

# Graduate Certificate in Performance Health Management (HLC003.1)

Please note these are the 2024 details for this course

## Domestic students

Selection rank	
Delivery mode	Blended
Location	Bruce, Canberra
Duration	2.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	
English language requirements	<p>There are non-standard English language requirements for this course. To be eligible you must have an overall IELTS Academic score (or equivalent) of 7.0, with no band score below 7.0. For alternate/equivalent ways of meeting the English requirements for this course please view the English Proficiency Requirements document on the university website.</p> <p><a href="#">View IELTS equivalences</a></p>

## International students

Academic entry	To study at UC, you'll need to meet our academic entry requirements and any admission requirements
----------------	--

<b>requirements</b>	specific to your course. Please read your course admission requirements below. To find out whether you meet UC's academic entry requirements, visit our academic entry requirements page.  <a href="#">View UC's academic entry requirements</a>
<b>Delivery mode</b>	
<b>Location</b>	Bruce, Canberra
<b>Duration</b>	2.0 years
<b>Faculty</b>	Faculty of Health
<b>Discipline</b>	Discipline of Sport and Exercise Science
<b>CRICOS code</b>	
<b>English language requirements</b>	There are non-standard English language requirements for this course. To be eligible you must have an overall IELTS Academic score (or equivalent) of 7.0, with no band score below 7.0. For alternate/equivalent ways of meeting the English requirements for this course please view the English Proficiency Requirements document on the university website.  <a href="#">View IELTS equivalences</a>

# About this course

## Elevate the performance of athletes and high performance personnel

This course is for those with a broad health background who would like to manage the health and performance of elite athletes, Defence and emergency personnel, or similar. The first course of its kind in the world, you'll gain the skills and experience in the development of injury and illness prevention programs to support elite athletes and personnel who require peak fitness.

You'll benefit from a strong focus on applying research evidence to clinical practice, and graduate ready to step up into a career as a health program implementation specialist within Australia or around the globe.

**Study a Graduate Certificate in Performance Health Management and you will:**

- develop the knowledge and skills to examine health within the context of physical training
- understand the application of epidemiological surveillance to performance and injury risk
- use critical thinking and problem-solving skills and apply evidence-based approaches to health issues that impact performance
- demonstrate communication skills to transfer complex performance health knowledge to a variety of audiences
- develop autonomy and self-direction
- gain the necessary scientific background, knowledge and skills to address concepts and opinions relating to the relationship of health to human performance
- identify the links between the natural history of injury and illness to different stages of injury prevention
- develop skills in designing, communicating and managing performance health programs.

## Work Integrated Learning (WIL)

Apply your knowledge to a project where you'll use your current workplace and design changes to address any performance health issues.

## Career opportunities

Upon completion you could seek employment amongst industry leaders such as:

- Australian Institute of Sport
- State Institutes of Sport
- National Sporting Organisations
- Professional sports (teams and programs)
- Defence
  - Physical training
  - Health service
  - Army/Navy/Air force
- Fitness Industry.

Extend your studies and progress on to more advanced study with a Master of Public Health or a Master of Strength and Conditioning.

## Professional accreditation

None.

# Admission requirements

- A Bachelor's degree in a health-related discipline. For example, Medicine, Physiotherapy, Nursing, Clinical Exercise Physiology.
- A minimum of two years FTE work experience in a health-related field.

## Periods course is open for new admissions

This course is not open for new admissions.

## Credit arrangements

There are currently no formal credit transfer arrangements for entry to this course. Any previous study or work experience will only be considered as part of the application process in accordance with current [course rules and university policy](#).

# Course requirements

## Graduate Certificate in Performance Health Management (HLC003) | 12 credit points

### Required Units - Must pass 9 credit points as follows

[Expand All](#) | [Collapse All](#)

Growing as a Leader in Health G (11587) | 3 credit points — Level G

Fundamentals of Performance Health G (11922) | 3 credit points — Level G

Designing Effective Interventions for Performance Health PG (11923) | 3 credit points — Level P

### Restricted Choice - Must pass 3 credit points from the following

Research Planning PG (6486) | 3 credit points — Level P

Epidemiology and Principles of Research PG (9594) | 3 credit points — Level P

Strategy, Innovation and Change in Health G (11590) | 3 credit points — Level G

In addition to course requirements, in order to successfully complete your course you must meet the inherent requirements. Please refer to the [inherent requirements statement](#) applicable to your course

# Typical study pattern

## UC - Canberra, Bruce

### Standard Part Time, Semester 1 Commencing

#### Year 1

#### Semester 1

[Fundamentals of Performance Health G \(11922\)](#)

#### Semester 2

[Designing Effective Interventions for Performance Health PG \(11923\)](#)

Year 2

Semester 1

[Growing as a Leader in Health G \(11587\)](#)

Semester 2

Restricted Choice Unit

# Course information

## Course duration

Standard 2 years part-time. Maximum 3 years from date of enrolment to date of course completion. This course is only available for part-time enrolment.

## Learning outcomes

Learning outcomes	Related graduate attributes
1. Justify informed judgements using specialised knowledge for independent practice in applied epidemiology and health program implementation.	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological</p>

	<p>knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>
<p>2. Exemplify professional attributes, ethics and standards of practice necessary for highly skilled practice in applied epidemiology in sport.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>
<p>3. Synthesise and apply research evidence to formulate expert judgment and skills, and integrate applied epidemiology into the sport workplace.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures;</p>

	<p>communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>
--	---

4. Communicate effectively within diverse inter-professional, cultural, and social contexts, and advocate for performance health principles.	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.</p>
--	--

## Awards

Award	Official abbreviation
Graduate Certificate in Performance Health Management	GCPHM

## Enquiries

Student category	Contact details
------------------	-----------------

Prospective Students

Email [study@canberra.edu.au](mailto:study@canberra.edu.au) or Phone 1800 UNI CAN (1800 864 226)

Current and Commencing Students

Please contact the Faculty of Health faculty office, email [student.centre@canberra.edu.au](mailto:student.centre@canberra.edu.au)

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

Printed on 02, May, 2025

University of Canberra, Bruce ACT 2617 Australia

+61 2 6201 5111

ABN 81 633 873 422

CRICOS 00212K

TEQSA Provider ID: PRV12003 (Australian University)



---

UC acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.