

Course Map

Bachelor of Psychological Science/Bachelor of Exercise and Sports Science – February Entry 2022	2
Bachelor of Psychological Science/Bachelor of Exercise and Sports Science – February Entry 2021	5

Course Map

Melbourne and Strathfield

For students who commenced in 2022

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 - 2022				
SEM 1 2022	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) (10cp) Growth, Motor Development and Ageing	ANAT100 (10cp) Anatomical Foundations of Exercise Science
SEM 2 2022	PSYC101 (10cp) Applications of Psychology	PSYC104¹ (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) See here for details
YEAR 2 - 2023				
SEM 1 2023	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2 (Pre: PSYC104)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121; Inc: EXSC198) Multi-mode	EXSC199 (10cp) Psychology of Sport Multi-mode
SEM 2 2023	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101) Multi-mode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
YEAR 3 - 2024				
SEM 1 2024	PSYC213 (10cp) Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode
SEM 2 2024	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC222 or EXSC225) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode
	EXSC206² (0cp) Professional Experience Preparation (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			

¹ From 2024 PSYC110 Research Design and Data Analysis 1 replaces PSYC104 Research Design and Statistics 1. If you have not yet completed PSYC104 then you will be required to complete PSYC110 in 2024 or 2025.

² 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.

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 24 July 2024)

YEAR 4 - 2025

SEM 1 2025	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	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220) Multi-mode
SEM 2 2025	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC227³ (10cp) Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode nationally	Core Curriculum Unit 2 (10cp) See here for details

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

³ From 2025 PSYC227 Social Psychology will replace PSYC313 Social Psychology. If you have already successfully completed PSYC313 then you are not required to complete PSYC227.

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 24 July 2024)



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 Psychological Science Administration Email: Psychology.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](#).

Course Map

Melbourne and Strathfield

For students who commenced in 2021

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 - 2021				
SEM 1 2021	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC118 (10cp) Nutrition and Exercise (Inc: NUTR101)
SEM 2 2021	PSYC101 (10cp) Applications of Psychology	PSYC104³ (10cp) Research Design and Statistics 1	BIOL125 (10cp) Human Biology 1	UNCC100 (10cp) Self and Community: Exploring the Anatomy of Modern Society See here for details
YEAR 2 - 2022				
SEM 1 2022	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2 (Pre: PSYC104)	EXSC225 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIOL121; Inc: EXSC198)	EXSC199 (10cp) Psychology of Sport
SEM 2 2022	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100, PSYC101, PSYC104)	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101)	ANAT100 (10cp) Anatomical Foundations of Exercise Science
YEAR 3 - 2023				
SEM 1 2023	PSYC213 (10cp) Individual Differences (Pre: PSYC100, PSYC101, PSYC104)	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode
SEM 2 2023	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: Either EXSC225 or EXSC222) Multi-mode
	EXSC206⁴ (0cp) Professional Experience Preparation (Pre: EXSC118, EXSC187, EXSC199, BIOL125) Multi-mod			

³ From 2024 PSYC110 Research Design and Data Analysis 1 replaces PSYC104 Research Design and Statistics 1. If you have not yet completed PSYC104 then you will be required to complete PSYC110 in 2024 or 2025.

⁴ 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.

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 24 July 2024)

YEAR 4 - 2024

SEM 1 2024	PSYC314 (10cp) Psychological Assessment <i>(Pre: PSYC104, PSYC213)</i>	PSYC315 (10cp) Brain and Behaviour <i>(Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)</i>	EXSC394 (10cp) Exercise, Health and Disease <i>(Pre: Two of the following: EXSC204, EXSC216 or EXSC296)</i> Multi-mode	EXSC321 (10cp) Biomechanics <i>(Pre: EXSC224; Inc: EXSC220)</i> Multi-mode
SEM 2 2024	PSYC307 (10cp) Cognitive Psychology <i>(Pre: PSYC206 and either PSYC213 or PSYC214)</i>	PSYC313 (10cp) Social Psychology <i>(Pre: PSYC104 and either PSYC200, PSYC213, or PSYC214)</i>	EXSC325 (10cp) Professional Practice in Exercise Science <i>(Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216)</i> Multi-mode nationally	Core Curriculum Unit 2 (10cp) See here for details

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.

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

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 24 July 2024)



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 Psychological Science Administration Email: Psychology.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](#).