

# Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 1 October 2024)



## 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				
<b>SEM 1 2024</b>	<b>PSYC100 (10cp)</b> Foundations of Psychology	<b>PSYC108 (10cp)</b> Psychological Practice: Theory and Techniques	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing <i>Multi-mode</i>	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science <i>Multi-mode</i>
<b>SEM 2 2024</b>	<b>PSYC101 (10cp)</b> Applications of Psychology	<b>PSYC110 (10cp)</b> Research Design and Data Analysis 1	<b>BIOL125 (10cp)</b> Human Biology 1	<b>Core Curriculum Unit 1 (10cp)</b> <a href="#">Click here for details</a>
YEAR 2 - 2025				
<b>SEM 1 2025</b>	<b>PSYC200 (10cp)</b> Lifespan Development <i>(Pre: PSYC100 &amp; PSYC101)</i> <i>Campus attendance</i>	<b>PSYC226 (10cp)</b> Research Design and Data Analysis 2 <i>(Pre: PSYC104 or PSYC110; Inc: PSYC206)</i> <i>Campus attendance</i>	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise <i>(Inc: EXSC120)</i> <i>Multi-mode</i>	<b>EXSC199 (10cp)</b> Psychology of Sport <i>Campus attendance</i>
<b>SEM 2 2025</b>	<b>PSYC212 (10cp)</b> Abnormal Psychology <i>(Pre: PSYC100 &amp; PSYC101)</i> <i>Campus attendance</i>	<b>EXSC296 (10cp)</b> Health and Exercise Psychology <i>(Pre: EXSC199 or both PSYC100 and PSYC101)</i> <i>Multi-mode</i>	<b>NUTR101 (10cp)</b> Introduction to Nutrition <i>(Inc: NUTD101)</i> <i>Campus attendance</i>	<b>EXSC230 (10cp)</b> Motor Control and Learning <i>(Pre: EXSC187)</i> <i>Multi-mode</i>
YEAR 3 - 2026				
<b>Summer Term 2026</b>	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise <i>(Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198)</i> <i>Multi-mode</i>			
<b>SEM 1 2026</b>	<b>PSYC220 (10cp)</b> Personality and Individual Differences <i>(Pre: PSYC100 &amp; PSYC101 &amp; (PSYC104 or PSYC110); Inc: PSYC213)</i>	<b>PSYC323 (10cp)</b> Research Design and Analysis 3 <i>(Pre: PSYC226 or PSYC206; Inc: PSYC311)</i>	<b>EXSC222 (10cp)</b> Functional Anatomy <i>(Pre: ANAT100)</i> <i>Multi-mode</i>	<b>EXSC321 (10cp)</b> Biomechanics <i>(Pre: EXSC224, Inc: EXSC220)</i> <i>Multi-mode</i>
<b>SEM 2 2026</b>	<b>PSYC227 (10cp)<sup>1</sup></b> Social Psychology <i>(Pre: PSYC100 &amp; PSYC101 &amp; (PSYC104 or PSYC110); Inc: PSYC313)</i>	<b>PSYC310 (10cp)</b> Psychological services Experience <i>(Pre: PSYC212)</i>	<b>EXSC204 (10cp)</b> Exercise Prescription and Delivery <i>(Pre: EXSC198 or EXSC225)</i> <i>Multi-mode</i>	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application <i>(Pre: EXSC198 or EXSC225 or EXSC222)</i> <i>Multi-mode</i>
	<b>EXSC206<sup>2</sup> (0cp)</b> Professional Experience Preparation <i>(Pre: (BIOL124 or BIOL125) &amp; (EXSC118 or NUTR101) &amp; EXSC187 &amp; EXSC199)</i> <i>Multi-mode</i>			

<sup>1</sup> PSYC227 Social Psychology has replaced PSYC313 Social Psychology. If you have already successfully completed PSYC313 then you do not need to complete PSYC227.

<sup>2</sup> 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.

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## YEAR 4 - 2027

<b>SEM 1 2027</b>	<b>PSYC314 (10cp)</b> Psychological Assessment <i>(Pre: (PSYC104 or PSYC110) &amp; (PSYC213 or PSYC220))</i>	<b>PSYC315 (10cp)</b> Brain and Behaviour <i>(Pre: Either PSYC200 or PSYC212 or PSYC220 or PSYC213 or PSYC227 or PSYC214)</i>	<b>EXSC394 (10cp)</b> Exercise Prescription for Health and Wellbeing <i>(Pre: Two of the following: EXSC204, EXSC216 or EXSC296)</i> Multi-mode	<b>EXSC398 (20cp)</b> Professional Experience <i>(Pre: ANAT100 &amp; EXSC204 &amp; EXSC216 &amp; (EXSC120 or EXSC224) &amp; (EXSC198 or EXSC225) &amp; (EXSC206 or EXSC223))</i>
<b>SEM 2 2027</b>	<b>PSYC307 (10cp)</b> Cognitive Psychology <i>(Pre: (PSYC206 and either PSYC213 or PSYC214) or (PSYC226 and either PSYC220 or PSYC227))</i>	<b>PSYC324 (10cp)</b> Social Psychology <i>(Pre: PSYC100 &amp; PSYC101 &amp; (PSYC104 or PSYC110); Inc: PSYC313)</i>	<b>Core Curriculum Unit 2 (10cp)</b> <a href="#">Click here for details</a>	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment <i>(Pre: EXSC225; Inc: EXSC242)</i> 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.

## UNIT DELIVERY MODES

### C - Campus attendance

Learning activities or classes are primarily face-to-face at an ACU campus or approved ACU delivery site.

### M - Multi-mode

Learning activities are online with a compulsory attendance component (including examinations, practicums, residential etc).

### OU - Online unscheduled

Fully online with learning activities accessible at any time (including assessments).

### OS - Online scheduled

Fully online with learning activities held at scheduled times (including assessments).

## 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](#).

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## 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><b>School of Behavioural and Health Science</b></p>	<p><b>Psychological Science Administration</b> Email: <a href="mailto:Psychology.Admin@acu.edu.au">Psychology.Admin@acu.edu.au</a></p> <p><b>Exercise Science Administration</b> Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a></p>
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