

# Post Graduate High Performance Sport 2026 Elective, Project and Internship Units

Last updated 14 September 2025

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## UNIT STUDY MODES

### **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.

## Graduate Certificate in High Performance Sport

- Specified 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 2026:

**ACU Term 2** Mon 27 Apr 2026 to Sun 5 Jul 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 18 May 2026

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

**ACU Term 3** Mon 20 Jul 2026 to Sun 27 Sep 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 10 Aug 2026

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

**ACU Term 4** Mon 12 Oct 2026 to Sun 20 Dec 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 2 Nov 2026

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

## Graduate Diploma in High Performance Sport

- Specified 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 2026:

**ACU Term 1** Mon 2 Feb 2026 to Sun 12 Apr 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 23 Feb 2026

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	(Pre) Nil (Inc) EXSC514
EXSC648	Coaching Theory in High Performance Sport (10cp)	OU	Nil
EXSC659	Athlete Development: Strategies, Capabilities and Wellbeing (10cp)	OU	Nil
EXSC672 <b>TBC</b>	Theoretical Foundations of Performance Analysis (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

**ACU Term 2** Mon 27 Apr 2026 to Sun 5 Jul 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 18 May 2026

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(Pre) Nil (Inc) EXSC514
EXSC649	Coaching Practice in High Performance Sport (10cp)	OU	(Pre) EXSC648
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
ITEC610	Python Fundamentals for Data Science (10cp)	OU	Nil

**ACU Term 3** Mon 20 Jul 2026 to Sun 27 Sep 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 10 Aug 2026

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	(Pre) Nil (Inc) EXSC514
EXSC648	Coaching Theory in High Performance Sport (10cp) TBC	OU	Nil
EXSC672	Theoretical Foundations of Performance Analysis (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

**ACU Term 4** Mon 12 Oct 2026 to Sun 20 Dec 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 2 Nov 2026

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(Pre) Nil (Inc) EXSC514
EXSC649	Coaching Practice in High Performance Sport (10cp)	OU	(Pre) EXSC648
EXSC653	Project Design for High Performance Sport (10cp)	OU	Nil
EXSC658	Performing Under Pressure	OU	Nil
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil

### International Experience

CODE	TITLE	Mode	Prereq
EXSC675 <sup>+</sup>	International Experience in High Performance Sport (10cp)	OU	Nil

<sup>+</sup> 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 without Specialisation Elective Units

- Specified 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 2026:

**ACU Term 1** Mon 2 Feb 2026 to Sun 12 Apr 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 23 Feb 2026

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	(Pre) Nil (Inc) EXSC514
EXSC648	Coaching Theory in High Performance Sport (10cp) TBC	OU	Nil
EXSC659	Athlete Development: Strategies, Capabilities and Wellbeing (10cp)	OU	Nil
EXSC672 TBC	Theoretical Foundations of Performance Analysis (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

**ACU Term 2** Mon 27 Apr 2026 to Sun 5 Jul 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 18 May 2026

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(Pre) Nil (Inc) EXSC514
EXSC649	Coaching Practice in High Performance Sport (10cp)	OU	(Pre) EXSC648
EXSC669	Exercise Rehabilitation for Return to Sports Performance (10cp)	OU	Nil
ITEC610	Introduction to Data Science with Python (10cp)	OU	Nil

**ACU Term 3** Mon 20 Jul 2026 to Sun 27 Sep 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 10 Aug 2026

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	(Pre) Nil (Inc) EXSC514
EXSC648	Coaching Theory in High Performance Sport (10cp) TBC	OU	Nil
EXSC672	Theoretical Foundations of Performance Analysis (10cp)	OU	Nil
EXSC674	Contemporary Practice in Strength and Conditioning (10cp)	OU	Nil

**ACU Term 4** Mon 12 Oct 2026 to Sun 20 Dec 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 2 Nov 2026

CODE	TITLE	Mode	Prereq
EXSC516	Implementation of Analytics in High Performance Sport (10cp)	OU	(Pre) Nil (Inc) EXSC514
EXSC649	Coaching Practice in High Performance Sport (10cp)	OU	(Pre) EXSC648
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

### International Experience

CODE	TITLE	Mode	Prereq
EXSC675+	International Experience in High Performance Sport (10cp)	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 without Specialisation Capstone Units

- Specified 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<sup>+</sup>**

**EXSC654 Major Research Project Part A<sup>+</sup> (20 CP) Online (Pre: EXSC513 and EXSC653 AND Students must have a GPA ≥5.0 in the first 8 units of the MHighPerfSport degree. Inc: EXSC656 and EXSC657) and**

**EXSC655 Major Research Project Part B<sup>+</sup> (20 CP) Online (Pre:EXSC654)**

**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 10cp 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 10cp 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)**

<sup>+</sup>The Major Research Project units (EXSC654 Part A and EXSC655 Part B) are a **12-month** commitment. Students must have a GPA ≥5.0 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 2 Feb 2026 to Sun 12 Apr 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)  
 Census: Mon 23 Feb 2026

Unit to be completed in **ACU Term 2** Mon 27 Apr 2026 to Sun 5 Jul 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 18 May 2026

**Enrol for ACU Term 3** Mon 20 Jul 2026 to Sun 27 Sep 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment)  
 Census: Mon 10 Aug 2026

Unit to be completed in **ACU Term 4** Mon 12 Oct 2026 to Sun 20 Dec 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 2 Nov 2026

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

CODE	TITLE	Mode	Prereq
<sup>+</sup> EXSC654	Major Research Project (Part A) (20cp)	<b>OU</b>	(Pre) EXSC513 AND EXSC653 AND GPA of 5.0 or above in the first 8 units of the MHPs degree. (Inc) EXSC656, EXSC657
<sup>+</sup> EXSC655	Major Research Project (Part N) (20cp)	<b>OU</b>	(Pre) (EXSC654) (Inc) EXSC656, EXSC657
EXSC656	Minor Project (20cp)	<b>OU</b>	(Pre) EXSC513 AND EXSC653 (Inc) EXSC654, EXSC655
EXSC657	Industry Internship (20cp)	<b>OU</b>	(Pre) EXSC510 (Inc) EXSC654, EXSC655

<sup>+</sup> The Major Research Project units (EXSC654 Part A and EXSC655 Part B) are a **12-month** commitment. Students must have a GPA ≥5.0 in the first 8 units of the MHighPerfSport degree to be considered for EXSC654 and EXSC655.

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

- Specified 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 2026:

**ACU Term 1** Mon 2 Feb 2026 to Sun 12 Apr 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 23 Feb 2026

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

**ACU Term 2** Mon 27 Apr 2026 to Sun 5 Jul 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 18 May 2026

CODE	TITLE	Mode	Prereq
EXSC668	Performance Nutrition (10cp)	<b>OU</b>	<i>Nil</i>

**ACU Term 3** Mon 20 Jul 2026 to Sun 27 Sep 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 10 Aug 2026

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

**ACU Term 4** Mon 12 Oct 2026 to Sun 20 Dec 2026 (NOTE: 8 weeks of study / 10 weeks for overall delivery and assessment) Census: Mon 2 Nov 2026

CODE	TITLE	Mode	Prereq
EXSC668	Performance Nutrition (10cp)	<b>OU</b>	<i>Nil</i>

### International Experience

CODE	TITLE	Mode	Prereq
EXSC675 <sup>+</sup>	International Experience in High Performance Sport (10cp)	<b>Int</b>	<i>Nil</i>

<sup>+</sup> 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 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 Behavioural and Health Science - Administration</b>	Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a>
<b>National Course Coordinator</b>	Dr Paul Tofari Email: <a href="mailto:Paul.Tofari@acu.edu.au">Paul.Tofari@acu.edu.au</a>