

Bachelor of Psychological Science/ Bachelor of Exercise and Sports Science

(Information last updated on 17 September 2026)



Course Map

Melbourne and Strathfield

For students who commenced in 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 Adviser.

YEAR 1				
SEM 1 2022	PSYC100 (10cp) Foundations of Psychology	PSYC108 (10cp) Psychological Practice: Theory and Techniques	EXSC187 (10cp) (10cp) Growth, Motor Development and Ageing	ANAT100 (10cp) Anatomical Foundations of Exercise Science
SEM 2 2022	PSYC101 (10cp) Applications of Psychology	PSYC104 (10cp) Research Design and Statistics 1 Unit replaced by: PSYC110 (10cp) Research Design and Data Analysis 1 (Inc: PSYC104)	BIOL125 (10cp) Human Biology 1	Core Curriculum Unit 1 (10cp) See here for unit details
YEAR 2				
SEM 1 2023	PSYC200 (10cp) Lifespan Development (Pre: PSYC100, PSYC101)	PSYC206 (10cp) Research Design and Statistics 2 (Pre: PSYC104) Unit replaced by: PSYC226 (10cp) Research Design and Data Analysis 2 (Pre: PSYC104 or PSYC110; Inc: PSYC206)	EXSC225 (10cp) Physiological Bases of Exercise (Pre: BIOL125 or BIOL124 or BIO121; Inc: EXSC198) Multi-mode	EXSC199 (10cp) Psychology of Sport Multi-mode
SEM 2 2023	PSYC212 (10cp) Abnormal Psychology (Pre: PSYC100, PSYC101)	EXSC296 (10cp) Health and Exercise Psychology (Pre: EXSC199, or both PSYC100 and PSYC101) Multi-mode	NUTR101 (10cp) Introduction to Nutrition (Inc: EXSC118) Multi-mode	EXSC230 (10cp) Motor Control and Learning (Pre: EXSC187) Multi-mode
YEAR 3				
SEM 1 2024	PSYC213 (10cp) Individual Differences (Pre: PSYC100 & PSYC101 & PSYC104) Unit replaced by: PSYC220 (10cp) Personality and Individual Differences (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC213) Campus attendance	PSYC311 (10cp) Research Design and Statistics 3 (Pre: PSYC206) Unit replaced by: PSYC323 (10cp) Research Design and Data Analysis 3 (Pre: PSYC226 or PSYC206; Inc: PSYC311)	EXSC224 (10cp) Mechanical Bases of Exercise (Inc: EXSC120) Multi-mode	EXSC222 (10cp) Functional Anatomy (Pre: ANAT100) Multi-mode

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SEM 2 2024	PSYC214 (10cp) Learning and Behaviour (Pre: PSYC100 & PSYC101 & PSYC104) Unit replaced by: PSYC324 (10cp) Learning and Behaviour (Pre: PSYC110 & (PSYC200 or PSYC212 or PSYC213 or PSYC227); Inc: PSYC214)	EXSC204 (10cp) Exercise Prescription and Delivery (Pre: EXSC225) Multi-mode	EXSC216 (10cp) Resistance Training: Science and Application (Pre: EXSC198 or EXSC225 and EXSC222) Multi-mode	EXSC322 (10cp) Exercise Physiology: Adaptation to Exercise and the Environment (Pre: EXSC225; Inc: EXSC242) Multi-mode
	EXSC206¹ (0cp) Professional Experience Preparation (Pre: NUTR101, EXSC187, EXSC199, BIOL125) Multi-mode			
YEAR 4				
SEM 1 2025	PSYC314 (10cp) Psychological Assessment (Pre: PSYC104, PSYC213)	PSYC315 (10cp) Brain and Behaviour (Pre: Either PSYC200, PSYC212, PSYC213 or PSYC214)	EXSC394 (10cp) Exercise Prescription for Health and Wellbeing (Pre: Two of the following: EXSC204, EXSC216 or EXSC296) Multi-mode	EXSC321 (10cp) Biomechanics (Pre: EXSC224; Inc: EXSC220) Multi-mode
SEM 2 2025	PSYC307 (10cp) Cognitive Psychology (Pre: PSYC206 and either PSYC213 or PSYC214)	PSYC313 (10cp) Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313) Unit replaced by: PSYC227 (10cp) Social Psychology (Pre: PSYC100 & PSYC101 & (PSYC104 or PSYC110); Inc: PSYC313)	EXSC325 (10cp) Professional Practice in Exercise Science (Pre: ANAT100, EXSC224, EXSC225, EXSC204, EXSC206, EXSC216) Multi-mode	Core Curriculum Unit 2 (10cp) See here for unit details

PLEASE NOTE FOR THE MAP ABOVE

Students who do not follow the sequence recommended in their Course Map may experience timetabling issues and cannot be guaranteed completion within the normal course duration period.

Any student studying outside the above sequence and students who commenced prior to 2022 should consult with their Course Adviser prior to enrolling.

¹ EXSC206 prepares students for professional practice opportunities, career planning and employability by addressing the scope of practice of an exercise professional. It will also address some of the requirements needed to fulfil your accreditation as a Strength and Conditioning Coach with the Australian Strength and Conditioning Association. 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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STUDY MODES

The study mode describes the way that a unit is taught. All units are delivered in Attendance mode, unless otherwise indicated in the map.

Attendance (A)

Most learning activities or classes are delivered at a scheduled time, on campus, or approved ACU delivery site, to enable in-person interactions. Activities will appear in a student's timetable.

Multi-mode (M)

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 Scheduled (OS)

Fully online with learning activities held at scheduled times.

Online Unscheduled (OU)

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

PREREQUISITES

- Prerequisites ('Pre:') are added in italics.
- Prerequisites are other units that you must have passed *before* enrolling in the unit.
- You will not be able to enrol in a unit in Student Connect if you do not meet the prerequisite requirements. (This will help 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](#).

COURSE ADVICE

Course Advisers 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 Adviser .

Any student studying outside the above sequence should consult with their Course Adviser prior to enrolling. Please email your enquiry or request to make an appointment.

School of Behavioural and Health Sciences

Psychological Science Administration

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Exercise Science Administration

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