendance will appear in a student's timetable.

Online:

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 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](#).