

Bachelor of High Performance Sport

(Information last updated on 11 February 2020)

Course Map

Brisbane, Melbourne and Strathfield

Students commencing Mid-Year 2020

(3 year course map)

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	EXSC120 (10cp) Mechanical Bases of Exercise	BIOL125 (10cp) Human Biology 1	
SEM 1 2021	EXSC198 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIO121)	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC119 (10cp) From Health to High Performance Sport
WINTER 2021	UNCC100 (10cp) Self and Community: Exploring the Anatomy of Modern Society See here for more information.			

YEAR 2

SEM 2 2021	Elective (10cp) See here for options	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC217 (10cp) Research and Ethics in Exercise Science	EXSC242 (10cp) Exercise Physiology Adaptation to Exercise and the Environment (Pre: EXSC198)
SEM 1 2022	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	EXSC220 (10cp) Biomechanics (Pre: EXSC120)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)

YEAR 3

SEM 2 2022	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198)	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)	UNCC300 (10cp) Justice and Change in a Global World (Pre: UNCC100) See here for more information.
	EXSC218 (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
SUMMER 2023	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2023	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXSC118, EXSC120, EXSC198, ANAT100, EXSC204, EXSC216, EXSC218)		EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	

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YEAR 1				
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SEM 1 2020	EXSC118 (10cp) Nutrition and Exercise (Inc NUTR101)	EXSC187 (10cp) Growth, Motor Development and Ageing	EXSC199 (10cp) Psychology of Sport	EXSC119 (10cp) From Health to High Performance Sport
WINTER 2020	UNCC100 (10cp) Self and Community: Exploring the Anatomy of Modern Society See here for more information.			
YEAR 2				
SEM 2 2020	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199)	EXSC217 (10cp) Research and Ethics in Exercise Science	Elective (10cp) See here for options
SEM 1 2021	EXSC198 (10cp) Physiological Bases of Exercise (Pre BIOL125 or BIOL124 or BIO121)	EXSC220 (10cp) Biomechanics (Pre: EXSC120)	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100)	
YEAR 3				
SEM 2 2021	EXSC204 (10cp) Exercise Testing, Prescription and Delivery (Pre: EXSC198)	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198)	EXSC319 (10cp) Performance Analysis in Sport (Pre: EXSC230)	EXSC242 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC198)
	EXSC218 (0cp) Internship Preparation for Coaching and Prescription (Pre: EXSC119, EXSC187, EXSC199, BIOL125)			
SUMMER 2022	EXSC310 (10cp) Strength and Conditioning: Fundamentals of Athlete Preparation (Pre: EXSC204 or EXSC216)			
SEM 1 2022	EXSC309 (20cp) Internship in Coaching and Prescription (Pre: EXSC118, EXSC120, EXSC198, ANAT100, EXSC204, EXSC216, EXSC218)		EXSC396 (10cp) Strength and Conditioning: Prescription for Athlete Performance (Pre: EXSC310)	UNCC300 (10cp) Justice and Change in a Global World (Pre: UNCC100) See here for more information.

PLEASE NOTE FOR THE MAP ABOVE

Pre-requisites ('*Pre:*') are added in italics. Pre-requisites are other units that you must have passed *before* enrolling in the 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.

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).