

Course Map

Melbourne and Strathfield

For students who are commencing in 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 - 2023				
SEM 1 2023	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) Growth, Motor Development and Ageing <i>Multi-mode</i>	ANAT100 (10cp) Anatomical Foundations of Exercise Science <i>Multi-mode</i>
SEM 2 2023	PSYC101 (10cp) Applications of Psychology	PSYC104 (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) See here for details
YEAR 2 - 2024				
SEM 1 2024	PSYC200 (10cp) Lifespan Development <i>(Pre: PSYC100, PSYC101)</i>	PSYC206 (10cp) Research Design and Statistics 2 <i>(Pre: PSYC104)</i>	EXSC224 (10cp) Mechanical Bases of Exercise <i>(Inc: EXSC120) Multi-mode</i>	EXSC199 (10cp) Psychology of Sport <i>Multi-mode</i>
SEM 2 2024	PSYC212 (10cp) Abnormal Psychology <i>(Pre: PSYC100, PSYC101)</i>	EXSC296 (10cp) Health and Exercise Psychology <i>(Pre: EXSC199 or both PSYC100 and PSYC101) Multi-mode</i>	NUTR101 (10cp) Introduction to Nutrition <i>(Inc: EXSC118) Multi-mode</i>	EXSC230 (10cp) Motor Control and Learning <i>(Pre: EXSC187) Multi-mode</i>
YEAR 3 - 2025				
Summer Term 2025	EXSC225 (10cp) Physiological Bases of Exercise <i>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multi-mode</i>			
SEM 1 2025	PSYC213 (10cp) Individual Differences <i>(Pre: PSYC100, PSYC101, PSYC104)</i>	PSYC311 (10cp) Research Design and Statistics 3 <i>(Pre: PSYC206)</i>	EXSC321 (10cp) Biomechanics <i>(Pre: EXSC224, Inc: EXSC220) Multi-mode</i>	EXSC222 (10cp) Functional Anatomy <i>(Pre: ANAT100) Multi-mode</i>
SEM 2 2025	PSYC214 (10cp) Learning and Behaviour <i>(Pre: PSYC100, PSYC101, PSYC104)</i>	PSYC310 (10cp) Psychological services Experience <i>(Pre: PSYC212)</i>	EXSC204 (10cp) Exercise Prescription and Delivery <i>(Pre: EXSC225) Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application <i>(Pre: Either EXSC222 or EXSC225) Multi-mode</i>
	EXSC206¹ (0cp) Professional Experience Preparation <i>(Pre: EXSC118, EXSC187, EXSC199, BIOL125) Multi-mode</i>			

¹ 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 &/or before the commencement of any professional placement.

YEAR 4 - 2026

SEM 1 2026	PSYC314 (10cp) Psychological Assessment (Pre: PSYC104, PSYC213)	PSYC315 (10cp) Brain and Behaviour (Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC398 (20cp) Professional Experience (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC216)
SEM 2 2026	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC313 (10cp) Social Psychology (Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)	Core Curriculum Unit 2 (10cp) See here for details	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode

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.

<p>School of Behavioural and Health Science</p>	<p>Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au</p> <p>Psychological Science Administration Email: Psychology.Admin@acu.edu.au</p>
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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](#).