

Exercise Science

2027 Elective Units

Last updated 9 September 2026

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Prerequisites

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](#).

Note:

The following units are **NOT available to be selected as an Exercise Science elective**.
Students who are not in Year 1 will be required to withdraw from the unit.

- EXSC121 Exercise and Sport Science: Starting the Journey
- EXSC119 From Health to High Performance Sport

Bachelor of Exercise and Sports Science 2027

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Adviser for 2027:

Summer Term Mon 23 Nov 2026 to Sun 31 Jan 2027 Census: Mon 4 Jan 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M	M		EXSC216 and EXSC233
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or EXSC226 or BIOL234)

Semester 1 Mon 1 Mar 2027 to Sun 27 Jun 2027 Census: Mon 30 Mar 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL
EXSC313	Aquatics and Athletics			M	M	M		NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		M	M	M	M		EXSC310
PUBH102	Foundations of Health Promotion		A		A		A	NIL

Winter Term Mon 24 May 2027 to Sun 1 Aug 2027 Census: Mon 28 Jun 2027

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or EXSC226 or BIOL234)

Semester 2 Mon 2 Aug 2027 to Sun 27 Nov 2027 Census: Mon 30 Aug 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
BIOL234	Nutritional Physiology		A		A		A	BIOL204 or (BIOL126 and NUTR101)
BMSC206	Introduction to Neuroscience			A	A		A	BIOL124 or BIOL125
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M	M		EXSC216 and EXSC321
NUTR202	Lifespan Nutrition		A		A		A	NUTR101
PUBH312	Applied Health Promotion				M			PUBH102

Key:

- A** = Campus Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.
INC = Incompatible: You may not take the unit listed if you have already passed the INC unit.
= Requires Course Adviser approval prior to enrolment.
***** = International Experience

Bachelor of Exercise Science / Bachelor of Business Administration 2027

- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column
- [Business electives](#) can be taken from any undergraduate business elective unit available, as listed by the Faculty of Law and Business

The following electives have been approved by the Course Adviser for 2027:

Summer Term Mon 23 Nov 2026 to Sun 31 Jan 2027 Census: Mon 4 Jan 2027

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC216 and EXSC233
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or EXSC226 or BIOL234)

Semester 1 Mon 1 Mar 2027 to Sun 27 Jun 2027 Census: Mon 30 Mar 2027

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		M	M	M		NIL
EXSC313	Aquatics and Athletics		M	M	M		NIL
EXSC314	Healthy Relationships for Young People				M		NIL
EXSC321	Biomechanics		M	M	M		EXSC120 or EXSC224 (Inc EXSC220)
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M		(EXSC204 or EXSC233) and EXSC216
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		M	M	M		EXSC310
PUBH102	Foundations of Health Promotion			A		A	NIL

Winter Term Mon 24 May 2027 to Sun 1 Aug 2027 Census: Mon 28 Jun 2027

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU					NUTR101 and (EXSC225 or EXSC226 or BIOL234)

Semester 2 Mon 2 Aug 2027 to Sun 27 Nov 2027 Census: Mon 30 Aug 2027

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				M		NIL
EXSC250	Gymnastics and Dance				M		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC385	Challenges and Opportunities in the Health of Young People				M		NIL
NUTR202	Lifespan Nutrition			A		A	NUTR101
PUBH312	Applied Health Promotion			M			PUBH102

Key:

A = Campus Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.

INC = Incompatible: You may not take the unit listed if you have already passed the INC unit.

= Requires Course Adviser approval prior to enrolment.

Bachelor of High Performance Sport 2027

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Adviser for 2027:

Summer Term Mon 23 Nov 2026 to Sun 31 Jan 2027 Census: Mon 4 Jan 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or EXSC226 or BIOL234)

Semester 1 Mon 1 Mar 2027 to Sun 27 Jun 2027 Census: Mon 30 Mar 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			M	M	M		NIL
EXSC313	Aquatics and Athletics			M	M	M		NIL
PUBH102	Foundations of Health Promotion		A		A		A	NIL

Winter Term Mon 24 May 2027 to Sun 1 Aug 2027 Census: Mon 28 Jun 2027

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						NUTR101 and (EXSC225 or EXSC226 or BIOL234)

Semester 2 Mon 2 Aug 2027 to Sun 27 Nov 2027 Census: Mon 30 Aug 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
BIOL234	Nutritional Physiology		A		A		A	BIOL204 or (BIOL126 and NUTR101)
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		EXSC216 and EXSC321

Key:

- A = Campus Attendance M = Multi-mode OU = Online Unscheduled OS = Online Scheduled.
 INC = Incompatible: You may not take the unit listed if you have already passed the INC unit.
 # = Requires Course Adviser approval prior to enrolment.
 * = International Experience

Bachelor of Education (Secondary) / Bachelor of Exercise Science 2027

- Core units should be taken in sequence as listed in the program map.
- First year students should only complete elective units at 100 or 200 level.
- Additional prerequisites for individual units are shown in the final column

The following electives have been approved by the Course Adviser for 2027:

Summer Term Mon 23 Nov 2026 to Sun 31 Jan 2027 Census: Mon 4 Jan 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M	M		<i>EXSC216 and EXSC233</i>
EXSC316	Nutrition for Sports Performance	OU						<i>NUTR101 and (EXSC225 or EXSC226 or BIOL234)</i>

Semester 1 Mon 1 Mar 2027 to Sun 27 Jun 2027 Census: Mon 30 Mar 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
ANAT100	Anatomical Foundations of Exercise Science		A	A	A	A		<i>NIL</i>
EXSC222	Functional Anatomy		M	M	M	M		<i>ANAT100</i>
EXSC224	Mechanical Bases of Exercise		M	M	M	M		<i>NIL (Inc: EXSC120)</i>
EXSC321	Biomechanics		M	M	M	M		<i>EXSC120 or EXSC224 (Inc EXSC220)</i>
EXSC394	Exercise Prescription for Health and Wellbeing		M	M	M	M		<i>(EXSC204 or EXSC233) and EXSC216</i>
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		M	M	M	M		<i>EXSC310</i>

Winter Term Mon 24 May 2027 to Sun 1 Aug 2027 Census: Mon 28 Jun 2027

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	OU						<i>NUTR101 and (EXSC225 or EXSC226 or BIOL234)</i>

Semester 2 Mon 2 Aug 2027 to Sun 27 Nov 2027 Census: Mon 30 Aug 2027

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC204	Exercise Prescription and Delivery		M	M	M	M		<i>EXSC225</i>
EXSC296	Health and Exercise Psychology		M	M	M	M		<i>EXSC199 or (PSYC100 and PSYC101)</i>
EXSC319	Performance Analysis in Sport		M	M	M	M		<i>EXSC230</i>
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M	M		<i>EXSC216 and EXSC321</i>

Key:

- A** = Campus Attendance **M** = Multi-mode **OU** = Online Unscheduled **OS** = Online Scheduled.
INC = Incompatible: You may not take the unit listed if you have already passed the INC unit.
\$ = Unit is run as a one-week intensive block on-campus prior to semester only.
= Requires Course Adviser approval prior to enrolment.

PLEASE NOTE FOR THE MAP ABOVE

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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.

All units are delivered in Attendance mode, unless otherwise indicated in the map.

A - Attendance

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.

M - Multi-mode

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.

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 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.

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