



Uni Step-Up is your chance to experience university life by studying two first-year units while you are still in senior secondary school. You'll get a head start at university, develop connections with university students and staff, and gain an insight into what it takes to study at a tertiary level.

The program is delivered during the winter and summer school holidays at Australian Catholic University (ACU) campuses.

WHY SHOULD YOU ENROL IN UNI STEP UP?

- **Pathway to further study:** Participants who successfully complete two Uni Step-Up units may be eligible to receive a direct entry offer to a mapped ACU course.
- **Receive credit for a university degree:** Get credit for related undergraduate courses at ACU.

- **There is no charge:** Complete two university units without accruing any HECS fees.
- **Get a head start at university:** Test out a subject area and develop your skills in academic writing and referencing.
- **Small group size:** Cohort size is limited to ensure you have regular access to guided mentoring from current university students and staff.

ELIGIBILITY

Uni Step-Up is available to students through ACU's Widening Participation initiatives. To participate in Uni Step-Up, you must be in Year 11 and meet one of the following criteria:

- attend an ACU Widening Participation partner school
- OR

- live in a remote or regional area
- OR
- identify as Aboriginal or Torres Strait Islander.

WHEN DOES UNI STEP-UP RUN?

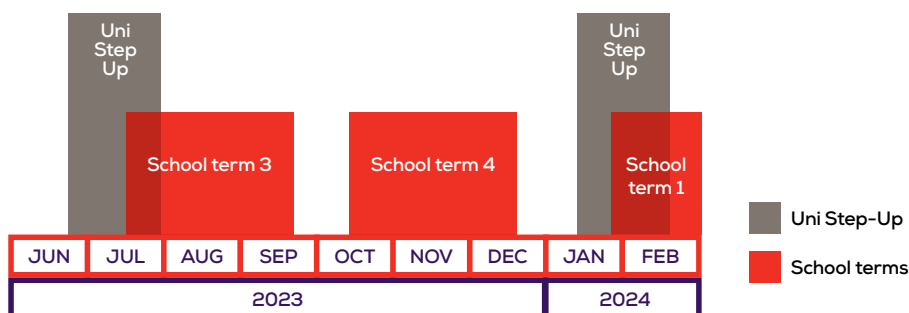
Uni Step-Up is delivered in the June/July 2023 and January 2024 school holidays.

MORE INFORMATION

Visit acu.edu.au/usu or email the Uni Step-Up team at usu@acu.edu.au

HOW TO APPLY

Apply online now at acu.edu.au/usu. Applications close Thursday 8 June 2023 or when classes are full.



Uni Step-Up: Sports and exercise science

Study behavioural and health science to create a world of wellness. Exercise science courses will equip you for a future developing healthy minds, bodies and even healthy policies. You'll be able to make a positive impact on the lives of individuals and communities.

Location: Classes will be delivered at ACU's Melbourne, Brisbane and Strathfield campuses.

UNIT 1

| UNIT | VIC AND QLD | | NSW | PATHWAY TO | |
|--|---|--|---|--|---|
| EXSZ187 Growth, Motor Development and Ageing | On-campus classes 9am – 4pm Wednesday 28 June (Orientation) Thursday 29 June Friday 30 June Monday 3 July Tuesday 4 July Wednesday 5 July | Online classes 5.30 – 6.30pm Wednesday 12 July Wednesday 19 July | On-campus classes 9am – 4pm Wednesday 5 July (Orientation) Thursday 6 July Friday 7 July Monday 10 July Tuesday 11 July Wednesday 12 July | Online classes 5.30 – 6.30pm Wednesday 19 July Wednesday 26 July | Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Bachelor of Nutrition Science Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science Bachelor of Exercise Science/Bachelor of Applied Public Health Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science Bachelor of Exercise Science/Bachelor of Business Administration Bachelor of Nutrition Science/ Bachelor of Business Administration |

The aim of this unit is to provide you with much of the foundational knowledge for practice as an exercise scientist.

You will learn about the effect of growth, maturation and ageing on key human physiological systems, the process of motor development, the classification of skills, the effects of constraints on motor skill acquisition and some fundamental motor learning theory.

UNIT 2

| UNIT | DATE AND TIME | | PATHWAY TO |
|---|--|--|---|
| NUTZ101 Introduction to Nutrition | On-campus classes 9am – 4pm Wednesday 10 January Thursday 11 January Friday 12 January Monday 15 January Tuesday 16 January Wednesday 17 January | Online classes 5.30pm – 6.30pm Wednesday 24 January Wednesday 31 January | Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Bachelor of Nutrition Science Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science Bachelor of Exercise Science/Bachelor of Applied Public Health Bachelor of Psychological Science/Bachelor of Exercise and Sports Science Bachelor of Exercise Science/Bachelor of Business Administration Bachelor of Nutrition Science/Bachelor of Business Administration |

The aim of this unit is to help you build a strong nutrition foundation from which you can continue to develop knowledge, understanding and skills relating to professional practice in food, nutrition and exercise.

You'll learn about the nutrients and other bioactive substances in food that help maintain normal cell function, nutrient transport and storage, and metabolism and water and electrolyte balance as these relate to energy metabolism for health and exercise. Principles of healthy eating, dietary guidelines and nutrient reference values will be introduced, together with the concept of energy balance nutrition assessment, and nutritional strategies for training, competition, recovery and hydration.

FREQUENTLY ASKED QUESTIONS

Will I be enrolled as a university student?

Yes. You will be welcomed as a student at ACU. We'll set you up with a university student ID card, university email, and access to ACU's online learning platforms. As an ACU student, you will have full access to support from our academic skills unit, library services, counsellors and peer mentors.

Will there be an exam?

University unit assessments can include multiple choice quizzes, posters, short answer questions, essays and exams. You will be guided and supported through all your assessments during your study.

Who will be in my classes?

You will be in a small class with other Year 11 students. The class size is kept small to ensure that you can get to know other students and receive close support from university staff and peer mentors.

Do I need to buy any textbooks?

No. All required learning resources will be supplied for you as part of your participation in the program.

What if I change my mind and don't want to continue?

It's ok to change your mind during your studies – that is often part of the journey as you learn about your interests and goals for the future. Once you start the program, we'll be there to support you, but if you do change your mind, you can exit the program early.

Do I need to attend every day?

Yes. Your attendance at every session is important. Please check that you are available to participate in each session.

How does Uni Step Up help me to gain entry to ACU?

By completing the Uni Step Up program, you may be eligible to receive an early offer to study at ACU.

- You will need to pass both Uni Step-Up units to be eligible to receive an early offer
- The better you do in your Uni Step-Up studies, the better your chances of receiving an offer.

I am not sure if I should apply?

Uni Step-Up offers you a unique opportunity to try out university study before completing your schooling. Talk with your teacher and parent/guardian about your readiness to take on this extra challenge.