

# Master of Strength and Conditioning (HLM401.1)

Please note these are the 2023 details for this course

## Domestic students

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Selection rank

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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](#)

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Duration

1.5 years

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UAC code

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Faculty

Faculty of Health

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Discipline

Discipline of Sport and Exercise Science

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Location

UC - Canberra, Bruce

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Fees

2021: \$20,100 per year

2022: \$20,100 per year

**Disclaimer:**

Annual fee rates

The fees shown are the annual fee rates for the course. The annual rate is the fee that applies to standard full-time enrolment, which is 24 credit points. The final fee charged is based on the proportion of 24 credit points in which a student enrolls. Students enrolled in a Commonwealth Support Place (CSP) are required to make a contribution towards the cost of their education, which is set by the Commonwealth Government. Information on Commonwealth Supported Places, HECS-HELP and how fees are calculated can be found [here](#).

## International students

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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](#)

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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](#)

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**CRICOS code**

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**Faculty**

Faculty of Health

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**Discipline**

Discipline of Sport and Exercise Science

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**Location**

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**Duration**

1.5 years

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**Fees****Disclaimer:**

Annual fee rates

The fees shown are the annual fee rates for the course. The annual rate is the fee that applies to standard full-time enrolment, which is 24 credit points. The final fee charged is based on the proportion of 24 credit points in which a student enrolls. Information on how fees are calculated can be found [here](#).

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## About this course

### Apply the Science. Become the Coach. Lead the Field.

Australia is experiencing a growing demand for professionals who can work with athletes to optimise their performance whilst being able to withstand the rigors of their sport. Alongside helping them realise their athletic potential, athletes need assistance in reducing the risk of injuries and preparing them to be able to withstand training loads. And it's you, in your future career that can help them achieve this.

Designed for professionals looking to progress their career in the sports science industry, the online Master of Strength and Conditioning aims to increase your specialist knowledge, while opening doors to a higher level of responsibility and professional accreditation.

The applied nature of this course will provide you with the skills required to design and implement customised training programmes to enhance athletic performance, health and wellbeing. You'll learn the core building blocks of knowledge around training modalities, planning and monitoring, youth development and coach communication, while also gaining coaching experience. You'll also gain the confidence to create your own career path with a range of electives.

Benefit from real world experience through our professional placement unit, where you will gain valuable, hands-on experience in a high performance or professional sport setting.

Ideal for busy professionals, our online delivery allows you to work while you study and complete your degree in just one year. The degree culminates in a two-week, face-to-face residential workshop delivered on-campus, where you'll bring all components of your online learning together, overseen by elite level coaches and industry professionals.

### Study a Master of Strength & Conditioning at UC and you will:

- Apply complex knowledge of training theories to the design and delivery of effective training programs for athletes.

- Gain a depth of understanding in a broad spectrum of training modalities for the improvement of athletic potential including strength, power, speed and acceleration, agility, flexibility, and endurance.
- Understand the role of the strength and conditioning coach and develop professional communication strategies appropriate for working in a strength and conditioning environment.
- Apply advanced training and communication skills necessary to create solutions to authentic (real-world or ill-defined) problems.
- Gain advanced knowledge of the application of strength and conditioning principles to a range of groups including rehabilitation and youth populations.
- Undertake a work-integrated placement that will develop your learnt skills and knowledge of strength and conditioning.
- Critically appraise research to develop evidence-based approaches that inform the advancement of strength and conditioning practice.

## Work Integrated Learning

Gain invaluable experience through a professional practice unit where you will complete a minimum of 20 hours observation and 140 hours of coaching to deliver strength and conditioning programs. You will be aligned with a qualified mentor in the program to further build your connections and experience.

Following study period two, you will participate in an on-campus residential placement for two weeks. Here, you'll create, implement and evaluate group-based athlete preparation strategies, implement and evaluate training methods and discuss contemporary issues within strength and conditioning.

## Career Opportunities

On completion of your degree, you'll have the necessary qualifications to pursue a more fulfilling career with a focus on strength and conditioning across a range of settings including:

- High performance sport
- Academies of sport
- Sport institutes
- Australian Defence Force
- Education
- Private Business

## Course Specific Information

To complete the practical components of this degree, you will be required to be:

- Police checked
- First Aid Qualified
- Working with vulnerable people card holders.

You will be required to source your own placement with the assistance of the Course Convenor.

### Face to Face Intensive

You will be required to attend a 2-week face to face intensive. This intensive will take place in Winter Semester. You will be responsible for funding any personal travel, accommodation and meals associated with your intensive.

### EXIT Options

You may exit this course early with a graduate certificate or graduate diploma depending on your level of completion. Note these pathways will not be recognised by the ASCA for industry qualification.

## Professional Accreditation

The Master of Strength and Conditioning will be recognised by the Australian Strength and Conditioning Association (ASCA). Upon completion of this course, you will be eligible to apply to ASCA for Level 2 Accreditation by submitting the Student Application Form and supporting documentation.

## Professional accreditation

The Master of Strength and Conditioning provides knowledge, skills and training required to be eligible for Level 2 Australian Strength and Conditioning Association recognition.

## 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.

Those who do not have the necessary admission requirements will be directed to the Graduate Certificate in Human Movement Science (868AA) and advised to complete the following units:

Advanced functional Anatomy G

Regional Anatomy and Physiology G

Biomechanics G

Physiology of Exercise G

Non-degree entrance:

Those individuals without a degree but who have 5 years experience working full time in a strength and conditioning role will be considered. Please contact the course convener 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.

## Additional admission requirements

To complete the practical components of the course, students will be required to be:

- Police checked
- First aid Qualified
- Working with vulnerable people card holders

Students will be required to source their own placement with the assistance of the Course Convenor.

## 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

### Master of Strength and Conditioning (HLM401) | 36 credit points

**Required - Must pass 33 credit points as follows**

[Research Planning PG \(6486\) | 3 credit points – Level P](#)

[High Performance Sport Research Project PG \(9602\) | 3 credit points – Level P](#)

[Athlete Monitoring PG \(10156\) | 3 credit points – Level P](#)

[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](#)

[Coach Communication PG \(11583\) | 3 credit points – Level P](#)

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

[Practical Applications of Training PG \(11586\) | 3 credit points – Level P](#)

[Professional Practice in Strength and Conditioning A PG \(11653\) | 3 credit points – Level P](#)

[Professional Practice in Strength and Conditioning B PG \(11654\) | 3 credit points – Level P](#)

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

[Quantitative Research Practice in Health PG \(9585\) | 3 credit points – Level P](#)

[Entrepreneurship PG \(9691\) | 3 credit points – Level P](#)

[Leadership G \(10265\) | 3 credit points – Level G](#)

[Indigenous Health: Contemporary Issues PG \(11478\) | 3 credit points – Level P](#)

[Small Business Management G \(11509\) | 3 credit points – Level G](#)

- From S1/2021 units 9691 Entrepreneurship PG and 10265 Leadership G are no longer a part of this course.

In addition to course requirements, in order to successfully complete your course you may need to 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)

Coach Communication PG (11583)

Research Planning PG (6486)

Training Methods of Strength and Conditioning 1 PG (11581)

**Year 2**

**Semester 1**

Athlete Monitoring PG (10156)

High Performance Sport Research Project PG (9602)

Professional Practice in Strength and Conditioning A PG (11653)

Training Methods of Strength and Conditioning 2 PG (11582)

**Winter Term**

Practical Applications of Training PG (11586)

Professional Practice in Strength and Conditioning B PG (11654)

Restricted Choice unit

Strength and Conditioning for Developing Athletes PG (11585)

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**

Athlete Monitoring PG (10156)

Training Methods of Strength and Conditioning 2 PG (11582)

**Semester 2**

Coach Communication PG (11583)

Research Planning PG (6486)

**Winter Term**

Practical Applications of Training PG (11586)

Strength and Conditioning for Developing Athletes PG (11585)

**Year 3**

**Semester 1**

High Performance Sport Research Project PG (9602)

**Winter Term**

Restricted Choice unit

## Course information

### Course duration

Standard 1.5 years full-time, or part-time equivalent. Maximum duration - 5 years.

### Learning outcomes

Learning outcomes	Related graduate attributes
<p>Learning Outcomes for the Graduate Certificate: Acquire specialised knowledge of training theories, methods of assessment and adaptation.</p>	<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; and 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; and understand issues in their profession from the perspective of other cultures.</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.</p>
<p>Develop specialised coaching skills and strategies appropriate for working in a strength and conditioning environment.</p>	<p>UC graduates are professional: Communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; and work collaboratively as part of a team, negotiate, and resolve conflict.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; and behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Be self-aware; and evaluate and adopt new technology.</p>
<p>Plan and implement the design and delivery of effective training programs in a range of contexts.</p>	<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; and display initiative and drive, and use their organisation skills to plan and manage their workload.</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.</p>
<p>Learning Outcomes for the Graduate Diploma: Acquire advanced knowledge of training theories, methods of assessment and adaptation.</p>	<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; understand issues in their profession from the perspective of other cultures; and behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Evaluate and adopt new technology.</p>
<p>Develop advanced coaching skills and strategies appropriate for working in a strength and conditioning environment.</p>	<p>UC graduates are professional: Communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; and work collaboratively as part of a team, negotiate, and resolve conflict.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; and behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Be self-aware; and evaluate and adopt new technology.</p>
<p>Plan, implement and evaluate the design and delivery of effective training programs in a range of contexts.</p>	<p>UC graduates are professional: 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; and display initiative and drive, and use their organisation skills to plan and manage their workload.</p> <p>UC graduates are global citizens: Communicate effectively in diverse cultural and social settings.</p> <p>UC graduates are lifelong learners: Adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.</p>
<p>Learning Outcomes for the Master: Synthesise complex skills and knowledge of training theories, methods of assessment and adaptation and apply to the design and delivery of effective training programs for athletes.</p>	<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; display initiative and drive, and use their organisation skills to plan and manage their workload; and take pride in their</p>



	<p>professional and personal integrity.</p> <p>UC graduates are global citizens: Behave ethically and sustainably in their professional and personal lives.</p>
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Develop professional communication skills and strategies appropriate for working in a strength and conditioning environment.

UC graduates are professional: Communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; and work collaboratively as part of a team, negotiate, and resolve conflict.

UC graduates are global citizens: Think globally about issues in their profession; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; and behave ethically and sustainably in their professional and personal lives.

UC graduates are lifelong learners: Be self-aware; and evaluate and adopt new technology.

<p>Apply advanced training and communication skills necessary to create solutions to authentic (real-world or ill-defined) problems.</p>	<p>UC graduates are professional: Display initiative and drive, and use their organisation skills to plan and manage their workload; and take pride in their professional and personal integrity.</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.</p>
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Critically appraise research to develop evidence-based approaches that inform the advancement of strength and conditioning practice.

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.

## Placements requirements

To complete the practical components of the course, students will be required to be: - Police checked - First aid Qualified - Working with vulnerable people card holders Students will be required to source their own placement with the assistance of the Course Convenor.

## Awards

Award	Official abbreviation
Master of Strength and Conditioning	M Strength&Conditioning

## Alternative exits

Alternative Exits: Graduate Certificate in Strength and Conditioning - Completion 12 credit points as follows Required units: - 11580 Advanced

Exercise Programming and Prescription G - 11581 Training Methods of Strength and Conditioning 1 PG - 11582 Training Methods of Strength and Conditioning 2 PG Plus one unit from: - 10156 Athlete monitoring G - 11583 Coach Communication PG Graduate Diploma in Strength and Conditioning - Completion of 24 credit points as follows Required units: - 11580 Advanced Exercise Programming and Prescription G - 11581 Training Methods of Strength and Conditioning 1 PG - 11583 Coach Communication PG - 6486 Research Planning PG - 10156 Athlete Monitoring G - 11582 Training Methods of Strength and Conditioning 2 PG - 9602 High Performance Research Project PG - 11586 Practical Applications of Training PG

## Enrolment data

2020 enrolments for this course by location. Please note that enrolment numbers are indicative only and in no way reflect individual class sizes.

Location	Enrolments
UC - Canberra, Bruce	5

## Enquiries

Student category	Contact details
Current and Commencing Students	Email <a href="mailto:health.student@canberra.edu.au">health.student@canberra.edu.au</a> or Phone (02) 6201 5838

Prospective Students

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

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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.