

Post Graduate High Performance Sport

2024 Elective Units

Last updated 22 September 2023

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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](#).

Graduate Certificate in High Performance Sport 2024

- 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 2024 :

ACU Term 1 Mon 29 Jan 2024 to Sun 7 Apr 2024 (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 22 Apr 2024 to Sun 30 Jun 2024 (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 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)

CODE	TITLE	Online	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 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Online	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

Key:

Online: Unit delivered fully online (including assessments).

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

Graduate Certificate in High Performance Sport Leadership 2024

- 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 2024 :

ACU Term 1 Mon 29 Jan 2024 to Sun 7 Apr 2024 (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 2 Mon 22 Apr 2024 to Sun 30 Jun 2024 (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

select Study Period "ACU Term 2" in Student Connect

ACU Term 3 Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for 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 7 Oct 2024 to Sun 15 Dec 2024 (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)

Key:

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Graduate Diploma in High Performance Sport 2024

- 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 2024 :

ACU Term 1 Mon 29 Jan 2024 to Sun 7 Apr 2024 (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	(P) EXSC510

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

ACU Term 2 Mon 22 Apr 2024 to Sun 30 Jun 2024 (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	Nil
EXSC653	Project Design for High Performance Sport (10cp)	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
EXSC671	The Business of High Performance Sport (10cp)	OU	Nil

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

ACU Term 3 Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for 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	(P) EXSC510

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

ACU Term 4 Mon 7 Oct 2024 to Sun 15 Dec 2024 (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	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)

Key:

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Master of High Performance Sport 2024 Elective Units

- Core units should be taken in sequence as listed in the program map.
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- 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 2024 :

ACU Term 1 Mon 29 Jan 2024 to Sun 7 Apr 2024 (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	(P) EXSC510

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

ACU Term 2 Mon 22 Apr 2024 to Sun 30 Jun 2024 (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	Nil
EXSC653	Project Design for High Performance Sport (10cp)	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
EXSC671	The Business of High Performance Sport (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 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for 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	(P) EXSC510

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

ACU Term 4 Mon 7 Oct 2024 to Sun 15 Dec 2024 (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
ITEC610	Introduction to Data Science with Python (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)

Key:

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Master of High Performance Sport 2024 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
- Additional prerequisites for individual units are shown in the final column

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	<p>Option 1: Major Research Project+</p> <p>EXSC654 Major Research Project Part A+ (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC656 and EXSC657) and</p> <p>EXSC655 Major Research Project Part B+ (20 CP) Online (Pre: EXSC513 and EXSC653 and EXSC654 Inc: EXSC656 and EXSC657)</p> <p style="text-align: center;">OR</p> <p>Option 2: Minor Project and 2 Electives</p> <p>EXSC656 Minor Project (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and</p> <p>2 x 10 CP Elective Units Online (See elective list)</p> <p style="text-align: center;">OR</p> <p>Option 3: Industry Internship and 2 Electives</p> <p>EXSC657 Industry Internship (20 CP) (Pre: EXSC510 .Inc: EXSC654) and EXSC655 and</p> <p>2 x 10 CP Elective Units Online (See elective list)</p> <p style="text-align: center;">OR</p> <p>Option 4: Minor Project and Industry Internship</p> <p>EXSC656 Minor Project (20 CP) Online (Pre: EXSC513 and EXSC653. Inc: EXSC654 and EXSC655) and</p> <p>EXSC657 Industry Internship (20 CP) (Pre: EXSC510 Inc: EXSC654 and EXSC655)</p> <p>⚠ The Major Research Project units (EXSC654 Part A <u>and</u> 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.</p>

The following units are available in all ACUO Terms

- ACU Term 1** Mon 29 Jan 2024 to Sun 7 Apr 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)
- ACU Term 2** Mon 22 Apr 2024 to Sun 30 Jun 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)
- ACU Term 3** Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for delivery and assessment)
- ACU Term 4** Mon 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

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) EXSC511 (Inc) EXSC654, EXSC655

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

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

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

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

Master of Sports and Exercise Physiotherapy-Master of High Performance Sport 2024

- Core units should be taken in sequence as listed in the program map.
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The following electives have been approved by the Course Co-ordinator for 2024 :

ACU Term 1 Mon 29 Jan 2024 to Sun 7 Apr 2024 (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
EXSC672	Theoretical Foundations of Performance Analysis	OU	Nil

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

ACU Term 2 Mon 22 Apr 2024 to Sun 30 Jun 2024 (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	Nil
EXSC657	Industry Internship (20cp) <i>Discuss with Course coordinator prior to enrolling</i>	OU	EXSC510 (P)
EXSC668	Performance Nutrition (10cp)	OU	Nil

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

ACU Term 3 Mon 15 Jul 2024 to Sun 22 Sep 2024 (NOTE: 8 weeks of study / 10 weeks for 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</i>	OU	EXSC510 (P)
EXSC672	Theoretical Foundations of Performance Analysis	OU	Nil

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

ACU Term 4 Mon 7 Oct 2024 to Sun 15 Dec 2024 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)

CODE	TITLE	Mode	Prereq
EXSC657	Industry Internship (20cp) <i>Discuss with Course coordinator prior to enrolling</i>	OU	EXSC510 (P)

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

International Experience

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

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Key:

Online: Unit delivered fully online (including assessments).

OU - Online unscheduled

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OS – Online scheduled

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PLEASE NOTE FOR THE MAP 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.

STUDY MODES

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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

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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, Graduate Diploma 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.soahSYD@acu.edu.au
National Course Coordinator	Dr Paul Tofari Email: Maria.Constantinou@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](#).