

# Exercise Science

## 2022 Elective Units

Last updated 11 October 2021

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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

### 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 2022

- 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 Co-ordinator for 2022:

### Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0						EXSC118/ NUTR101 and (EXSC225 or BIOL234)
EXSC317	Data Analytics in Sport	0						EXSC224 and EXSC122 or STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			M	M	M		EXSC204 or EXSC216

### Professional Term 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC290	The Aquatic Environment and the Outdoor Experience				A			NIL
EXSC390	Leadership Practices and the Outdoor Experience				M			NIL

### Semester 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			A	A	A		NIL
EXSC115	Foundations of the Outdoor Experience				A			NIL
EXSC306 #	Independent Study in Exercise Science#			A	A	M		EXSC122 or EXSC217
EXSC313 ~	Aquatics and Athletics					A		NIL
EXSC392	Leadership Development in Physical Activity			A	A			NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			\$	\$	\$		EXSC310
NUTR202	Lifespan Nutrition		A		A		A	NUTR101 or EXSC118
PUBH102	Foundations of Health Promotion		M		M		M	NIL

### Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0						EXSC118/ NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 pr PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

**Semester 2**

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC117	Leadership Development in Teams Games			A	A			NIL
EXSC306 #	Independent Study in Exercise Science#			A	A	M		EXSC122 or EXSC217
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC330	Advanced Motor Control and Learning			M		M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		EXSC321 and EXSC216
PUBH312	Applied Health Promotion				M			PUBH102
BIOL234	Nutritional Physiology		A		A		A	(EXSC118 and BIOL125) or (BIOL126 and NUTR101)
BMSC206	Introduction to Neuroscience			A	A		A	BIOL124 or BIOL125

**Professional Term 8**

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World				A			NIL
EXSC318 #*	International Study in High Performance Sport #*							EXSC218 or EXSC206

**Key:**

**A** = Attendance **M** = Multimode **O** = Online

**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 in July only.

**#** = Requires Course Coordinator approval prior to enrolment.

**\*** = International Experience

**~** = Not available in Brisbane and Melbourne until 2024

## Bachelor of Physical Activity and Health Science 2022

- 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 Co-ordinator for 2022:

### Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	O					EXSC118/ NUTR101 and (EXSC225 OR BIOL234)
EXSC317	Data Analytics in Sport	O					EXSC224 and EXSC122 or STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216

### Professional Term 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC290	The Aquatic Environment and the Outdoor Experience			A			NIL
EXSC390	Leadership Practices and the Outdoor Experience			M			NIL

### Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		A	A	A		NIL
EXSC115	Foundations of the Outdoor Experience			A			NIL
EXSC224	Mechanical Bases of Exercise		A	A	A		NIL
EXSC321	Biomechanics		A	A	A		EXSC224 or EXSC120
EXSC306 #	Independent Study in Exercise Science#		A	A	M		EXSC122 or EXSC217
EXSC313 ~	Aquatics and Athletics				A		NIL
EXSC314	Healthy Relationships for Young People				A		NIL
EXSC392	Leadership Development in Physical Activity		A	A			NIL
EXSC394	Exercise Prescription for Health and Wellbeing		A	A	A		2 of the following EXSC204, EXSC216 or EXSC296
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		\$	\$	\$		EXSC310
HLSC120	Indigenous Health and Culture		M	M		M	NIL
NUTR202	Lifespan Nutrition			A		A	NUTR101 or EXSC118
PUBH100	Foundations of Public Health			A			NIL
PUBH102	Foundations of Health Promotion			M		M	NIL
PUBH304	Public Health Entrepreneurship			A			PUBH 103 and either PUBH100 or PUBH102

### Winter Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	O					EXSC118/ NUTR101 and (EXSC225 OR BIOL234)

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**Semester 2**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				A		NIL
EXSC117	Leadership Development in Teams Games		A	A			NIL
EXSC250	Gymnastics and Dance				A		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC306 #	Independent Study in Exercise Science#		A	A	M		EXSC122 or EXSC217
EXSC319	Performance Analysis in Sport		M	M	M		EXSC230
EXSC320	Advanced Biomechanics				A		EXSC220 or EXSC321
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment		A	A	A		EXSC225 or EXSC198
EXSC330	Advanced Motor Control and Learning		M		M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation		M	M	M		EXSC321 and EXSC216
EXSC385	Challenges and Opportunities in the Health of Young People				A		NIL
PUBH103	Epidemiology			A		A	NIL
PUBH200	Globalisation, Environment and Health			A			PUBH100 or PUBH102
PUBH312	Applied Health Promotion			M			PUBH102

**Professional Term 8**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World			A			NIL

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**Bachelor of Exercise and Health Science 2022**

**Please see your local Course Coordinator**

## Bachelor of High Performance Sport 2022

- 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 Co-ordinator for 2022:

### Summer Term

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0						EXSC118/ NUTR101 and (EXSC225 or BIOL234)
EXSC317	Data Analytics in Sport	0						EXSC224 and EXSC122 or STAT102

### Professional Term 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC290	The Aquatic Environment and the Outdoor Experience				A			NIL
EXSC390	Leadership Practices and the Outdoor Experience				M			NIL

### Semester 1

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			A	A	A		NIL
EXSC115	Foundations of the Outdoor Experience				A			NIL
EXSC306 #	Independent Study in Exercise Science #			A	A	M		EXSC122 or EXSC217
EXSC313 ~	Aquatics and Athletics					A		NIL
EXSC392	Leadership Development in Physical Activity			A	A			NIL

### Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0						EXSC118/ NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 pr PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

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**Semester 2**

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC117	Leadership Development in Teams Games			A	A			NIL
EXSC306 #	Independent Study in Exercise Science#			A	A	M		EXSC122 or EXSC217
EXSC319	Performance Analysis in Sport		M	M	M	M		EXSC230
EXSC330	Advanced Motor Control and Learning			M		M		EXSC230
EXSC346	Sports Injury Prevention and Rehabilitation			M	M	M		EXSC321 and EXSC216
PUBH312	Applied Health Promotion				M			PUBH102
BIOL234	Nutritional Physiology		A		A		A	(EXSC118 and BIOL125) or (BIOL126 and NUTR101)

**Professional Term 8**

CODE	TITLE	Online	Black-town	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World				A			NIL
EXSC318# *	International Study in High Performance Sport #*							EXSC218 OR EXSC206

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## Bachelor of Sport and Outdoor Education 2022

- 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

### Electives – see next page for Minors

The following electives have been approved by the Course Co-ordinator for 2022:

#### Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			M			EXSC204 or EXSC216

#### Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			A			NIL
EXSC321	Biomechanics			A			EXSC224 or EXSC120
EXSC222	Functional Anatomy			A			ANAT100
EXSC392	Leadership Development in Physical Activity			A			NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			\$			EXSC310
PUBH100	Foundations of Public Health			A			NIL
PUBH102	Foundations of Health Promotion			M			NIL
YSED100	Knowing Young People			A			NIL
YSED105	Ethical Principles and Practice of Youth Work			A			NIL
YSED203	Building Relationships and Supporting Young People			A			YSED104 or YSED105

#### Semester 2

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC224	Mechanical Bases of Exercise			A			NIL
EXSC204	Exercise Testing, Prescription and Delivery			A			EXSC225 or EXSC198
EXSC216	Resistance Training: Science and Application			M			EXSC225 or EXSC198 or EXSC222
EXSC322	Exercise Physiology: Adaption to Exercise and the Environment			A			EXSC225 or EXSC198
EXSC296	Health and Exercise Psychology			M			EXSC199 or (PSYC100 and PSYC101)
PUBH312	Applied Health Promotion			M			PUBH102
YSED104	The Developing Young Person			A			NIL
YSED303	Youth Work in Community and Family Settings			A			YSED302 or DVST304

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see next page for Minor units

**Minors – see previous page for Elective units**

The following units have been approved by the Course Co-ordinator for 2022:

**Youth Studies Minor (Victoria Only)**

**Semester 1**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
YSED100	Knowing Young People			A			NIL
YSED105	Ethical Principles and Practice of Youth Work			A			NIL
YSED203	Building Relationships and Supporting Young People			A			YSED104

**Semester 2**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
YSED104	The Developing Young Person			A			
YSED303	Youth Work in Community and Family Settings			A			YSED302 or DVST304

**Key:**

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## Bachelor of Exercise Science / Bachelor of Applied Public Health 2022

- 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 Co-ordinator for 2022:

### Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0					EXSC118/ NUTR101 and (EXSC225 or BIOL234)
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation			M			EXSC204 or EXSC216

### Professional Term 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC290	The Aquatic Environment and the Outdoor Experience			A			NIL
EXSC390	Leadership Practices and the Outdoor Experience			M			NIL

### Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills			A			NIL
EXSC115	Foundations of the Outdoor Experience			A			NIL
EXSC230	Motor Control and Learning			M			EXSC187
EXSC306 #	Independent Study in Exercise Science#			A			EXSC122 or EXSC217
EXSC392	Leadership Development in Physical Activity			A			NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance			\$			EXSC310
NUTR202	Lifespan Nutrition			A			NUTR101 or EXSC118

### Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0						EXSC118/ NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 pr PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

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**Semester 2**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC117	Leadership Development in Teams Games			A			NIL
EXSC306 #	Independent Study in Exercise Science#			A			EXSC122 or EXSC217
BMSC206	Introduction to Neuroscience			A			BIOL124 or BIOL125

**Professional Term 8**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World			A			NIL

**Key:**

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## Bachelor of Exercise Science / Bachelor of Business Administration 2022

- 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
- [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 Co-ordinator for 2022:

### Summer Term

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0					EXSC118/ NUTR101 and (EXSC225 or BIOL234)
EXSC317	Data Analytics in Sport	0					EXSC224 and EXSC122, or STAT102
EXSC310	Strength and Conditioning: Fundamentals of Athlete Preparation		M	M	M		EXSC204 or EXSC216

### Professional Term 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC290	The Aquatic Environment and the Outdoor Experience			A			NIL
EXSC390	Leadership Practices and the Outdoor Experience			M			NIL

### Semester 1

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC109	Games and Sports Skills		A	A	A		NIL
EXSC115	Foundations of the Outdoor Experience			A			NIL
EXSC321	Biomechanics		A	A	A		EXSC224 or EXSC120
EXSC306 #	Independent Study in Exercise Science#		A	A	M		EXSC122 or EXSC217
EXSC313 ~	Aquatics and Athletics				A		NIL
EXSC314	Healthy Relationships for Young People				A		NIL
EXSC392	Leadership Development in Physical Activity		A	A			NIL
EXSC396	Strength and Conditioning: Prescription for Athlete Performance		\$	\$	\$		EXSC310
NUTR202	Lifespan Nutrition			A		A	NUTR101 or EXSC118
PUBH102	Foundations of Health Promotion			M		M	NIL

### Winter Term

CODE	TITLE	Online	National	Bris	Mel	Strath	North Sydney	Prereq
EXSC316	Nutrition for Sports Performance	0						EXSC118/ NUTR101 and (EXSC225 or BIOL234)
HLSC308	Research Experience in Exercise, Behavioural and Health Sciences		M					EXSC122 or EXSC217 or BMSC103 pr PUBH103 or (PSYC100, PSYC101, and PSYC104) and Cumulative GPA>5.0

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**Semester 2**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC106	Social and Emotional Wellbeing of Young People				A		NIL
EXSC117	Leadership Development in Teams Games		A	A			NIL
EXSC250	Gymnastics and Dance				A		NIL
EXSC296	Health and Exercise Psychology		M	M	M		EXSC199 or (PSYC100 and PSYC101)
EXSC306 #	Independent Study in Exercise Science#		A	A	M		EXSC122 or EXSC217
PUBH312	Applied Health Promotion			M			PUBH102
EXSC385	Challenges and Opportunities in the Health of Young People				A		NIL

**Professional Term 8**

CODE	TITLE	Online	Bris	Mel	Strath	North Sydney	Prereq
EXSC116	Journeying in the Natural World			A			NIL

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