

Master of Strength and Conditioning (MASC) - MStrengthCond New

	External#
Start:	Semester 2 (July)
Fees:	Domestic full fee paying place International full fee paying place
Residential school:	Ipswich campus (mandatory)
Standard duration:	2 years full-time or 4 years part-time
Program articulation:	From: Graduate Diploma of Strength and Conditioning ; Graduate Certificate of Strength and Conditioning

Footnotes

Students are required to attend mandatory on-campus residential schools held at USQ Ipswich.

Contact us

Future Australian and New Zealand students	Future International students	Current students
Ask a question Freecall (within Australia): 1800 269 500 Phone (from outside Australia): +61 7 4631 5315 Email: study@usq.edu.au	Ask a question Phone: +61 7 4631 5543 Email: international@usq.edu.au	Ask a question Freecall (within Australia): 1800 007 252 Phone (from outside Australia): +61 7 4631 2285 Email: usq.support@usq.edu.au

Program aims

This program aims to produce high quality strength and conditioning professionals who are able to contribute to the professional field of athlete preparation and research across a range of athletic populations in high performance settings. The program is designed to provide students with industry-relevant theoretical knowledge and integrated-learning opportunities for practical skills development in order to help students understand how to apply this information in the context of varied athletic populations. An integrated approach to teaching in the key areas identified by strength and conditioning governing bodies are taught across 16 units. Upon completion of the program students will have knowledge and skills as per the National Strength and Conditioning Association Strength and Conditioning Professional Standards and Guidelines domains of: (1) Scientific foundations; and (2) Practical applied. Each course includes topics related to the field of strength and conditioning by scaffolding the content and complexity of knowledge and outcomes. Thus, starting with fundamental and basic knowledge in the first courses and scaffolding to more advanced and complex outcomes as students progress.

Program Rules

Students are required to:

- Satisfactorily complete 16 credit points as listed in the standard progression to graduate from the program.
- Satisfactorily complete all courses within 6 years.
- Maintain satisfactory academic achievement throughout the duration of the program, consistent with the USQ [Student Academic Progress Procedure](#).
- Meet all mandatory course requirements including attendance of mandatory residential school requirements where this is present in courses.

- Satisfactorily complete 100% of professional placement hours as specified by the [Australian Strength and Conditioning Association \(ASCA\)](#). (Please note: Students who do not satisfactorily complete and/or demonstrate unsatisfactory performance in a professional placement will need to discuss their performance with the Course Examiner in the first instance to discuss their progression plan, and/or the Program Director before withdrawing from a placement course or enrolling in any subsequent placement courses. Students will be unable to enrol in any placement course from which they have withdrawn in the same teaching period).
- Meet the [Inherent Requirements](#) for the Master of Strength and Conditioning.

Program objectives

- (1) Select and critically apply an evidence-based approach to strength and conditioning concepts, research and perspectives associated with current practice in high performance settings.
- (2) Critically analyse and synthesise relevant strength and conditioning principles and concepts, scientific literature, research methodology, problems and theories, and apply this knowledge to advance training in athletic populations in a safe and effective manner.
- (3) Strategically utilise specialised skills and advanced theoretical knowledge to analyse, evaluate and communicate strength and conditioning concepts in applied practice.
- (4) Apply and integrate specialised skills and theoretical knowledge in the planning, design and execution and evaluation of strength and conditioning programs, concepts and methodologies for athletic populations.
- (5) Demonstrate effective application of a range of professional skills when interacting with culturally and linguistically diverse athletic populations and professionals including behaving and communicating in an ethical, respectful and culturally safe manner with Aboriginal and Torres Strait Islander peoples and communities.
- (6) Acquire advanced knowledge on current trends and professional issues affecting strength and conditioning in high performance settings.
- (7) Demonstrate advanced coaching skills and strategies appropriate for working in high performance settings with various athletic populations.
- (8) Critically appraise research employing evidence-based approaches, advanced conceptual and theoretical knowledge skills to plan, develop and execute a strength and conditioning research manuscript.

Australian Qualifications Framework

The Australian Qualifications Framework (AQF) is a single national, comprehensive system of qualifications offered by higher education institutions (including universities), vocational education and training institutions and secondary schools. Each AQF qualification has a set of descriptors which define the type and complexity of knowledge, skills and application of knowledge and skills that a graduate who has been awarded that qualification has attained, and the typical volume of learning associated with that qualification type.

This program is at AQF Qualification Level 09. Graduates at this level will have specialised knowledge and skills for research, and/or professional practice and/or further learning.

The full set of levels criteria and qualification type descriptors can be found by visiting www.aqf.edu.au.

Admission requirements

To be eligible for admission, applicants must satisfy the following requirements:

- Completion of an Australian university three-year or four-year bachelor degree in the area of sport and exercise science, or equivalent, with a minimum GPA > 4.5;
OR
- Completion of an Australian university three-year or four-year bachelor degree in a relevant health-related discipline with a minimum GPA > 4.5;
OR
- Completion of a Graduate Diploma in the area of sport and exercise science, or relevant health-related discipline with a minimum GPA > 4.5;

OR

- Completion of USQ's Graduate Diploma of Strength and Conditioning with a GPA > 4.5.
- English Language Proficiency requirements for Category 4.

All students are required to satisfy the applicable [English language requirements](#).

If students do not meet the English language requirements they may apply to study a University-approved [English language program](#). On successful completion of the English language program, students may be admitted to an award program.

Inherent requirements

There are inherent requirements for this program that must be met in order to complete the program and graduate. Make sure you read and understand the [requirements](#) for this program online.

Requirements for professional experience placements

Practical experience is an integral component of the Coursework Track and each student is required to undertake and satisfactorily complete 160 hours of practical experience.

Progression into practical courses is dependant upon a pass grade in theoretical and other practical courses which have been set as prerequisites.

Applicants must be willing to undertake and submit the requirements of the University of Southern Queensland for practical placement. Please refer to the applicable [Professional Practice Experience Handbook](#) for the Master of Strength and Conditioning.

Mandatory documents required prior to commencing industry placement in the program (Coursework Track):

- Blue Card or Working with Children Check
- Cardiopulmonary Resuscitation Certificate (CPR)
- Australian Police Certificate
- Resume
- USQ Student Declaration
- USQ Placement Request Form

All students must also provide the following immunisation evidence prior to commencing industry placements:

- Hepatitis B immunisation
- Measles, Mumps and Rubella immunisation
- Varicella immunisation
- Pertussis immunisation
- Influenza immunisation
- Tuberculosis Risk Assessment
- Coronavirus (COVID-19)
- Other immunisations as required by health services.

Program fees

Domestic full fee paying place

Domestic full fee paying places are funded entirely through the full fees paid by the student. Full fees vary depending on the courses that are taken. Students are able to calculate the fees for a particular course via the [Course Fee Schedule](#)

Domestic full fee paying students may be eligible to defer their fees through a Government loan called [FEE-HELP](#) provided they meet the residency and citizenship requirements.

Australian citizens, Permanent Humanitarian Visa holders, Permanent Resident visa holders and New Zealand citizens who will be resident outside Australia for the duration of their program pay full tuition fees and are not eligible for [FEE-Help](#).

International full fee paying place

International students pay full fees. Full fees vary depending on the courses that are taken and whether they are studied on-campus, via distance education/online. Students are able to calculate the fees for a particular course via the [Course Fee Schedules](#).

Program structure

The program consists of 16 units comprised of:

- 14 core courses; plus
 - 2 units of research courses (Research track only)
- OR**
- 2 units of coursework courses (Coursework track only)

Core Courses	Semester(s) Offered External	Semester(s) Offered Online
SES5100 Fundamental Principles of Strength and Conditioning		1
SES5101 Athlete Testing and Monitoring in Sport		1
SES5102 Sports Nutrition and Supplementation for Health and Performance		1
SES5103 Communication Leadership and Negotiation in Sport		1
SES5104 Scientific Principles of Strength and Conditioning⁺	2	
SES5105 Technology and Data Science in Strength and Conditioning⁺	2	
SES5106 Injury Prevention and Rehabilitation for Athletes⁺	2	
SES5107 Physiological Aspects of Strength and Conditioning		2
SES6200 Strength and Conditioning Methods for Athletes I (Strength and Power) ⁺	1	
SES6201 Applied Data Analysis and Interpretation in Strength and Conditioning ⁺	1	
SES6202 Monitoring Athlete Workload, Health and Performance ⁺	1	
SES6203 Strength and Conditioning Methods II (Speed and Endurance) ⁺	2	

SES6204 Current Trends in Strength and Conditioning ⁺	2	
SES6205 Mental Health and Wellbeing in Athletes ⁺	2	
Research courses		
SES6300 Research Project - Strength and Conditioning I ⁺	1,2	
SES6301 Research Project - Strength and Conditioning II ⁺	1,2	
Coursework courses		
SES6400 Strength and Conditioning Practicum I ⁺	1,2	
SES6401 Strength and Conditioning Practicum II ⁺	1,2	

Footnotes

+ Mandatory residential school held at the Ipswich campus

Program completion requirements

To be eligible to graduate, students must complete all components of the program (16 units) with a passing grade for each course.

Required time limits

Students have a maximum of 6 years to complete this program.

Electives/Approved courses

Students are required to undertake two (2) elective courses from either the Research or Coursework track.

Coursework

Coursework courses

- SES5100 Fundamental Principles of Strength and Conditioning
- SES5101 Athlete Testing and Monitoring in Sport
- SES5102 Sports Nutrition and Supplementation for Health and Performance
- SES5103 Communication Leadership and Negotiation in Sport
- [SES5104 Scientific Principles of Strength and Conditioning](#)
- [SES5105 Technology and Data Science in Strength and Conditioning](#)
- [SES5106 Injury Prevention and Rehabilitation for Athletes](#)
- [SES5107 Physiological Aspects of Strength and Conditioning](#)
- SES6200 Strength and Conditioning Methods for Athletes I (Strength and Power)
- SES6201 Applied Data Analysis and Interpretation in Strength and Conditioning
- SES6202 Monitoring Athlete Workload, Health and Performance
- SES6203 Strength and Conditioning Methods II (Speed and Endurance)
- SES6204 Current Trends in Strength and Conditioning
- SES6205 Mental Health and Wellbeing in Athletes

Research track

- SES6300 Research Project - Strength and Conditioning I
- SES6301 Research Project - Strength and Conditioning II

Coursework track

- SES6400 Strength and Conditioning Practicum I
- SES6401 Strength and Conditioning Practicum II

IT requirements

Students should visit the USQ [minimum computing standards](#) to check that their computers are capable of running the appropriate software and versions of Internet web browsers and to check the minimum and recommended standards for software.

Residential schools

The attendance requirement of residential schools within this degree is indicated by the following letters: R = Recommended; HR = Highly Recommended; M = Mandatory. To find out more about [residential schools](#), visit the [Residential School Schedule](#) to view specific dates for your degree, or visit the [Policy and Procedure Library](#).

Students are required to attend three (2) mandatory residential schools on the Ipswich campus.

Residential school 1

- [SES5104 Scientific Principles of Strength and Conditioning](#)
- [SES5105 Technology and Data Science in Strength and Conditioning](#)
- [SES5106 Injury Prevention and Rehabilitation for Athletes](#)

Residential school 2 will be 10-days across 2-weeks held Monday through to the following Friday.

- SES6200 Strength and Conditioning Methods for Athletes I (Strength and Power)
- SES6201 Applied Data Analysis and Interpretation in Strength and Conditioning
- SES6202 Monitoring Athlete Workload, Health and Performance
- SES6203 Strength and Conditioning Methods II (Speed and Endurance)
- SES6204 Current Trends in Strength and Conditioning
- SES6205 Mental Health and Wellbeing in Athletes
- SES6300 Research Project - Strength and Conditioning I
- SES6301 Research Project - Strength and Conditioning II
- SES6400 Strength and Conditioning Practicum I
- SES6401 Strength and Conditioning Practicum II

Articulation

Students who graduate with the Master of Strength and Conditioning are eligible to apply for Doctoral studies.

Exit points

Students may exit with a [Graduate Certificate of Strength and Conditioning](#) provided they have met the requirements within the program structure of the Graduate Certificate of Strength and Conditioning.

Students may exit with a [Graduate Diploma of Strength and Conditioning](#) provided they have met the requirements within the program structure of the Graduate Diploma of Strength and Conditioning.

Credit

Exemptions/credit will be assessed based on the [USQ Credit and Exemption Procedure](#).

Recommended enrolment pattern - commencing in Semester 1 2023 (full-time)

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 1 / Semester 1								
SES5100 Fundamental Principles of Strength and Conditioning					1	1		
SES5101 Athlete Testing and Monitoring in Sport					1	1		
SES5102 Sports Nutrition and Supplementation for Health and Performance					1	1		
SES5103 Communication Leadership and Negotiation in Sport					1	1		
Year 1 / Semester 2								
SES5104 Scientific Principles of Strength and Conditioning			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
SES5105 Technology and Data Science in Strength and Conditioning			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
SES5106 Injury Prevention and Rehabilitation for Athletes			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
SES5107 Physiological Aspects of Strength and Conditioning					1	2		Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
Year 2 / Semester 1								
SES6200 Strength and Conditioning Methods for Athletes I (Strength and Power) ⁺			2	1			M	
SES6201 Applied Data Analysis and Interpretation in Strength and Conditioning ⁺			2	1			M	
SES6202 Monitoring Athlete Workload, Health and Performance ⁺			2	1			M	
Plus one of the following courses								
SES6300 Research Project - Strength and Conditioning I [^]			2	1,2			M	
SES6400 Strength and Conditioning Practicum I ^{#+}			2	1,2			M	
Year 2 / Semester 2								
SES6203 Strength and Conditioning Methods II (Speed and Endurance)			2	2			M	
SES6204 Current Trends in Strength and Conditioning			2	2			M	
SES6205 Mental Health and Wellbeing in Athletes			2	2			M	
Plus one of the following courses								
SES6301 Research Project - Strength and Conditioning II ^{+^}			2	1,2			M	

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
SES6401 Strength and Conditioning Practicum II ^{#+}			2	1,2			M	

Footnotes

+ Course will be offered in 2024

^ Research track

Coursework track

Recommended enrolment pattern - commencing in Semester 2 2022 (full-time)

Students are able to enrol in any offered mode of a course (on-campus, external or online), regardless of the program mode of study they enrolled in.

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 1 / Semester 2								
SES5104 Scientific Principles of Strength and Conditioning			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
SES5105 Technology and Data Science in Strength and Conditioning			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
SES5106 Injury Prevention and Rehabilitation for Athletes			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
SES5107 Physiological Aspects of Strength and Conditioning					1	2		Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
Year 2 / Semester 1								
SES5100 Fundamental Principles of Strength and Conditioning					1	1		
SES5101 Athlete Testing and Monitoring in Sport					1	1		
SES5102 Sports Nutrition and Supplementation for Health and Performance					1	1		
SES5103 Communication Leadership and Negotiation in Sport					1	1		
Year 2 / Semester 2								
SES6203 Strength and Conditioning Methods II (Speed and Endurance)			2	2			M	
SES6204 Current Trends in Strength and Conditioning			2	2			M	
SES6205 Mental Health and Wellbeing in Athletes			2	2			M	
Plus one of the following courses								
SES6301 Research Project - Strength and Conditioning II ^{+^}			2	1,2			M	
SES6401 Strength and Conditioning Practicum II ^{#+}			2	1,2			M	

Course	Year of program and semester in which course is normally studied						Residential school	Enrolment requirements
	On-campus (ONC)		External (EXT)		Online (ONL)			
	Year	Sem	Year	Sem	Year	Sem		
Year 3 / Semester 1								
SES6200 Strength and Conditioning Methods for Athletes I (Strength and Power) ⁺			2	1			M	
SES6201 Applied Data Analysis and Interpretation in Strength and Conditioning ⁺			2	1			M	
SES6202 Monitoring Athlete Workload, Health and Performance ⁺			2	1			M	
Plus one of the following courses								
SES6300 Research Project - Strength and Conditioning I ^{+^}			2	1,2			M	
SES6400 Strength and Conditioning Practicum I ^{#+}			2	1,2			M	

Footnotes

+ Course will be offered in 2024

^ Research track

Coursework track