

2020 COURSE ENROLMENT GUIDE

Faculty of Health Sciences

Bachelor of Physical Activity and Health Science

BRISBANE and STRATHFIELD

(Information last updated on 11 February 2020)

GET STARTED!

Click through the links below to information in this Guide

STEP 1 Have a look at your [Course Map](#) for the structure of your course. This may vary depending on the campus and the year you started the course. Make a note of the core units you need to enrol in for 2019.

STEP 2 Make sure you've read the [Course Information](#). It has links to the Handbook, which contains information on the major, minor and specialisation options available in your course. Be sure you are familiar with the rules and structure of your course.

STEP 3 Next up, check the [Unit Information](#) for details about elective units offered at your campus this year. Pay particular attention to prerequisite requirements.

STEP 4 Head over to the [Enrolment](#) page on the ACU website. You'll see step-by-step instructions on how to enrol in units via Student Connect.

Please enrol for the whole year. Remember, you can change your Semester 2 enrolment up until the second week of semester and won't be charged Semester 2 fees until August. Units may be cancelled if enrolment numbers are too low.

The Course Enrolment Guide is designed to assist you in the selection of units and to ensure that you are aware of the requirements of your degree, diploma or certificate. Specific information relating to unit content and assessments will be provided by your School.

Before you go, did you know?

Course Enrolment Guides can change so you should check the website for the latest updates. Additional information from your School, Faculty and the University will be sent to your ACU student email address so make sure you've got it set up and you check it regularly. All your email communication with University staff must be sent from your ACU student email account.

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2. COURSE MAPS

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3. Students commencing 2020 (Mid-year Entry)

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 2 2020	ANAT100 (10cp) Anatomical Foundations of Exercise Science	BIOL125 (10cp) Human Biology 1	UNCC100 (10cp) Our World: Community and Vulnerability <i>See here for more information</i>	Elective (10cp) (Major / Minor)
Sem 1 2021	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC118 (10cp) Nutrition and Exercise <i>(Inc NUTR101)</i>	EXSC199 (10cp) Psychology of Sport and Physical Activity	Elective (10cp) (Major / Minor)
YEAR 2				
Sem 2 2021	EXSC217 (10cp) Research and Ethics in Exercise Science	EXSC296 (10cp) Health and Exercise Psychology <i>(Pre: EXSC199 or PSYC100 and PSYC101)</i>	Elective (10cp) (Major / Minor)	Elective (10cp) (Major / Minor)
Sem 1 2022	EXSC230 (10cp) Motor Control and Learning <i>(Pre EXSC187)</i>	EXSC222 (10cp) Functional Anatomy <i>(Pre: ANAT100)</i>	EXSC198 (10cp) Physiological Bases of Exercise <i>(Pre BIOL125 or BIOL124 or BIO121)</i>	Elective (10cp) (Major / Minor)
YEAR 3				
Sem 2 2022	UNCC300 (10cp) Justice and Change in a Global World <i>(Pre: UNCC100)</i> <i>See here for more information</i>	EXSC204 (10cp) Exercise Testing, Prescription & Delivery <i>(Pre: EXSC198)</i>	EXSC216 (10cp) Resistance Training: Science and Application <i>(Pre: EXSC198)</i>	Elective (10cp) (Major / Minor)
	EXSC205¹ (0cp) Industry Experience Preparation <i>(Pre: EXSC118, EXSC187, EXSC199 and BIOL125)</i>			
YEAR 4				
Sem 1 2023	EXSC399 (20cp) Industry Experience <i>(Pre: EXSC198, EXSC205, ANAT100)</i>		Elective (10cp) (Major / Minor)	Elective (10cp) (Major / Minor)

¹ EXSC205 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. This unit consists of online modules. Modules must be done in the student's own time before the end of Semester 2 &/or before the commencement of any professional placement

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4. Students commencing 2019 (Mid-year Entry)

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 2 2019	ANAT100 Anatomical Foundations of Exercise Science	BIOL125 Human Biology 1	UNCC100 Our World: Community and Vulnerability	ELECTIVE (MAJOR/MINOR)
Sem 1 2020	EXSC187 Growth, Motor Development and Ageing 10cp	EXSC118 Nutrition and Exercise 10cp (Inc NUTR101)	EXSC199 Psychology of Sport and Physical Activity 10cp	ELECTIVE (MAJOR/MINOR)
YEAR 2				
Sem 2 2020	EXSC230 (10cp) Motor Control & Learning (Pre: EXSC187)	EXSC217 (10cp) Research and Ethics in Exercise Science	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199 or PSYC100 and PSYC101)	Elective (10cp) (Major / Minor)
Sem 1 2021	EXSC198 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	Elective (10cp) (Major / Minor)	Elective (10cp) (Major / Minor)
YEAR 3				
Sem 2 2021	UNCC300 (10cp) Justice and Change in a Global World (Pre: UNCC100) See here for more information	EXSC204 (10cp) Exercise Testing, Prescription & Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198)	Elective (10cp) (Major / Minor)
	EXSC205² (0cp) Industry Experience Preparation (Pre: EXSC118, EXSC187, EXSC199 and BIOL125)			
YEAR 4				
Sem 1 2022	EXSC399 (20cp) Industry Experience (Pre: EXSC198, EXSC205, ANAT100)		Elective (10cp) (Major / Minor)	Elective (10cp) (Major / Minor)

² EXSC205 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. This unit consists of online modules. Modules must be done in the student's own time before the end of Semester 2 &/or before the commencement of any professional placement

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5. Students commencing 2018 (Mid-year Entry)

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						
2018 Sem 2	ANAT100 (10cp) Anatomical Foundations of Exercise Science		PUBH102 * (10cp) Foundations of Health Promotion		UNCC100 (10cp) Self & Community: Exploring the Anatomy of Modern Society	ELECTIVE (10cp) (MAJOR/MINOR)
YEAR 2						
2019 Sem 1	EXSC187 (10cp) Growth, Motor Development & Ageing		EXSC118 (10cp) Nutrition and Exercise <i>(Inc NUTR101)</i>		BIOL125 (10cp) Human Biology 1	ELECTIVE (10cp) (MAJOR/MINOR)
2019 Sem 2	EXSC230 (10cp) Motor Control & Learning <i>(Pre: EXSC187)</i>		EXSC198 (10cp) Physiological Bases of Exercise <i>(Pre BIOL125 or BIOL124 or BIO121)</i>		ELECTIVE (10cp) (MAJOR/MINOR)	ELECTIVE (10cp) (MAJOR/MINOR)
YEAR 3						
2020 Sem 1	EXSC217 (10cp) Research and Ethics in Exercise Science 10cp		EXSC199 (10cp) Psychology of Sport 10cp		EXSC222 (10cp) Functional Anatomy 10cp <i>(Pre: ANAT100)</i>	ELECTIVE (10cp) (MAJOR/MINOR)
2020 Sem 2	UNCC300 (10cp) Justice and Change in a Global World <i>(Pre: UNCC100)</i> <i>See here for more information</i>	EXSC204 (10cp) Exercise Testing, Prescription and Delivery 10cp <i>(Pre: EXSC198)</i>	EXSC216 (10cp) Resistance Training: Science and Application 10cp <i>(Pre: EXSC198)</i>	ELECTIVE (10cp) (MAJOR/MINOR)	EXSC205 ³ (0cp) Industry Experience Preparation 0cp <i>(Pre: EXSC118, EXSC187, EXSC199, BIOL125)</i>	
YEAR 4						
2021 Sem 1	EXSC399 (20cp) Industry Experience <i>(Pre: EXSC198, EXSC205, ANAT100)</i>			ELECTIVE (10cp) (MAJOR/MINOR)	ELECTIVE (10cp) (MAJOR/MINOR)	

³ EXSC205 EXSC205 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. This unit consists of online modules. Modules must be done in the student's own time before the end of Semester 2 &/or before the commencement of any professional placement

6. STUDY MODES

All units are delivered in Attendance mode, unless otherwise indicated. Pre-requisites are added in italics.

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

Attendance: Unit delivered primarily via face-to-face or video conference attendance, at an ACU campus or another location.

Multi-mode: Unit delivered via a combination of online content and a compulsory attendance component (including examinations, practicums, residentials, etc.)

Online: Unit delivered fully online (including assessments).

7. COURSE & UNIT INFORMATION

Course Structure

The [ACU Handbook](#) provides detailed information about each ACU course, including minimum duration, requirements for completion, exit points, any available majors/minors/specialisations, Core Curriculum units and descriptions of units. Please follow the links below to view the rules for your course:

Course Title	Course Rules Handbook Link
Bachelor of Physical Activity and Health Science (2020)	https://handbook.acu.edu.au/2316521
Bachelor of Physical Activity and Health Science (2019)	https://handbook.acu.edu.au/1422432
Bachelor of Physical Activity and Health Science (2018)	https://handbook.acu.edu.au/1271206

11 2020 UNIT SELECTION

Students should enrol according to the relevant course map above. Any student studying out of sequence should contact their Course Coordinator prior to enrolling. **You must enrol for both semesters, not just Semester 1.** *Not only is this a requirement of the Academic Regulations, but ACU also uses enrolment information to understand the demand for each unit and schedule enough spaces. Semester 2 tuition fees are not due until August, and remember, you can always amend your enrolment prior to the census date.*

[2020 Elective Units are listed here](#)

Additional Course information

Opportunities to study an Exercise Science unit overseas
Study EXSC230 Motor Control and Learning overseas in Rome

EXSC230 Motor Control and Learning may be offered at the ACU Rome Campus during the winter break from 14 June to 27 June 2020 (Offshore Trimester 2, 2020). For more information go to <https://www.studentportal.acu.edu.au/acuinfo/cao/so/short-term-programs>

12 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. Please email your enquiry or request to make an appointment.

BRISBANE CAMPUS	
Course Coordinator	Dr Jemima Spathis jemima.spathis@acu.edu.au (07) 3623 7886
Course Administrator	ExerciseScience.Admin@acu.edu.au
STRATHFIELD CAMPUS	
Course Coordinator	Mrs. Kelly Johnson Kelly.Johnson@acu.edu.au (02) 9701 4290
Course Administrator	ExerciseScience.Admin@acu.edu.au

13 GENERAL ADVICE

All queries not specifically related to your course, such as admissions, enrolment, fees, scholarships, exams, timetabling and graduations should be directed to [ASK ACU](#).

The [Administration & Enrolment](#) webpage also has useful information to help you in managing your studies (log in required).

Industry Experience

Students participating in Industry Experience or Community Engagement activities might be asked to complete a range of background checks, certifications, immunisations and registrations as required by Federal and State/Territory laws prior to commencing their placement, practicum or field experience. Please refer to the [Work Integrated Learning](#) webpage to see which requirements you need to fulfil for your study program in your State/Territory. Further information can also be obtained from your Course Coordinators as listed above.

The Core Curriculum

All undergraduate students are required to complete the University Core Curriculum as part of their course. The Core Curriculum is comprised of three units and further information on its structure can be found on the [Core Curriculum](#) webpage. The Core Curriculum units specific to your course are indicated on the course map and can also be found in the Handbook.

The Australian Catholic University Core Curriculum has been designed to focus on aspects of the University's identity and mission. These units emphasise critical judgment, clear expression, ethical decision-making and concern for others, as individuals and as a community.

The two University Core Curriculum units are:

- *UNCC100 Self and Community: Exploring the Anatomy of Modern Society*;
- *UNCC300 Justice and Change in a Global World*; and

The third unit making up the Core Curriculum is a Core Curriculum Community Engagement unit that is also specific to each program, serving to draw the Core Curriculum experience together and offering students an opportunity to live the Core Curriculum in action.

Alternatively, students may be eligible to take *PHIL102 Theories of Human Nature* or *PHIL104 Introduction to Ethics* in place of UNCC100; and *PHIL320 Ethics, Justice and the Good Society* in place of UNCC300. Full details of the eligibility requirements are available on the [Philosophy Units section of the Core Curriculum website](#). For details of unit offerings please follow [this link](#).

UNCC100 and UNCC300 (but not PHIL102, PHIL104 or PHIL320) are often taught over differing week patterns to allow for student placements at various times during semester. Students should take special care to note the week pattern of tutorials when they allocate in tutorial direct to ensure that they are choosing the correct stream for their course.