

**Bachelor of Exercise and Sports Science /
Bachelor of Nutrition Science**

(Information last updated on 17 November 2022)



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Course Map

Blacktown, Melbourne and Strathfield

For students who are commencing in February 2023

***Campus availability:** students will undertake Exercise Science units at Strathfield Campus and all other units at North Sydney Campus. Students will not be required to travel between campuses on the same day
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 2023	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101)Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode
SEM 2 2023	BIOL126 (10cp) Human Biology 2 (Pre: BIOL125; (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 (10cp) Culinary Nutrition Science (Inc: NUTD102)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	CoreCurriculum (10cp) Unit 1 See here for unit details
YEAR 2				
Summer 2024	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multimode			
SEM 1 2024	CHEM105 (10cp) Foundations of Chemistry 10cp (Inc CHED103)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204; Inc: BIOL122)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Inc: ANAT100) Multimode
SEM 2 2024	CHEM112 (10cp) Organic and Food Chemistry (Pre: CHEM105; Inc: CHED112)	BIOL234 (10cp) Nutritional Physiology (Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118); Inc: BMSC306)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101))	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
YEAR 3				
SEM 1 2025	CHEM204 (10cp) Biochemistry (Pre: CHEM106 or CHEM112; Inc: CHEM104, CHEM201)	NUTR202 (10cp) Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode
SEM 2 2025	CHEM206 (10cp) Advanced Metabolic Chemistry (Pre: CHEM201 or CHEM204, Inc: CHEM104)	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	EXSC206¹ (0cp) Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multimode

¹ EXSC206 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.

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YEAR 4

SEM 1 2026	NUTR302 (10cp) Diet, Health and Disease <i>(Pre: BIOL234 and NUTR202)</i>	NUTR303 (10cp) Food Science in Practice <i>(Pre: CHEM112 and NUTR102) or NUTR100)</i>	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing <i>(Pre: two of EXSC204, EXSC216 or EXSC296)</i> Multimode	EXSC398 (20cp) Professional Experience <i>(Pre: ANAT100 and (EXSC206 or EXSC223) and EXSC225 and EXSC204 and EXSC216)</i> Multimode
Winter 2026	EXSC316 (10cp) Nutrition for Sports Performance <i>(Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234))</i> Online Unscheduled			
SEM 2 2026	NUTR304 (10cp) Food Product Design and Development <i>(Pre: NUTR303)</i>	EXSC230 (10cp) Motor Control and Learning <i>(Pre: EXSC187)</i> Multimode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	

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Course Map

Blacktown, Melbourne and Strathfield

For students who commenced in February 2022

***Campus availability:** students will undertake Exercise Science units at Strathfield Campus and all other units at North Sydney Campus. Students will not be required to travel between campuses on the same day
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	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode
SEM 2 2022	BIOL126 (10cp) Human Biology 2 (Pre: BIOL125) (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 (10cp) Culinary Nutrition Science (Inc: NUTD102)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	CoreCurriculum (10cp) Unit 1 See here for unit details
YEAR 2				
Summer 2023	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multimode			
SEM 1 2023	CHEM105 (10cp) Foundations of Chemistry 10cp (Inc CHED103)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204; Inc: BIOL122)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode
SEM 2 2023	CHEM112 (10cp) Organic and Food Chemistry (Pre: CHEM105; Inc: CHED112)	BIOL234 (10cp) Nutritional Physiology (Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118); Inc: BMSC306)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
YEAR 3				
SEM 1 2024	CHEM204 (10cp) Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	NUTR202 (10cp) Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode
SEM 2 2024	CHEM206 (10cp) Advanced Metabolic Chemistry (Pre: CHEM201 or CHEM204, Inc: CHEM104)	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	EXSC206² (0cp) Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multimode

² EXSC206 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.

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YEAR 4

SEM 1 2025	NUTR302 (10cp) Diet, Health and Disease (Pre: BIOL234 and NUTR202)	NUTR303 (10cp) Food Science in Practice (Pre: CHEM112 and NUTR102) or NUTR100)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	EXSC325 (10cp) Professional Experience (Pre: ANAT100 and EXSC225 and EXSC204 and EXSC206 and EXSC216) Multimode
Winter 2025	EXSC316 (10cp) Nutrition for Sports Performance (Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234)) Online Unscheduled			
SEM 2 2025	NUTR304 (10cp) Food Product Design and Development (Pre: NUTR303)	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	

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Course Map

Blacktown, Melbourne and Strathfield

For students who commended in February 2021

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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	BIOL125 (10cp) Human Biology 1 (Inc: BIOL121, BIOL122, BIOL124, BIOL204)	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118, EXSZ118) NUTD101) Multimode	ANAT100 (10cp) Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode	EXSC199 (10cp) Psychology of Sport (Inc: EXSD199) Multimode
SEM 2 2021	BIOL126 (10cp) Human Biology 2 (Pre: BIOL125) (Inc: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 (10cp) Culinary Nutrition Science (Inc: NUTD102)	EXSC122 (10cp) Research and Ethics in Exercise Science (Inc: EXSD122, EXSC217) Multimode	CoreCurriculum (10cp) Unit 1 See here for unit details
YEAR 2				
Summer 2022	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIOL121; Inc: EXSC198) Multimode			
SEM 1 2022	CHEM105 (10cp) Foundations of Chemistry 10cp (Inc CHED103)	BIOL204 10cp Human Body in Health and Disease 2 (Pre: BIOL123)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multimode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multimode
SEM 2 2022	CHEM112 (10cp) Organic and Food Chemistry (Pre: CHEM105; Inc: CHED112)	BIOL234 (10cp) Nutritional Physiology (Pre: (BIOL126 and NUTR101) or BIOL125 and EXSC118)); Inc: BMSC306)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or (PYSC100 and PSYC101)	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198 or EXSC225; Inc: EXSC242) Multimode
YEAR 3				
SEM 1 2023	CHEM204 (10cp) Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	NUTR202 (10cp) Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC187 (10cp) Growth, Motor Development and Ageing (Inc: EXSC187, EXSZ187) Multimode	EXSC321 (10cp) Biomechanics (Pre: EXSC224 or EXSC120, Inc: EXSC220) Multimode
SEM 2 2023	CHEM206 (10cp) Advanced Metabolic Chemistry (Pre: CHEM201 or CHEM204, Inc: CHEM104)	EXSC204 (10cp) Exercise, Prescription and Delivery (Pre: EXSC198 or EXSC225) Multimode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: (EXSC198 or EXSC225) or EXSC222) Multimode	EXSC206³ (0cp) Professional experience preparation (Pre: BIOL124 or BIOL125) and (EXSC118 or NUTR101) and EXSC187 and EXSC199) Multimode

³ EXSC206 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.

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YEAR 4

SEM 1 2024	NUTR302 (10cp) Diet, Health and Disease (Pre: BIOL234 and NUTR202)	NUTR303 (10cp) Food Science in Practice (Pre: CHEM112 and NUTR102) or NUTR100)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: two of EXSC204, EXSC216 or EXSC296) Multimode	EXSC325 (10cp) Professional Experience (Pre: ANAT100 and EXSC225 and EXSC204 and EXSC206 and EXSC216) Multimode
Winter 2024	EXSC316 (10cp) Nutrition for Sports Performance (Pre: (EXSC118 or NUTR101) and (EXSC198 or EXSC225 OR BIOL234)) Online Unscheduled			
SEM 2 2024	NUTR304 (10cp) Food Product Design and Development (Pre: NUTR303)	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multimode	CoreCurriculum (10cp) Unit 2 See here for unit and pre-requisite details	

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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 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.

School of Behavioural and Health Science	Exercise Science Administration Email: ExerciseScience.Admin@acu.edu.au
	Nutrition Science Administration Email: Nutrition.Admin@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](#).