

# Master of Strength and Conditioning (HLM401.1)

Please note these are the 2024 details for this course

## Domestic students

Selection rank	
Delivery mode	On campus
Location	Bruce, Canberra
Duration	1.5 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 academic entry requirements page.
<a href="#">View UC's academic entry requirements</a>	

Delivery mode	
Location	
Duration	1.5 years
Faculty	Faculty of Health
Discipline	Discipline of Sport and Exercise Science
CRICOS code	
English language requirements	<p>An IELTS Academic score of 6.5 overall, with no band score below 6.0 (or equivalent).</p> <p><a href="#">View IELTS equivalences</a></p>

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

## 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:

- undertake a National Police Check
- obtain a Working with Vulnerable People registration
- provide your immunisation history
- have a qualification in First Aid including CPR.

## 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.

# 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 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

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

### Required - Must pass 30 credit points as follows

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

- Research Planning PG (6486) | 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

- High Performance Sport Research Project PG (9602) | 3 credit points – Level P
- Applied Data Analysis in Sport PG (10157) | 3 credit points – Level P
- From Semester 2, 2024 unit 10157 Applied Data Analysis in Sport PG replaces unit 9602 High Performance Sport Research Project PG

### Open Electives - Must pass 3 credit points as follows

- 1. Students who commenced between 2020 - 2024 originally had 3cp Restricted Choice (9585, 9691, 10265, 11478 & 11509). This has now been replaced by 3cp Open Electives.
- 2. Previously completed Restricted Choice units (9585, 9691, 10265, 11478 & 11509) will count towards the 3cp open electives.

Note:

- Must pass 3 credit points from anywhere in the University

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 1 Commencing

### Year 1

#### Semester 1

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

[Applied Data Analysis in Sport PG \(10157\)](#)

[Coach Communication PG \(11583\)](#)

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

#### Semester 2

[Practical Applications of Training PG \(11586\)](#)

[Professional Practice in Strength and Conditioning A PG \(11653\)](#)

[Strength and Conditioning for Developing Athletes PG \(11585\)](#)

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

### Year 2

#### Semester 1

[Athlete Monitoring PG \(10156\)](#)

[Professional Practice in Strength and Conditioning B PG \(11654\)](#)

[Research Planning PG \(6486\)](#)

Open Elective

## Standard Part Time, Semester 1 Commencing

### Year 1

#### Semester 1

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

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

#### Semester 2

[Strength and Conditioning for Developing Athletes PG \(11585\)](#)

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

### Year 2

#### Semester 1

[Applied Data Analysis in Sport PG \(10157\)](#)

[Coach Communication PG \(11583\)](#)

**Semester 2**

[Practical Applications of Training PG \(11586\)](#)

[Professional Practice in Strength and Conditioning A PG \(11653\)](#)

**Year 3**

**Semester 1**

[Athlete Monitoring PG \(10156\)](#)

[Professional Practice in Strength and Conditioning B PG \(11654\)](#)

**Semester 2**

[Research Planning PG \(6486\)](#)

Open Elective

# Course information

## Course duration

Standard 1.5 years full time or part-time equivalent. Maximum 5 years from date of enrolment to date of course completion.

## Learning outcomes

Learning outcomes	Related graduate attributes
Develop specialised coaching skills and strategies appropriate for working in a strength and conditioning environment.	<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>Learning Outcomes for the Graduate Diploma:</p> <p>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>Learning Outcomes for the Master:</p> <p>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 professional and personal integrity.</p> <p>UC graduates are global citizens: Behave ethically and sustainably in their professional and personal lives.</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>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>



<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>Develop professional communication 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>Learning Outcomes for the Graduate Certificate:</p> <p>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>

Develop advanced coaching skills and strategies appropriate for working in a strength and conditioning environment.	<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>
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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.

## 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
- 11585 Strength and Conditioning for Developing Athletes PG
- 10157 Applied Data Analysis in Sport 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
- 11582 Training Methods of Strength and Conditioning 2 PG
- 11583 Coach Communication PG
- 11586 Practical Applications of Training PG
- 10156 Athlete Monitoring G

Plus two units from:

- 6486 Research Planning PG
- 10157 Applied Data Analysis in Sport PG
- 11585 Strength and Conditioning for Developing Athletes PG

## 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 <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

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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.