

Course Map

Melbourne and Strathfield

For students who commenced in 2024

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 - 2024				
SEM 1	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	PSYC101 (10cp) Applications of Psychology	PSYC110 (10cp) Research Design and Data Analysis 1	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) See here for details
YEAR 2 - 2025				
SEM 1	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC226 (10cp) Research Design and Data Analysis 2 (Pre: PSYC104 or PSYC110; Inc: PSYC206)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) <i>Multi-mode</i>	EXSC199 (10cp) Psychology of Sport <i>Multi-mode</i>
SEM 2	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or both PSYC100 and PSYC101) <i>Multi-mode</i>	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118) <i>Multi-mode</i>	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) <i>Multi-mode</i>
YEAR 3 - 2026				
Summer Term	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) <i>Multi-mode</i>			
SEM 1	PSYC220 (10cp) Personality and Individual Differences (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC213)	PSYC323 (10cp) Research Design and Analysis 3 (Pre: PSYC226 or PSYC206; Inc: PSYC311)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) <i>Multi-mode</i>	EXSC321 (10cp) Biomechanics (Pre: EXSC224, Inc: EXSC220) <i>Multi-mode</i>
SEM 2	PSYC227 (10cp) Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	PSYC310 (10cp) Psychological services Experience (Pre: PSYC212)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC198 or EXSC225) <i>Multi-mode</i>	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225 or EXSC222) <i>Multi-mode</i>
	EXSC206¹ (0cp) Professional Experience Preparation (Pre: NUTR101 & EXSC187 & EXSC199 & BIOL125) <i>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

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 24 July 2024)

YEAR 4 - 2027

SEM 1	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	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC324 (10cp) Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	Core Curriculum Unit 2² (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

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.

² UNCC300 is also offered in Winter Term and PHIL320 is also offered in Professional Term 5

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](#).