

Exercise Science

2023 Elective Units

Last updated 11 April 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](#).

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 2023

- 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 2023:

Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234)(Pre)
EXSC317	Data Analytics in Sport	OU						(EXSC224 or EXSC120) and (EXSC122 or EXSC217) or STAT102 (Pre)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			M	M	M		EXSC204 or EXSC216 (Pre)

Semester 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL (Pre)
EXSC306#	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>			C	C	M		EXSC122 or EXSC217 (Pre)
EXSC313	Aquatics and Athletics			M	M	M		NIL (Pre)
EXSC396	Strength and Conditioning: Prescription for Athlete Performance <i>Intensive delivered prior to the start of Semester 1 – contact Lecturer-in-Charge for details.</i>			M\$	M\$	M\$		EXSC310 (Pre)
NUTR202	Lifespan Nutrition		C		C		C	NUTR101 or EXSC118 (Pre)
PUBH102	Foundations of Health Promotion		M		M		M	NIL (Pre) PUBD102 (Inc)
BMSC309	Advanced Cardiovascular Physiology	OS						BIOL124 or BIOL125 (Pre)

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0 (Pre)
EXSC318 #*	International Study in High Performance Sport <i>Course Coordinator Approval Required / International Experience</i>			C				EXSC218 or EXSC206 (Pre)

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Semester 2

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC117	Leadership Development in Teams Games			M				NIL (Pre)
EXSC306 #	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>			C	C	M		EXSC122 or EXSC217 (Pre)
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230 (Pre)
EXSC330	Advanced Motor Control and Learning			M	M	M		EXSC230 (Pre)
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		(EXSC220 or EXSC321) and EXSC216 (Pre)
PUBH312	Applied Health Promotion				M			PUBH102 (Pre)
BIOL234	Nutritional Physiology		C		C		C	(EXSC118 and BIOL125) or (BIOL126 and NUTR101) or BIOL204 (Pre)
EXSC320	Advanced Biomechanics					C		EXSC321 or EXSC220 (Pre)
BMSC206	Introduction to Neuroscience			C	C		C	BIOL124 or BIOL125 (Pre)

Key:

C = On Campus **M** = Multimode **OU** = Online unscheduled **O** = Online scheduled

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

\$ = Intensive delivered prior to the start of Semester 1 – contact Lecturer-in-Charge for details.

= Requires Course Coordinator approval prior to enrolment.

***** = International Experience

Bachelor of Physical Activity and Health Science 2023

- 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 2023:

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
EXSC317	Data Analytics in Sport	OU					(EXSC224 or EXSC120) and (EXSC122 or EXSC217) or STAT102 (Pre)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216 (Pre)

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL (Pre)
EXSC224	Mechanical Bases of Exercise		M	M	M		NIL (Pre) EXSC120 (Inc)
EXSC321	Biomechanics		M	M	M		EXSC224 or EXSC120 (Pre)
EXSC306 #	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>		C	C	M		EXSC122 or EXSC217 (Pre)
EXSC313	Aquatics and Athletics		M	M	M		NIL (Pre)
EXSC314	Healthy Relationships for Young People				A		NIL (Pre)
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M		2 of the following EXSC204, EXSC216 or EXSC296 (Pre)
EXSC396	Strength and Conditioning: Prescription for Athlete Performance <i>Intensive delivered prior to the start of Semester 1 – contact Lecturer-in-Charge for details.</i>		M\$	M\$	M\$	M\$	EXSC310 (Pre)
HLSC120	Indigenous Health and Culture			M	M	M	NIL (Pre)
NUTR202	Lifespan Nutrition			C		C	NUTR101 or EXSC118 (Pre)
PUBH100	Foundations of Public Health			A			NIL (Pre)
PUBH102	Foundations of Health Promotion			M		M	NIL (Pre) PUBD102 (Inc)
PUBH304	Public Health Entrepreneurship			C			PUBH100 or PUBH102 (Pre)

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Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0 (Pre)
EXSC318 #*	International Study in High Performance <i>Course Coordinator Approval Required / International Experience</i>			C				EXSC218 or EXSC206 (Pre)

Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL (Pre)
EXSC117	Leadership Development in Teams Games		M				NIL (Pre)
EXSC250	Gymnastics and Dance				M		NIL (Pre)
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101) (Pre)
EXSC306 #	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>		C	C	M		EXSC122 or EXSC217 (Pre)
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230 (Pre)
EXSC320	Advanced Biomechanics				C		EXSC321 or EXSC220 (Pre)
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment		M	M	M		EXSC225 or EXSC198 (Pre)
EXSC330	Advanced Motor Control and Learning		M	M	M		EXSC230 (Pre)
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M		(EXSC220 or EXSC321) and EXSC216 (Pre)
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL (Pre)
PUBH103	Epidemiology			M		M	NIL (Pre)
PUBH200	Globalisation, Environment and Health			A			PUBH100 or PUBH102 (Pre)
PUBH312	Applied Health Promotion			M			PUBH102 (Pre)

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Bachelor of High Performance Sport 2023

- 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 2023:

Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
EXSC317	Data Analytics in Sport	OU						(EXSC224 or EXSC120) and (EXSC122 or EXSC217) or STAT102 (Pre)

Semester 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL (Pre)
EXSC306 #	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>			C	C	M		EXSC122 or EXSC217 (Pre)
EXSC313	Aquatics and Athletics			M	M	M		NIL (Pre)
PUBH102	Foundations of Health Promotion				M		M	NIL (Pre) PUBD102 (Inc)

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 pr PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0 (Pre)
EXSC318# *	International Study in High Performance Sport <i>Course Coordinator Approval Required / International Experience</i>			C				EXSC218 or EXSC206 (Pre)

Semester 2

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC117	Leadership Development in Teams Games			M				NIL (Pre)
EXSC306 #	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>			C	C	M		EXSC122 or EXSC217 (Pre)
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230 (Pre)
EXSC330	Advanced Motor Control and Learning			M	M	M		EXSC230(Pre)
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		(EXSC220 or EXSC321) and EXSC216 (Pre)
BIOL234	Nutritional Physiology		C		C		C	(EXSC118 and BIOL125) or (BIOL126 and

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
								NUTR101 or BIOL204 (Pre)

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***** = International Experience

Bachelor of Exercise Science / Bachelor of Applied Public Health 2023

- 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 2023:

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216 (Pre)

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL (Pre)
EXSC306 #	Independent Study in Exercise Science Course Coordinator Approval Required		C	C	C		EXSC122 or EXSC217 (Pre)
EXSC313	Aquatics and Athletics		M	M	M		NIL (Pre)
EXSC396	Strength and Conditioning: Prescription for Athlete Performance Intensive delivered prior to the start of Semester 1 – contact Lecturer-in-Charge for details.		M\$	M\$	M\$	M\$	EXSC310 (Pre)
NUTR202	Lifespan Nutrition			C		C	NUTR101 or EXSC118 (Pre)
BMSC309	Advanced Cardiovascular Physiology	OS					BIOL124 or BIOL125 (Pre)

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 pr PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0 (Pre)
EXSC318 #*	International Study in High Performance Sport Course Coordinator Approval Required / International Experience			C				EXSC218 or EXSC206 (Pre)

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Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC117	Leadership Development in Teams Games		M				NIL (Pre)
EXSC306 #	Independent Study in Exercise Science Course Coordinator Approval Required		C	C	M		EXSC122 or EXSC217 (Pre)
BMSC206	Introduction to Neuroscience		C	C		C	BIOL124 or BIOL125 (Pre)
EXSC230	Motor Control and Learning		M	M	M		EXSC187 (Pre)

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= Requires Course Coordinator approval prior to enrolment.

Bachelor of Exercise Science / Bachelor of Business Administration 2023

- 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 2023:

Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
EXSC317	Data Analytics in Sport	OU					(EXSC224 or EXSC120) and (EXSC122 or EXSC217) or STAT102 (Pre)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216 (Pre)

Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL (Pre)
EXSC321	Biomechanics		M	M	M		EXSC224 or EXSC120 (Pre)
EXSC306 #	Independent Study in Exercise Science <i>Course Coordinator Approval Required</i>		C	C	M		EXSC122 or EXSC217 (Pre)
EXSC313	Aquatics and Athletics			M	M	M	NIL (Pre)
EXSC314	Healthy Relationships for Young People				M		NIL (Pre)
EXSC396	Strength and Conditioning: Prescription for Athlete Performance <i>Intensive delivered prior to the start of Semester 1 – contact Lecturer-in-Charge for details.</i>		M\$	M\$	M\$	M\$	EXSC310 (Pre)
NUTR202	Lifespan Nutrition			C		C	NUTR101 or EXSC118 (Pre)
PUBH102	Foundations of Health Promotion			M		M	Nil (Pre) PUBD102 (Inc)
BMSC309	Advanced Cardiovascular Physiology	OS					BIOL124 or BIOL125 (Pre)

Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 or PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0 (Pre)
EXSC318 #*	International Study in High Performance <i>Course Coordinator Approval Required / International Experience</i>			C				EXSC218 or EXSC206 (Pre)

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Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL (Pre)
EXSC117	Leadership Development in Teams Games		M				NIL (Pre)
EXSC250	Gymnastics and Dance				M		NIL (Pre)
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101) (Pre)
EXSC306 #	Independent Study in Exercise Science Course Coordinator Approval Required		C	C	M		EXSC122 or EXSC217 (Pre)
PUBH312	Applied Health Promotion			M			PUBH102 (Pre)
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL (Pre)
BMSC206	Introduction to Neuroscience		C	C		C	BIOL124 or BIOL125 (Pre)

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\$ = Intensive delivered prior to the start of Semester 1 – contact Lecturer-in-Charge for details.

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