

Post Graduate High Performance Sport

2025 Elective Units

Last updated 11 September 2024

Graduate Certificate in High Performance Sport.....	2
Graduate Certificate in High Performance Sport Leadership.....	3
Graduate Diploma in High Performance Sport.....	4
Master of High Performance Sport Elective Units.....	5
Master of High Performance Sport Project / Internship Units.....	6
Master of Sports and Exercise Physiotherapy-Master of High Performance Sport	7

Please refer to the [2025 ACU Handbook](#) for descriptions of Elective units.

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](#).

Graduate Certificate in High Performance Sport 2025

- Core units should be taken in sequence as listed in the program map.
- Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling
- Elective units to be selected in consultation with the Course Coordinator
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2025:

ACU Term 1 Mon 03 Feb 2025 to Sun 13 Apr 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC652	Contemporary Issues in High Performance Sport (10cp) <i>(Contemporary Issues in Sports Science is delivered as an online intensive. Presentations are recorded and hosted on the learning management system.)</i>	OS	NIL

select Study Period "ACU Term 1" in Student Connect

ACU Term 2 Mon 28 Apr 2025 to Sun 06 Jul 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC650	Fatigue, Recovery, Adaptation and Performance (10 cp)	OU	NIL
EXSC651	Sports Injury Prevention (10 cp)	OU	NIL
EXSC668	Performance Nutrition (10 cp)	OU	NIL

select Study Period "ACU Term 2" in Student Connect

ACU Term 3 Mon 21 Jul 2025 to Sun 28 Sep 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC512	Leadership and Culture in High Performance Settings (10 cp)	OU	NIL

select Study Period "ACU Term 3" in Student Connect

ACU Term 4 Mon 13 Oct 2025 to Sun 21 Dec 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC650	Fatigue, Recovery, Adaptation and Performance (10 cp)	OU	NIL
EXSC651	Sports Injury Prevention (10 cp)	OU	NIL
EXSC668	Performance Nutrition (10 cp)	OU	NIL

select Study Period "ACU Term 4" in Student Connect

UNIT DELIVERY MODES

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).

Graduate Certificate in High Performance Sport Leadership 2025

- Core units should be taken in sequence as listed in the program map.
- Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling
- Elective units to be selected in consultation with the Course Coordinator
- Additional Elective units from the Master of Business Administration may be selected in consultation with the Course Coordinator
- Additional prerequisites for individual units are shown in the final column.

The following electives have been approved by the Course Co-ordinator for 2025:

ACU Term 1 Mon 03 Feb 2025 to Sun 13 Apr 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC513	Data Analysis and Interpretation for High Performance Sport (10cp)	OU	NIL
EXSC652	Contemporary Issues in High Performance Sport (10cp) <i>(Contemporary Issues in Sports Science is delivered as an online intensive. Presentations are recorded and hosted on the learning management system.)</i>	OS	NIL

select Study Period "ACU Term 1" in Student Connect)

ACU Term 3 Mon 21 Jul 2025 to Sun 28 Sep 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC513	Data Analysis and Interpretation for High Performance Sport (10cp)	OU	NIL

select Study Period "ACU Term 3" in Student Connect)

ACU Term 4 Mon 13 Oct 2025 to Sun 21 Dec 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC653	Project Design for High Performance Sport (10 cp)	OU	NIL
EXSC658	Performing Under Pressure (10 cp)	OU	NIL

select Study Period "ACU Term 4" in Student Connect)

International Experience

CODE	TITLE	Mode	Prereq
EXSC675 ⁺	International Experience in High Performance Sport (10cp)	Int	Nil

⁺ Enrolment in this unit requires Course Coordinator approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

Graduate Diploma in High Performance Sport 2025

- Core units should be taken in sequence as listed in the program map.
- Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling
- Elective units to be selected in consultation with the Course Coordinator
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2025:

ACU Term 1 Mon 03 Feb 2025 to Sun 13 Apr 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC659	Athlete Development: Strategies, Capabilities and Wellbeing (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

(select Study Period "ACU Term 1" in Student Connect)

ACU Term 2 Mon 28 Apr 2025 to Sun 06 Jul 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil

(select Study Period "ACU Term 2" in Student Connect)

ACU Term 3 Mon 21 Jul 2025 to Sun 28 Sep 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

(select Study Period "ACU Term 3" in Student Connect)

ACU Term 4 Mon 13 Oct 2025 to Sun 21 Dec 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC653	Project Design for High Performance Sport	OU	Nil
EXSC658	Performing Under Pressure	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance	OU	Nil

(select Study Period "ACU Term 4" in Student Connect)

International Experience

CODE	TITLE	Mode	Prereq
EXSC675 ⁺	International Experience in High Performance Sport	OU	Nil

* Enrolment in this unit requires Course Coordinator approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

Master of High Performance Sport 2025 Elective Units

- Core units should be taken in sequence as listed in the program map.
- Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling.
- Elective units to be selected in consultation with the Course Coordinator
- Additional prerequisites for individual units are shown in the final column.

The following electives have been approved by the Course Co-ordinator for 2025:

ACU Term 1 Mon 03 Feb 2025 to Sun 13 Apr 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC659	Athlete Development: Strategies, Capabilities and Wellbeing (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

(select Study Period "ACU Term 1" in Student Connect)

ACU Term 2 Mon 28 Apr 2025 to Sun 06 Jul 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
ITEC610	Introduction to Data Science with Python (10cp)	OU	Nil

(select Study Period "ACU Term 2" in Student Connect)

ACU Term 3 Mon 21 Jul 2025 to Sun 28 Sep 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC515	Exercise Prescription for Sports Injury Management Across the Lifespan (10cp)	OU	Nil
EXSC517	Visual Optimisation in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

(select Study Period "ACU Term 3" in Student Connect)

ACU Term 4 Mon 13 Oct 2025 to Sun 21 Dec 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC653	Project Design for High Performance Sport	OU	Nil
EXSC658	Performing Under Pressure	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance	OU	Nil

(select Study Period "ACU Term 4" in Student Connect)

International Experience

CODE	TITLE	Mode	Prereq
EXSC675*	International Experience in High Performance Sport	OU	Nil

* Enrolment in this unit requires Course Coordinator approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

Master of High Performance Sport 2025 Project / Internship Units

- Core units should be taken in sequence as listed in the program map.
- Students must refer to their course map first and then check the list below for availability of Project / Internship Units prior to enrolling.
- Project / Internship units to be selected in consultation with the Course Coordinator

Students choose either:

- 40 cp of project work (EXSC654 and EXSC655) or
- 20 cp of project work (EXSC656) and 20 cp of elective units or
- 20 cp of internship work (EXSC657) and 20 cp of elective units or
- 20 cp of project work (EXSC656) and 20 cp of internship work (EXSC657).

YEAR 2

ACU
Terms
1-4

20cp units extend over 2 ACU terms. Enrolment available in ACU Term 1 and ACU Term 3 only
Option 1: Major Research Project+

EXSC654 Major Research Project Part A+ (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC656 and EXSC657) and

EXSC655 Major Research Project Part B+ (20 CP) Online (Pre: EXSC513 and EXSC653 and EXSC654 Inc: EXSC656 and EXSC657)

OR

Option 2: Minor Project and 2 Electives

EXSC656 Minor Project (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and 2 x 10 CP Elective Units Online (See elective list)

OR

Option 3: Industry Internship and 2 Electives

EXSC657 Industry Internship (20 CP) (Pre: EXSC510 .Inc: EXSC654) and EXSC655 and 2 x 10 CP Elective Units Online (See elective list)

OR

Option 4: Minor Project and Industry Internship

EXSC656 Minor Project (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and EXSC657 Industry Internship (20 CP) (Pre: EXSC510 Inc: EXSC654 and EXSC655)

✚ The Major Research Project units (EXSC654 Part A and EXSC655 Part B) are a **12-month** commitment. Students must have a GPA ≥ 5.5 in the first 8 units of the MHighPerfSport degree to be considered for EXSC654 and EXSC655.

Each 20 CP requires two terms with enrolment as follows:

Enrol for ACU Term 1 Mon 03 Feb 2025 to Sun 13 Apr 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment). Unit to be completed in **ACU Term 2** Mon 28 Apr 2025 to Sun 06 Jul 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

Enrol for ACU Term 3 Mon 21 Jul 2025 to Sun 28 Sep 2025 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment). Unit to be completed in **ACU Term 4** Mon 13 Oct 2025 to Sun 21 Dec 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

NOTE units are only available for enrolment during ACU Terms 1 and 3

CODE	TITLE	Mode	Prereq
EXSC654	Major Research Project (Part A) (20cp)	OU	(P) EXSC513 AND EXSC653 AND GPA of 5.5 or above in the first 8 units of the MHPS degree. (Inc) EXSC656, EXSC657
EXSC655	Major Research Project (Part N) (20cp)	OU	(P) (EXSC513 and EXSC653 and EXSC654 and GPA of 5.5 or above in the first 8 units of the MHPS degree (Inc) EXSC656, EXSC657
EXSC656	Minor Project (20cp)	OU	(P) EXSC513 AND EXSC653 (Inc) EXSC654, EXSC655
EXSC657	Industry Internship (20cp)	OU	(P) EXSC510 (Inc) EXSC654, EXSC655

(select Study Period "ACU Term 1" in Student Connect) or
 (select Study Period "ACU Term 3" in Student Connect) or

Master of Sports and Exercise Physiotherapy-Master of High Performance Sport 2025

- Core units should be taken in sequence as listed in the program map.
- Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling.
- Elective units to be selected in consultation with the Course Coordinator
- Additional prerequisites for individual units are shown in the final column.

The following electives have been approved by the Course Co-ordinator for 2025:

ACU Term 1 Mon 03 Feb 2025 to Sun 13 Apr 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC513	Data Analysis and Interpretation for High Performance Sport	OU	Nil
EXSC652	Contemporary Issues in Sports Science (10cp) <i>Online Intensive</i>	OU	Nil
EXSC657	Industry Internship (20cp) <i>Discuss with Course coordinator prior to enrolling. Unit extends over two ACU Terms.</i>	OU	(P) EXSC510 (Inc) EXSC654 and EXSC655
EXSC672	Theoretical Foundations of Performance Analysis	OU	Nil

(select Study Period "ACU Term 1" in Student Connect)

ACU Term 2 Mon 28 Apr 2025 to Sun 06 Jul 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(P) Nil (Inc) EXSC514
EXSC668	Performance Nutrition (10cp)	OU	Nil

(select Study Period "ACU Term 2" in Student Connect)

ACU Term 3 Mon 21 Jul 2025 to Sun 28 Sep 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC513	Data Analysis and Interpretation for High Performance Sport	OU	Nil
EXSC657	Industry Internship (20cp) <i>Discuss with Course coordinator prior to enrolling. Unit extends over two ACU Terms.</i>	OU	((P) EXSC510 (Inc) EXSC654 and EXSC655
EXSC672	Theoretical Foundations of Performance Analysis	OU	Nil

(select Study Period "ACU Term 3" in Student Connect)

ACU Term 4 Mon 13 Oct 2025 to Sun 21 Dec 2025 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC668	Performance Nutrition (10cp)	OU	Nil

(select Study Period "ACU Term 4" in Student Connect)

International Experience

CODE	TITLE	Mode	Prereq
EXSC675 ⁺	International Experience in High Performance Sport	Int	Nil

⁺ Enrolment in this unit requires Course Coordinator approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

PLEASE NOTE FOR THE MAPS ABOVE

Pre-requisites ('*Pre:*') are added in italics. Pre-requisites are other units that you must have passed before enrolling in the 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

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).

INT - International unit

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.

Graduate Certificate in High Performance Sport, Graduate Diploma in High Performance Sport and Master of High Performance Sport:

School Behavioural and Health Science - Administration	Email: ExerciseScience.Admin@acu.edu.au
National Course Coordinator	Dr Paul Tofari Email: Paul.Tofari@acu.edu.au

Master of Sports and Exercise Physiotherapy-Master of High Performance Sport:

School Allied Health - Administration (Brisbane, Melbourne and North Sydney and Online)	Email: admin.soahBRI@acu.edu.au
National Course Coordinator Sport and Exercise Physiotherapy	Ms Shreya McLeod Email: Shreya.McLeod@acu.edu.au
School Behavioural and Health Science - Administration	Email: ExerciseScience.Admin@acu.edu.au
National Course Coordinator High Performance Sport	Dr Paul Tofari Email: Paul.Tofari@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](#).