



# Uni Step-Up Exercise Science (Online)

**APPLICATIONS CLOSE**  
**WEDNESDAY 21 FEBRUARY 2024**

Uni Step-Up is your chance to get a head start on university by studying two first-year units while you are still in senior secondary school. You'll develop connections with current students and staff while experiencing study at a tertiary level. The program is funded through the Higher Education Participation and Partnerships Program (HEPPP) and delivered at no cost to eligible students.

## WHY SHOULD YOU ENROL IN UNI STEP-UP?

- **Receive credit for a university degree:** Get credit for related undergraduate courses at ACU.
- **There is no charge:** Complete two university units HECS free.
- **Get a head start for university:** Test out a subject area and develop your skills in academic writing and referencing.
- **Small group size:** Class size is limited to ensure you have regular access to guided mentoring from current university students and staff.
- **Pathway to further study:** Participants who successfully complete two Uni Step-Up units may be eligible to receive an unconditional direct entry offer to a mapped ACU course.
- **Access to future scholarships:** All students who complete Uni Step-Up Online and enrol at ACU are eligible for an accommodation scholarship.

[Learn more](#)

## ELIGIBILITY

To apply you must:

- attend an ACU Widening Participation partner school
- OR
- live in a remote or regional area
- OR
- identify as Aboriginal or Torres Strait Islander.

Please note, places in the program are limited and entry is competitive.

## WHEN?

Uni Step-Up is delivered online, one night per week during term times. Semester 1 starts the week of 11 March 2024. Semester 2 starts the week of 12 August 2024. Each semester is taught over 10 – 12 weeks, with a two-week exam period to conclude the unit.

You will be required to log in to a live tutorial of one to two hours and watch a pre-recorded two to three-hour lecture each week. To be successful in the Uni Step-Up program, you will need to set

aside approximately 10 hours per week during the semester for personal study as well as the one to two hours of class time. This time is when you'll complete set readings, write your assignments and revise for exams. This is in addition to your regular school study.

## KEY DATES

For study in Semester 1 2024 (March – May)

### Applications open

Monday 4 October 2023

### Applications close

Wednesday 21 February 2024

### Class timetable released

Friday 1 March 2024

### Parent information session

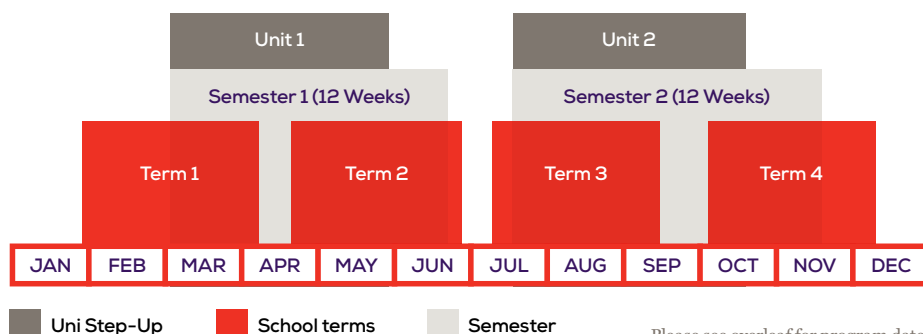
You'll be emailed further details once you have enrolled.

### Student Orientation 2024

We'll email you once you have enrolled in Uni Step-Up.

### Online classes commence

Week of 11 March, 2024



Please see overleaf for program dates

# Uni Step-Up: Exercise science (Online)

Study behavioural and health science to create a world of wellness. Exercise science courses will equip you for a future developing healthy minds, bodies and even healthy policies. You'll be able to make a positive impact on the lives of individuals and communities.

## UNIT 1

UNIT	DATE	ASSESSMENTS	PATHWAY TO
<b>EXSZ187</b> Growth, Motor Development and Ageing	Commencing the week of 13 March 2024. Specific dates and times are TBC.	1. Online quiz 2. Online quiz 3. Exam	Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Plus a number of double degrees are available.
An understanding of the impact of growth, motor development and ageing, across the lifespan, on the systems and motor output of the human body is central to all disciplines of exercise science practice, foundational to the further study and application of exercise science and critical in the attainment of exercise scientist accreditation. In this unit you will be exposed to knowledge on pre- and post-natal growth, the effect of growth, maturation and ageing on key human physiological systems, the process of motor development, the classification of skills, the effects of constraints on motor skill acquisition and some fundamental motor learning theory. You will gain skills in applying this knowledge to complete assessment of human fundamental movement patterns.			

## UNIT 2

UNIT	DATE	ASSESSMENTS	PATHWAY TO
<b>NUTZ101</b> Introduction to Nutrition	Commencing the week of Monday 12 August 2024. Specific dates and times are TBC.	1. Written assignment 2. Oral presentation 3. Exam	Bachelor of Exercise and Sports Science Bachelor of High Performance Sport Plus a number of double degrees are available.
An understanding of the principles of nutrition as they relate to general health and exercise is required to provide general nutritional advice to apparently healthy individuals. The knowledge and skills are consistent with the professional standards for exercise scientist accreditation. The aim of this unit is to provide you with this nutritional foundation as it relates to health, exercise, and culture, and its integration with other sub-disciplines of exercise science. This includes the roles of macro- and micro-nutrients for general health and in energy metabolism during acute exercise and chronic training.			

Please note this information may be subject to change.

## FREQUENTLY ASKED QUESTIONS

### Will I be enrolled as a university student?

Yes! You will be welcomed as a student at ACU. We will set you up with a university student ID card, university email, and access to ACU's online learning platform. You will have full access to support from academic skills team, library staff, counsellors, and peer mentors.

### Will there be an exam?

University unit assessments can include multiple choice quizzes, short answer questions, essays, and exams. You will be guided and supported through all of your assessments during your study.

### Who will be in my classes?

You will be in a small class with other Year 11 students. The class size is kept small to ensure that you can get to know other students and receive close support from university staff and peer mentors.

### Do I need to buy any textbooks?

No. Any required learning resources will be supplied for you as part of your enrolment in the program.

### What if I change my mind and don't want to continue?

It is ok to change your mind during your studies – that is often part of the journey as we learn about our interests and goals for the future. Once you commence the program, we will be there to support you, but if you do change your mind, you can exit the program early without any cost or academic penalty. If you leave before the census date, there will be no record of your participation in the program. However, if you exit after the census date you will receive a Withdrawn Without Academic Penalty (WW) grade.

[Learn more](#)

### Do I need to attend every day?

Your attendance at every session is important. Please check that you are available to participate in each session.

### How does Uni Step-Up help me to gain entry to ACU?

By completing the Uni Step-Up program, you may be eligible to receive an early offer to study at ACU. You will need to pass both Uni Step-Up units to be eligible to receive an early offer. The better you do in your Uni Step-Up studies, the better your chances of receiving an offer to your preferred course.

### I am not sure if I should apply – what should I do?

Uni Step-Up offers you a unique opportunity to try out university study before completing your schooling. Chat with your teacher and parent/guardian about your readiness to take on this extra challenge.

## APPLICATIONS CLOSE

**Wednesday 21 February 2024**

## APPLY ONLINE

[acu.qualtrics.com/jfe/form/SV\\_8oCHu4RNI67u646](https://acu.qualtrics.com/jfe/form/SV_8oCHu4RNI67u646)

