

Graduate Certificate in Strength and Conditioning (HLC401.1)

Please note these are the 2023 details for this course

Domestic students

Selection rank

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

[View IELTS equivalences](#)

Duration 0.5 years

UAC code

Faculty Faculty of Health

Discipline Discipline of Sport and Exercise Science

Location UC - Canberra, Bruce

Fees 

Per Unit

Full Course

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 [academic entry requirements page](#).

[View UC's academic entry requirements](#)

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

[View IELTS equivalences](#)

CRICOS code

Faculty Faculty of Health

Discipline Discipline of Sport and Exercise Science

Location

Duration 0.5 years

Fees 

Per Unit

Full Course

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

| Year | Location | Teaching period | Teaching start date | Domestic | International |
|------|----------------------|-----------------|---------------------|----------|---------------|
| 2023 | UC - Canberra, Bruce | Semester 2 | 31 July 2023 | ✓ | |
| 2024 | UC - Canberra, Bruce | Semester 2 | 29 July 2024 | ✓ | |

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](#). Credit is not permitted towards completion of a graduate certificate.

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

Coach Communication PG (11583) | 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 \(11580\)](#)

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

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

Year 2

Semester 1

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

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

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 two semesters part-time. Full-time enrolment is not available. Maximum duration: 3 years.

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 | UC graduates are professional: Employ up-to-date and relevant knowledge and skills; |

| | |
|---|--|
| <p>strategies appropriate for working in a strength and conditioning environment.</p> | <p>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 |

Alternative exits

HLM401 Master of Strength and Conditioning

Enquiries

| Student category | Contact details |
|---------------------------------|--|
| Prospective Students | Email study@canberra.edu.au or Phone 1800 UNI CAN (1800 864 226) |
| Current and Commencing Students | Email 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](#)

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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.