

# Exercise Science

## 2026 Elective Units

Last updated 12 September 2025

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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](#).

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### Note:

The following units are **NOT available to be selected as an Exercise Science elective.**

Students who are not in Year 1 will be required to withdraw from the unit.

- EXSC121 Exercise and Sport Science: Starting the Journey
- EXSC119 From Health to High Performance Sport

## Bachelor of Exercise and Sports Science 2026

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2026:

### Summer Term Mon 24 Nov 2025 to Sun 1 Feb 2026 Census: Mon 5 Jan 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M	M		EXSC204 or EXSC216
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

### Semester 1 Mon 2 Mar 2026 to Sun 28 Jun 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment) Census: Mon 30 Mar 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL
EXSC313	Aquatics and Athletics			M	M	M		NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			M	M	M		EXSC310
NUTR202	Lifespan Nutrition		A		A		A	NUTR101
PUBH102	Foundations of Health Promotion		A		A		A	NIL

### Winter Term Mon 25 May 2026 to Sun 2 Aug 2026 Census: Mon 29 Jun 2026

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

### Semester 2 Mon 3 Aug 2026 to Sun 29 Nov 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment) Census: Mon 31 Aug 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
BIOL234	Nutritional Physiology		A		A		A	BIOL204 or (BIOL126 and NUTR101)
BMSC206	Introduction to Neuroscience			A	A		A	BIOL124 or BIOL125
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		EXSC216 and EXSC321
PUBH312	Applied Health Promotion				M			PUBH102

#### Key:

**A** = Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.

**INC** = Incompatible: You may not take the unit listed if you have already passed the INC unit.

**#** = Requires Course Coordinator approval prior to enrolment.

**\*** = International Experience

## Bachelor of Exercise Science / Bachelor of Applied Public Health 2026

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2026:

### Summer Term Mon 24 Nov 2025 to Sun 1 Feb 2026 Census: Mon 5 Jan 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			M			EXSC204 or EXSC216
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)

### Semester 1 Mon 2 Mar 2026 to Sun 28 Jun 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 30 Mar 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M			NIL
EXSC313	Aquatics and Athletics			M			NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			M			EXSC310
NUTR202	Lifespan Nutrition			A			NUTR101

### Winter Term Mon 25 May 2026 to Sun 2 Aug 2026 Census: Mon 29 Jun 2026

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

### Semester 2 Mon 3 Aug 2026 to Sun 29 Nov 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 31 Aug 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
BMSC206	Introduction to Neuroscience			A			BIOL124 or BIOL125

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**#** = Requires Course Coordinator approval prior to enrolment.

## Bachelor of Exercise Science / Bachelor of Business Administration 2026

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column
- [Business electives](#) can be taken from any undergraduate business elective unit available, as listed by the Faculty of Law and Business

The following electives have been approved by the Course Co-ordinator for 2026:

### Summer Term Mon 24 Nov 2025 to Sun 1 Feb 2026 Census: Mon 5 Jan 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)

### Semester 1 Mon 2 Mar 2026 to Sun 28 Jun 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 30 Mar 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL
EXSC313	Aquatics and Athletics		M	M	M		NIL
EXSC314	Healthy Relationships for Young People				M		NIL
EXSC321	Biomechanics		M	M	M		EXSC224 (Inc EXSC220)
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M		2 of the following EXSC204, EXSC216 or EXSC296
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		M	M	M		EXSC310
NUTR202	Lifespan Nutrition			A		A	NUTR101
PUBH102	Foundations of Health Promotion			A		A	NIL

### Winter Term Mon 25 May 2026 to Sun 2 Aug 2026 Census: Mon 29 Jun 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)

### Semester 2 Mon 3 Aug 2026 to Sun 29 Nov 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 31 Aug 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL
EXSC250	Gymnastics and Dance				M		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL
PUBH312	Applied Health Promotion			M			PUBH102

#### Key:

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## Bachelor of High Performance Sport 2026

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2026:

**Summer Term** Mon 24 Nov 2025 to Sun 1 Feb 2026 Census: Mon 5 Jan 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	<b>OU</b>						<i>NUTR101 and (EXSC225 or BIOL234)</i>

**Semester 1** Mon 2 Mar 2026 to Sun 28 Jun 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 30 Mar 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			<b>M</b>	<b>M</b>	<b>M</b>		<i>NIL</i>
EXSC313	Aquatics and Athletics			<b>M</b>	<b>M</b>	<b>M</b>		<i>NIL</i>
PUBH102	Foundations of Health Promotion		<b>A</b>		<b>A</b>		<b>A</b>	<i>NIL</i>

**Winter Term** Mon 25 May 2026 to Sun 2 Aug 2026 Census: Mon 29 Jun 2026

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	<b>OU</b>						<i>NUTR101 and (EXSC225 or BIOL234)</i>

**Semester 2** Mon 3 Aug 2026 to Sun 29 Nov 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 31 Aug 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
BIOL234	Nutritional Physiology		<b>C</b>		<b>C</b>		<b>C</b>	<i>BIOL204 or (BIOL126 and NUTR101)</i>
EXSC346	Sports Injury Prevention and Rehabilitation			<b>M</b>	<b>M</b>	<b>M</b>		<i>EXSC216 and EXSC321</i>

### Key:

**A** = Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.

**INC** = Incompatible: You may not take the unit listed if you have already passed the INC unit.

**#** = Requires Course Coordinator approval prior to enrolment.

**\*** = International Experience

## Bachelor of Physical Activity and Health Science 2026

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2026:

**Summer Term** Mon 24 Nov 2025 to Sun 1 Feb 2026 Census: Mon 5 Jan 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or BIOL234)

**Semester 1** Mon 2 Mar 2026 to Sun 28 Jun 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment)

Census: Mon 30 Mar 2026

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL
EXSC224	Mechanical Bases of Exercise		M	M	M		NIL (Inc: EXSC120)
EXSC313	Aquatics and Athletics		M	M	M		NIL
EXSC314	Healthy Relationships for Young People				M		NIL
EXSC321	Biomechanics		M	M	M		EXSC224 (Inc EXSC220)
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M		2 of the following EXSC204, EXSC216 or EXSC296
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		M	M	M		EXSC310
HLSC120	Indigenous Health and Culture		A	A	A	A	NIL
NUTR202	Lifespan Nutrition			A		A	NUTR101
PUBH102	Foundations of Health Promotion			A		A	NIL
PUBH304	Public Health Entrepreneurship			A			PUBH100 or PUBH102

**Winter Term** Mon 25 May 2026 to Sun 2 Aug 2026 Census: Mon 29 Jun 2026

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

**Semester 2** Mon 3 Aug 2026 to Sun 29 Nov 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment) Census: Mon 31 Aug 2026

CODE	TITLE	Online	Bris	Mel	Strath	Nth Syd	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL
EXSC250	Gymnastics and Dance				M		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment		M	M	M		EXSC225
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M		EXSC216 and EXSC321
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL
PUBH312	Applied Health Promotion			M			PUBH102

### Key:

**A** = Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.

**INC** = Incompatible: You may not take the unit listed if you have already passed the INC unit.

**\$** = Unit is run as a one-week intensive block on-campus in July only.

## Bachelor of Education (Secondary) / Bachelor of Exercise Science 2026

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Co-ordinator for 2026:

### Summer Term Mon 24 Nov 2025 to Sun 1 Feb 2026 Census: Mon 5 Jan 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M	M		EXSC204 or EXSC216
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

### Semester 1 Mon 2 Mar 2026 to Sun 28 Jun 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment) Census: Mon 30 Mar 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
ANAT100	Anatomical Foundations of Exercise Science		C	C	C	C		NIL
EXSC222	Functional Anatomy		M	M	M	M		ANAT100
EXSC224	Mechanical Bases of Exercise		M	M	M	M		NIL (Inc: EXSC120)
EXSC321	Biomechanics		M	M	M	M		EXSC224 (Inc EXSC220)
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M	M		2 of the following: EXSC204, EXSC216 or EXSC296
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			M	M	M		EXSC310

### Winter Term Mon 25 May 2026 to Sun 2 Aug 2026 Census: Mon 29 Jun 2026

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or BIOL234)

### Semester 2 Mon 3 Aug 2026 to Sun 29 Nov 2026 (NOTE: 12 weeks of study / 15 weeks for overall delivery and assessment) Census: Mon 31 Aug 2026

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC204	Exercise Prescription and Delivery		M	M	M	M		EXSC225
EXSC296	Health and Exercise Psychology		M	M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M	M		EXSC216 and EXSC321

#### Key:

**A** = Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.

**INC** = Incompatible: You may not take the unit listed if you have already passed the INC unit.

**\$** = Unit is run as a one-week intensive block on-campus prior to semester only.

**#** = Requires Course Coordinator approval prior to enrolment.

## 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.

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](#).

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 STUDY MODES

The study mode describes the way that a unit is taught.

All units are delivered in Attendance mode, unless otherwise indicated in the map.

#### **A - Attendance**

Most learning activities or classes are delivered at a scheduled time, on campus, or approved ACU delivery site, 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.

#### **OS - Online Scheduled**

Fully online with learning activities held at scheduled times.

#### **OU - Online unscheduled**

Learning activities are accessible at anytime, anywhere. These units are normally delivered fully online and will not 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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