

## Course Map

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## Course Map

### Brisbane, Melbourne and Strathfield

#### Students commencing February 2023 (2.5 year course map)

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				
<b>SEM 1 2023</b>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC119 (10cp)</b> From Health to High Performance Sport Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
<b>WINTER 2023</b>	<b>CoreCurriculum (10cp) Unit 1</b> <a href="#">See here for unit details</a>			
<b>SEM 2 2023</b>	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode
YEAR 2				
<b>Summer 2024</b>	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode			
<b>SEM 1 2024</b>	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a> Or <b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
<b>WINTER 2024</b>	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a> Or <b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>			
<b>SEM 2 2024</b>	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230) Multimode
	<b>EXSC218<sup>1</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)			

<sup>1</sup> EXSC218 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 and /or before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



AUSTRALIAN CATHOLIC UNIVERSITY

## YEAR 3

<b>SUMMER 2025</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) <i>Multimode</i>		
<b>SEM 1 2025</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) <i>Multimode</i>	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) <i>Multimode</i>	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) <i>Multimode</i>

# Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



## Blacktown, Brisbane, Melbourne and Strathfield

Students commencing February 2023

(3 year course map)

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				
<b>SEM 1 2023</b>	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC119 (10cp)</b> From Health to High Performance Sport Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode)
<b>SEM 2 2023</b>	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
YEAR 2				
<b>SEM 1 2024</b>	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	
<b>SEM 2 2024</b>	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: EXSC198 or EXSC225) or EXSC222) Multimode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
	<b>EXSC218<sup>2</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)			
YEAR 3:				
<b>SUMMER 2025</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) Multimode			
<b>SEM 1 2025</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode		<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode
<b>SEM 2 2025</b>	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230) Multimode	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>

<sup>2</sup> EXSC218 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 and /or before the commencement of any professional placement.

## Course Map

### Brisbane, Melbourne and Strathfield

#### Students commencing February 2022 (2.5 year course map)

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				
SEM 1 2022	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC119 (10cp)</b> From Health to High Performance Sport Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
WINTER 2022	<b>CoreCurriculum (10cp) Unit 1</b> <a href="#">See here for unit details</a>			
SEM 2 2022	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode
YEAR 2				
Summer 2123	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode			
SEM 1 2023	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a> Or <b>Elective (10cp) See Unit Offerings 2023 Tab</b>	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
WINTER 2023	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a> Or <b>Elective (10cp) See Unit Offerings 2023 Tab</b>			
SEM 2 2023	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230) Multimode
	<b>EXSC218<sup>3</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			

<sup>3</sup> EXSC218 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 and /or before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



AUSTRALIAN CATHOLIC UNIVERSITY

## YEAR 3

<b>SUMMER 2024</b>	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) <i>Multimode</i>		
<b>SEM 1 2024</b>	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) <i>Multimode</i>	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) <i>Multimode</i>	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) <i>Multimode</i>

# Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



## Blacktown, Brisbane, Melbourne and Strathfield

Students commencing February 2022

(3 year course map)

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				
SEM 1 2022	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC119 (10cp)</b> From Health to High Performance Sport Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
SEM 2 2022	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
YEAR 2				
SEM 1 2023	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	
SEM 2 2023	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: EXSC198 or EXSC225) or EXSC222) Multimode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
	<b>EXSC218<sup>4</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)			
YEAR 3:				
SUMMER 2024	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2024	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode		<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Multimode
SEM 2 2024	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230) Multimode	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>

<sup>4</sup> EXSC218 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 and /or before the commencement of any professional placement.

# Bachelor of High Performance Sport

(Information last updated on 17 November 2022)



## Blacktown, Brisbane, Melbourne and Strathfield

### Students commencing February 2021 (2.5 year course map)

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

SEM 1 2021	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC119 (10cp)</b> From Health to High Performance Sport Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode
WINTER 2021	<b>CoreCurriculum (10cp) Unit 1</b> <a href="#">See here for unit details</a>			
SEM 2 2021	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode

#### YEAR 2

Summer 2122	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode			
SEM 1 2022	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a> <b>Or Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode
Winter 2022	<b>CoreCurriculum (10cp) Unit 2</b> <a href="#">See here for unit and pre-requisite details</a> <b>Or Elective (10cp)</b> <a href="#">See Unit Offerings 2023 Tab</a>			
SEM 2 2022	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230) Multimode
	<b>EXSC218<sup>5</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)			

#### YEAR 3

SUMMER 2023	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216). Not available in Blacktown in 2023. Please see the Course Coordinator for additional information.			
SEM 1 2023	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Not available in Blacktown in 2023. Please see the Course Coordinator for additional information. Multimode	

<sup>5</sup> EXSC218 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 and /or before the commencement of any professional placement.



# Bachelor of High Performance Sport

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## Blacktown, Brisbane, Melbourne and Strathfield

Students commencing February 2021

(3 year course map)

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				
SEM 1 2021	<b>EXSC187 (10cp)</b> Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	<b>EXSC199 (10cp)</b> Psychology of Sport (Inc: EXSD199) Multimode	<b>EXSC119 (10cp)</b> From Health to High Performance Sport Multimode	<b>ANAT100 (10cp)</b> Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode)
SEM 2 2021	<b>BIOL125 (10cp)</b> Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	<b>EXSC122 (10cp)</b> Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	<b>NUTR101 (10cp)</b> Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	<b>CoreCurriculum (10cp)</b> Unit 1 <a href="#">See here for unit details</a>
YEAR 2				
SEM 1 2022	<b>EXSC222 (10cp)</b> Functional Anatomy (Pre: ANAT100) Multimode	<b>EXSC224 (10cp)</b> Mechanical Bases of Exercise (Inc: EXSC120) Multimode	<b>EXSC225 (10cp)</b> Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121, Inc: EXSC198) Multimode	
SEM 2 2022	<b>EXSC230 (10cp)</b> Motor Control and Learning (Pre: EXSC187) Multimode	<b>EXSC204 (10cp)</b> Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	<b>EXSC216 (10cp)</b> Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	<b>EXSC322 (10cp)</b> Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
	<b>EXSC218<sup>6</sup> (0cp)</b> Internship Preparation for Coaching and Prescription (Pre: EXSC119 and EXSC187 and EXSC199 and BIOL125)			
YEAR 3:				
SUMMER 2023	<b>EXSC310 (10cp)</b> Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216) – Not available in Blacktown for 2023. Please see the Course Coordinator for additional information.			
SEM 1 2023	<b>EXSC309 (20cp)</b> Internship in Coaching and Prescription (Pre: (ANAT100 and (EXC118 or NUTR101) and (EXSC224 or EXSC120) and (EXSC225 or EXSC198) and EXSC204 and EXSC216 and EXSC218) Multimode	<b>EXSC321 (10cp)</b> Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode	<b>EXSC396 (10cp)</b> Strength & Conditioning: Prescription for Athlete Performance (Pre: EXSC310) Not available in Blacktown for 2023 See course Coordinator for Additional Information. Multimode	
SEM 2 2023	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>	<b>EXSC319 (10cp)</b> Performance Analysis in Sport (Pre: EXSC230) Multimode	<b>EXSC296 (10cp)</b> Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	<b>CoreCurriculum (10cp)</b> Unit 2 <a href="#">See here for unit and pre-requisite details</a>

<sup>6</sup> EXSC218 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 and /or before the commencement of any professional placement.

# Bachelor of High Performance Sport

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## 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

## 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.

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