

Bachelor of Nutrition Science

Minor – Exercise Science

(Information last updated on 16 September 2022)



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Course Maps

Bachelor of Nutrition Science Minor Exercise Science Blacktown, Melbourne and North Sydney*

*travel to Blacktown or Strathfield required

Students who are commencing in February 2023

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	CHEM105 10cp Foundations of Chemistry (Inc CHEM103, CHED105)	BIOL125 10cp Human Biology 1 (Inc BIOL121, BIOL122, BIOL124, BIOL204 and BIOD125)	NUTR101 10cp Introduction to Nutrition (Inc EXSC118, NUTD101, EXSZ118)	PUBH102 10cp Foundations of Health Promotion (Inc PUBD101) Multimode
SEM 2 2023	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112)	BIOL126 10cp Human Biology 2 (Pre: BIOL125 (INC: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 10cp Culinary Nutrition Science (Inc NUTD102)	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
SEM 1 2024	CHEM204 10cp Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204) (Inc: BIOL122)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC119 10cp From Health to High Performance (Inc: EXSC121 or EXSC394) Multimode
SEM 2 2024	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 Inc: Chem104)	BIOL234 10cp Nutritional Physiology (Pre: (BIOL126 and NUTR101) or (BIOL125 and EXSC118) or BIOL204 Inc BMSC306)	PUBH103 10cp Epidemiology Multimode	ANAT100 10cp Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode or Attendance
YEAR 3				
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)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103) Multimode	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multimode
SEM 2 2025	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102)	CoreCurriculum 10cp Unit 2 See here for unit and pre-requisite details	Elective Unit 10cp See elective list

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*travel to Blacktown or Strathfield required

Students who are commencing in February 2022

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	CHEM105 10cp Foundations of Chemistry (Inc CHEM103, CHED105)	BIOL125 10cp Human Biology 1 (Inc BIOL121, BIOL122, BIOL124, BIOL204 and BIOD125)	NUTR101 10cp Introduction to Nutrition (Inc EXSC118, NUTD101, EXSZ118)	PUBH102 10cp Foundations of Health Promotion (Inc PUBD101) Multimode
SEM 2 2022	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112)	BIOL126 10cp Human Biology 2 (Pre: BIOL125 (INC: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 10cp Culinary Nutrition Science (Inc NUTD102)	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
SEM 1 2023	CHEM204 10cp Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204) (Inc: BIOL122)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC119 10cp From Health to High Performance (Inc: EXSC121 or EXSC394) Multimode
SEM 2 2023	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 Inc: Chem104)	BIOL234 10cp Nutritional Physiology (Pre: (BIOL126 and NUTR101) or (BIOL125 and EXSC118) or BIOL204 Inc BMSC306)	PUBH103 10cp Epidemiology Multimode	ANAT100 10cp Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode or Attendance
YEAR 3				
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)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103) Multimode	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multimode
SEM 2 2024	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102)	CoreCurriculum 10cp Unit 2 See here for unit and pre-requisite details	Elective Unit 10cp See elective list

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Course Maps

Bachelor of Nutrition Science Minor Exercise Science Melbourne and North Sydney*

*travel to Blacktown or Strathfield required

Students who commenced in February 2021

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	CHEM105 10cp Foundations of Chemistry (Inc CHEM103, CHED105)	BIOL125 10cp Human Biology 1 (Inc BIOL121, BIOL122, BIOL124, BIOL204 and BIOD125)	NUTR101 10cp Introduction to Nutrition (Inc EXSC118, NUTD101, EXSZ118)	PUBH102 10cp Foundations of Health Promotion (Inc PUBD101) Multimode
SEM 2 2021	CHEM112 10cp Organic and Food Chemistry (Pre: CHEM105 Inc: CHED112)	BIOL126 10cp Human Biology 2 (Pre: BIOL125 (INC: BIOL121, BIOL122, BIOL124, BIOL204, BIOD126)	NUTR102 10cp Culinary Nutrition Science (Inc NUTD102)	CoreCurriculum 10cp Unit 1 See here for unit details
YEAR 2				
SEM 1 2022	CHEM204 10cp Biochemistry (Pre: CHEM106 or CHEM112) (Inc: CHEM104, CHEM201)	BMSC209 10cp Pathophysiology (Pre: BIOL126 or BIOL204) (Inc: BIOL122)	NUTR202 10cp Lifespan Nutrition (Pre: NUTR101 or EXSC118)	EXSC119 10cp From Health to High Performance (Inc: EXSC121 or EXSC394) Multimode
SEM 2 2022	CHEM206 10cp Advanced Metabolic Biochemistry (Pre: CHEM204 or CHEM201 Inc: Chem104)	BIOL234 10cp Nutritional Physiology (Pre: (BIOL126 and NUTR101) or (BIOL125 and EXSC118) or BIOL204 Inc BMSC306)	PUBH103 10cp Epidemiology Multimode	ANAT100 10cp Anatomical Foundations of Exercise Science (Inc: ANAD100, ANAZ100) Multimode or Attendance
YEAR 3				
SEM 1 2023	NUTR302 10cp Diet, Health and Disease (Pre: BIOL234 and NUTR202)	NUTR303 10cp Food Science in Practice (Pre: (CHEM112 and NUTR102) or NUTR100)	PUBH202 10cp Public Health Research Methods (Pre: PUBH103) Multimode	EXSC225 10cp Physiological Bases of Exercise (Pre: BIOL121 or BIOL124 or BIOL125) (Inc: EXSC198) Multimode
SEM 2 2023	NUTR304 10cp Food Product Design and Development (Pre: NUTR303)	NUTR305 10cp Community and Public Health Nutrition (Pre: PUBH102)	CoreCurriculum 10cp Unit 2 See here for unit and pre-requisite details	Elective Unit 10cp See elective list

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Electives 2023

- Specified units should be taken in sequence as listed in the program map.
- Additional prerequisites for individual units are shown in the final column
- A maximum of one 100-level unit elective is permitted. Please contact your Course Coordinator if you are unsure about which elective unit to choose.
- Elective units other than the ones listed below can also be taken e.g. units from other undergraduate programs, but this requires consultation with the Course Coordinator prior to enrolling into these units.

Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Syd	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)

Winter Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Syd	Prereq
EXSC316	Nutrition for Sports Performance	OU						(EXSC118 or NUTR101) and (EXSC225 or EXSC198 or BIOL234) (Pre)

Semester 2

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Syd	Prereq
EXSC204	Exercise, Prescription and Delivery		M	M	M	M		EXSC198 or EXSC225 (Pre)
EXSC216	Resistance Training: Science and Application		M	M	M	M		EXSC198 or EXSC225 or EXSC222 (Pre)
EXSC322	Exercise Physiology Adaptation to Exercise and the Environment		M	M	M	M		EXSC225 or EXSC198 (Pre) EXSC242 (Inc)

Key:

C = On Campus **M** = Multimode **O** = Online (**OU** =Online Unscheduled, **OS** =Online Scheduled)

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

* = Please contact your course coordinator prior to enrolling into this elective unit to receive additional information regarding the delivery mode and location of this unit.

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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

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	Nutrition Science Administration Email: Nutrition.Admin@acu.edu.au
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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](#).