

## Graduate Diploma in High Performance Sport – Transition Map

*(Information last updated on 31 August 2026)*



## Course Map

**Students who commenced prior to 2026**

|                                                                   |   |
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### ACU Term Dates 2027

|                   |                                    |                         |
|-------------------|------------------------------------|-------------------------|
| <b>ACU Term 1</b> | Mon 1 Feb 2027 to Sun 11 Apr 2027  | Census: Mon 22 Feb 2027 |
| <b>ACU Term 2</b> | Mon 26 Apr 2027 to Sun 4 Jul 2027  | Census: Mon 17 May 2027 |
| <b>ACU Term 3</b> | Mon 19 Jul 2027 to Sun 26 Sep 2027 | Census: Mon 9 Aug 2027  |
| <b>ACU Term 4</b> | Mon 11 Oct 2027 to Sun 19 Dec 2027 | Census: Mon 1 Nov 2027  |

## Graduate Diploma in High Performance Sport – Transition Map

(Information last updated on 31 August 2026)

## Course Map

### Students who commenced prior to 2026

Students who are out of sequence due to part-time enrolment or progression issues should seek a course advice meeting with the relevant Course Adviser.

Students who commenced in ACU Term 2 and ACU Term 4 should contact the Course Adviser to confirm course map.

### Graduate Diploma in High Performance Sport – Full-Time

| YEAR 1     |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                  |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ACU Term 1 | <b>EXSC510 (10cp)</b><br>Strength and Conditioning for Performance and Rehabilitation<br><i>Online Unscheduled</i><br><i>Also available ACU Term 3</i>            | <b>EXSC652 (10cp)</b><br><b>Contemporary Issues in Sports Science</b><br><i>This unit is no longer available. Contact your Course Adviser to assist with selecting an additional elective unit.</i><br><br><b>Elective Unit (10cp)</b><br><i>(See elective list)</i><br><i>Online Unscheduled</i><br><i>Electives available in all ACU Terms</i> |
| ACU Term 2 | <b>EXSC650 (10cp)</b><br>Fatigue, Recovery, Adaptation and Performance<br><i>Online Unscheduled</i><br><i>Also available ACU Term 4</i>                           | <b>EXSC668 (10cp)</b><br>Performance Nutrition<br><i>Online Unscheduled</i><br><i>Also available ACU Term 4</i>                                                                                                                                                                                                                                  |
| ACU Term 3 | <b>EXSC512 (10cp)</b><br>Leadership and Culture in High Performance Settings<br><i>Online Unscheduled</i><br><b>Note: This unit is only offered in ACU Term 3</b> | <b>EXSC513 (10cp)</b><br>Data Analysis and Interpretation for High Performance Sport<br><i>Online Unscheduled</i><br><i>Also available ACU Term 1</i>                                                                                                                                                                                            |
| ACU Term 4 | <b>EXSC651 (10cp)</b><br>Sports Injury Prevention<br><i>Online Unscheduled</i><br><i>Also available ACU Term 2</i>                                                | <b>Elective Unit (10cp)</b><br><i>(See elective list)</i><br><i>Online Unscheduled</i><br><i>Electives available in all ACU Terms</i>                                                                                                                                                                                                            |

*Continued*

## Graduate Diploma in High Performance Sport – Transition Map

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### Students who commenced prior to 2026 Graduate Diploma in High Performance Sport – Part-Time

| YEAR 1     |                                                                                                                                                                                                                                                                                                                                                                            |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ACU Term 1 | <p><b>EXSC652 (10cp)</b><br/> <b>Contemporary Issues in Sports Science</b><br/> <i>This unit is no longer available. Contact your Course Adviser to assist with selecting an additional elective unit.</i></p> <p><b>Elective Unit (10cp)</b><br/> <a href="#">(See elective list)</a><br/> <i>Online Unscheduled</i><br/> <i>Electives available in all ACU Terms</i></p> |
| ACU Term 2 | <p><b>EXSC668 (10cp)</b><br/>           Performance Nutrition<br/> <i>Online Unscheduled</i><br/> <i>Also available ACU Term 4</i></p>                                                                                                                                                                                                                                     |
| ACU Term 3 | <p><b>EXSC510 (10cp)</b><br/>           Strength and Conditioning for Performance and Rehabilitation<br/> <i>Online Unscheduled</i><br/> <i>Also available ACU Term 1</i></p>                                                                                                                                                                                              |
| ACU Term 4 | <p><b>EXSC651 (10cp)</b><br/>           Sports Injury Prevention<br/> <i>Online Unscheduled</i><br/> <i>Also available ACU Term 2</i></p>                                                                                                                                                                                                                                  |
| YEAR 2     |                                                                                                                                                                                                                                                                                                                                                                            |
| ACU Term 1 | <p><b>EXSC513 (10cp)</b><br/>           Data Analysis and Interpretation for High Performance Sport<br/> <i>Online Unscheduled</i><br/> <i>Also available ACU Term 3</i></p>                                                                                                                                                                                               |
| ACU Term 2 | <p><b>EXSC650 (10cp)</b><br/>           Fatigue, Recovery, Adaptation and Performance<br/> <i>Online Unscheduled</i><br/> <i>Also available ACU Term 4</i></p>                                                                                                                                                                                                             |
| ACU Term 3 | <p><b>EXSC512 (10cp)</b><br/>           Leadership and Culture in High Performance Settings<br/> <i>Online Unscheduled</i><br/> <b>Note: This unit is only offered in ACU Term 3</b></p>                                                                                                                                                                                   |
| ACU Term 4 | <p><b>Elective Unit (10cp)</b><br/> <a href="#">(See elective list)</a><br/> <i>Online Unscheduled</i><br/> <i>Electives available in all ACU Terms</i></p>                                                                                                                                                                                                                |

*Continued*

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## Graduate Diploma in High Performance Sport – Elective Units

Students must refer to their course map first and then check the list below for availability of Elective Units prior to enrolling

**ACU Term 1** Mon 1 Feb 2027 to Sun 11 Apr 2027 Census: Mon 22 Feb 2027

| CODE    | TITLE                                                                         | Mode | Prereq                  |
|---------|-------------------------------------------------------------------------------|------|-------------------------|
| EXSC515 | Exercise Prescription for Sports Injury Management Across the Lifespan (10cp) | OU   | Nil                     |
| EXSC517 | Visual Optimisation in High Performance Sport (10cp)                          | OU   | (Pre) Nil (Inc) EXSC514 |
| EXSC648 | Coaching Theory in High Performance Sport (10cp)                              | OU   | Nil                     |
| EXSC659 | Athlete Development: Strategies, Capabilities and Wellbeing (10cp)            | OU   | Nil                     |
| EXSC672 | Theoretical Foundations of Performance Analysis (10cp)                        | OU   | Nil                     |
| EXSC674 | Contemporary Practice in Strength and Conditioning (10cp)                     | OU   | Nil                     |

**ACU Term 2** Mon 26 Apr 2027 to Sun 4 Jul 2027 Census: Mon 17 May 2027

| CODE    | TITLE                                                           | Mode | Prereq      |
|---------|-----------------------------------------------------------------|------|-------------|
| EXSC516 | Implementation of Analytics in High Performance Sport (10cp)    | OU   | Nil         |
| EXSC649 | Coaching Practice in High Performance Sport (10cp)              | OU   | (P) EXSC648 |
| EXSC669 | Exercise Rehabilitation for Return to Sports Performance (10cp) | OU   | Nil         |
| ITEC610 | Python Fundamentals for Data Science (10cp)                     | OU   | Nil         |

**ACU Term 3** Mon 19 Jul 2027 to Sun 26 Sep 2027 Census: Mon 9 Aug 2027

| CODE    | TITLE                                                                         | Mode | Prereq                  |
|---------|-------------------------------------------------------------------------------|------|-------------------------|
| EXSC515 | Exercise Prescription for Sports Injury Management Across the Lifespan (10cp) | OU   | Nil                     |
| EXSC517 | Visual Optimisation in High Performance Sport (10cp)                          | OU   | (Pre) Nil (Inc) EXSC514 |
| EXSC648 | Coaching Theory in High Performance Sport (10cp) TBC                          | OU   | Nil                     |
| EXSC659 | Athlete Development: Strategies, Capabilities and Wellbeing (10cp)            | OU   | Nil                     |
| EXSC672 | Theoretical Foundations of Performance Analysis (10cp)                        | OU   | Nil                     |
| EXSC674 | Contemporary Practice in Strength and Conditioning (10cp)                     | OU   | Nil                     |

**ACU Term 4** Mon 11 Oct 2027 to Sun 19 Dec 2027 Census: Mon 1 Nov 2027

| CODE    | TITLE                                                           | Mode | Prereq                  |
|---------|-----------------------------------------------------------------|------|-------------------------|
| EXSC516 | Implementation of Analytics in High Performance Sport (10cp)    | OU   | (Pre) Nil (Inc) EXSC514 |
| EXSC649 | Coaching Practice in High Performance Sport (10cp)              | OU   | (Pre) EXSC648           |
| EXSC653 | Project Design for High Performance Sport (10cp)                | OU   | Nil                     |
| EXSC658 | Performing Under Pressure                                       | OU   | Nil                     |
| EXSC669 | Exercise Rehabilitation for Return to Sports Performance (10cp) | OU   | Nil                     |
| ITEC610 | Python Fundamentals for Data Science (10cp)                     | OU   | Nil                     |

## International Experience

| CODE     | TITLE                                                     | Mode | Prereq |
|----------|-----------------------------------------------------------|------|--------|
| EXSC675* | International Experience in High Performance Sport (10cp) | OU   | Nil    |

\* Enrolment in this unit requires Course Adviser approval because this unit comprises only specific international activities organised by the School of Behavioural and Health Sciences at ACU (TBC)

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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.

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](#).

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 Adviser prior to enrolling.

### UNIT STUDY MODES

The study mode describes the way that a unit is taught.

#### OS - Online scheduled

Fully online with learning activities held at scheduled times.

#### OU - Online unscheduled

Learning activities are accessible at anytime, anywhere. These units are normally delivered fully online and will not appear in a student's timetable.

### Course Advice

Course Advisers are available to assist you with course advice. Students should in the first instance contact the Course Administrator. If required, your query will be referred to a Course Adviser. Please email your enquiry or request to make an appointment.

|                                                                  |                                                                                               |
|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>School of Behavioural and Health Science - Administration</b> | Email: <a href="mailto:ExerciseScience.Admin@acu.edu.au">ExerciseScience.Admin@acu.edu.au</a> |
| <b>National Course Adviser</b>                                   | Dr Adam Hewitt<br>Email: <a href="mailto:Adam.Hewitt@acu.edu.au">Adam.Hewitt@acu.edu.au</a>   |