

# Graduate Certificate in Strength and Conditioning (HLC401.1)

Please note these are the 2021 details for this course

## Domestic students

Selection rank	
Delivery mode	On campus
Location	Bruce, Canberra
Duration	1.0 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
UAC code	
English language requirements	An IELTS Academic score of 6.5 overall, with no band score below 6.0 (or equivalent).
	<a href="#">View IELTS equivalences</a>

## International students

Academic entry requirements	To study at UC, you'll need to meet our academic entry requirements and any admission requirements specific to your course. Please read your course admission requirements below. To find out whether you meet UC's academic entry requirements, visit our <a href="#">academic entry requirements page</a> .
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[View UC's academic entry requirements](#)

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**Delivery mode**

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**Location**

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**Duration** 1.0 years

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**Faculty** Faculty of Health

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**Discipline** Discipline of Sport and Exercise Science

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**CRICOS code**

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**English language requirements** An IELTS Academic score of 6.5 overall, with no band score below 6.0 (or equivalent).

[View IELTS equivalences](#)

## About this course

As sport and health agendas continue to grow both nationally and internationally, roles within the sporting team are becoming more pivotal to optimise the preparation of athletes across all developmental levels. Maximising the performance of athletes is largely dependent on their ability to be physically prepared to withstand the rigors of their chosen sport. As such there is a growing need for exceptional graduates in this field. The Graduate Certificate in Strength and Conditioning at UC aims to provide the opportunity for current and future coaches to develop their knowledge and practical skills in line with key competencies of the profession. The course is constructed to include core building blocks of knowledge around training modalities, planning and monitoring, and coach communication. The course is two semesters in duration and is in a predominantly online format.

## Admission requirements

A completed bachelor degree in Sport and Exercise science or related field\*.

Or

A completed bachelor degree in a non-related field with successful completion of University level units relating to human anatomy, human physiology, biomechanics and basic exercise prescription.

Non-degree entrance:

Those individuals without a degree who have 5 years' experience working full-time in a strength and conditioning role will be considered. Please contact the Course Convenor for further details. Suitability for non-degree entrance is assessed via communications with the Course Convener.

\*Related fields include Human Movement Science, Exercise Science, Sport Science, Sport and Health Science; Exercise and Health, Sport and Physical Activity, Exercise Physiology, Physiotherapy and Rehabilitation Science.

## Assumed knowledge

Minimum recognised Undergraduate Level: Anatomy Biomechanics Human Physiology Basic exercise prescription

## 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 Strength and Conditioning (HLC401) | 12 credit points

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

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

Advanced Exercise Programming and Prescription G (11580) | 3 credit points – Level G

Training Methods of Strength and Conditioning 1 PG (11581) | 3 credit points – Level P

Training Methods of Strength and Conditioning 2 PG (11582) | 3 credit points – Level P

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

Athlete Monitoring PG (10156) | 3 credit points – Level P

Applied Data Analysis in Sport PG (10157) | 3 credit points – Level P

Coach Communication PG (11583) | 3 credit points – Level P

Strength and Conditioning for Developing Athletes PG (11585) | 3 credit points – Level P

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 Full Time, Semester 2 Commencing

**Year 1**

**Semester 2**

[Advanced Exercise Programming and Prescription G \(11580\)](#)

[Training Methods of Strength and Conditioning 1 PG \(11581\)](#)

11583-Coach Communication PG in Semester 2 OR 10156-Athlete Monitoring PG in Semester 1

**Year 2**

**Semester 1**

11583-Coach Communication PG in Semester 2 OR 10156-Athlete Monitoring PG in Semester 1

[Training Methods of Strength and Conditioning 2 PG \(11582\)](#)

Standard Part Time, Semester 2 Commencing

**Year 1**

**Semester 2**

[Advanced Exercise Programming and Prescription G \(11580\)](#)

[Training Methods of Strength and Conditioning 1 PG \(11581\)](#)

**Year 2**

**Semester 1**

[Training Methods of Strength and Conditioning 2 PG \(11582\)](#)

**Semester 2**

11583-Coach Communication PG in Semester 2 OR 10156-Athlete Monitoring PG in Semester 1

**Year 3**

**Semester 1**

11583-Coach Communication PG in Semester 2 OR 10156-Athlete Monitoring PG in Semester 1

# Course information

## Course duration

Standard 1 year 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
Acquire specialised knowledge of training theories, methods of assessment and adaptation.	<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; and take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Understand issues in their profession from the perspective of other cultures; and communicate effectively in diverse cultural and social settings.</p>
Plan and implement the design and delivery of effective training programs in a range of contexts.	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; and use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; and make creative use of technology in their learning and professional 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; and evaluate and adopt new technology.</p>
Develop specialised coaching skills and strategies appropriate for working in a strength and conditioning environment.	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; and communicate effectively.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; communicate effectively in diverse cultural and social settings; and make creative use of technology in their learning and professional lives.</p> <p>UC graduates are lifelong learners: Evaluate and adopt new technology.</p>

## Awards

Award	Official abbreviation
Graduate Certificate in Strength and Conditioning	GradCert Strength&Conditioning

## Enquiries

Student category	Contact details
Prospective Students	Email <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)

Current and Commencing Students

Email [health.student@canberra.edu.au](mailto:health.student@canberra.edu.au) or Phone (02) 6201 5838

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

Printed on 13, May, 2025

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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.