

## Graduate Diploma of Strength and Conditioning (GSCD) - GradDipStrengthCond

	External#
<b>Start:</b>	Semester 2 (July)
<b>Fees:</b>	Domestic full fee paying place International full fee paying place
<b>Residential school:</b>	Ipswich campus (mandatory)
<b>Standard duration:</b>	1 year full-time or 2 years part-time
<b>Program articulation:</b>	From: <a href="#">Graduate Certificate of Strength and Conditioning</a>

### 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
<a href="#">Ask a question</a> Freecall (within Australia): 1800 269 500 Phone (from outside Australia): +61 7 4631 5315 Email: <a href="mailto:study@usq.edu.au">study@usq.edu.au</a>	<a href="#">Ask a question</a> Phone: +61 7 4631 5543 Email: <a href="mailto:international@usq.edu.au">international@usq.edu.au</a>	<a href="#">Ask a question</a> Freecall (within Australia): 1800 007 252 Phone (from outside Australia): +61 7 4631 2285 Email: <a href="mailto:usq.support@usq.edu.au">usq.support@usq.edu.au</a>

### 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 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 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 8 units. Upon completion of the program students will have knowledge and skills related to the NSCA 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 8 credit points as listed in the standard progression to graduate from the program.
- Satisfactorily complete all courses within 3 years.
- Maintain successful academic progress during the duration of the program by maintaining a Grade Point Average (GPA) of not less than 3.50. This is 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.
- Meet the [Inherent Requirements](#) for the Graduate Diploma 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.

## 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 08. Graduates at this level will have advanced knowledge and skills for professional or highly skilled work and/or further learning.

The full set of levels criteria and qualification type descriptors can be found by visiting [www.aqf.edu.au](http://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 Certificate 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 Certificate 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.

## 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 8 units comprised of:

- 8 core courses

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
<a href="#">SES5104 Scientific Principles of Strength and Conditioning<sup>+</sup></a>	2	
<a href="#">SES5105 Technology and Data Science in Strength and Conditioning<sup>+</sup></a>	2	
<a href="#">SES5106 Injury Prevention and Rehabilitation for Athletes<sup>+</sup></a>	2	
<a href="#">SES5107 Physiological Aspects of Strength and Conditioning</a>		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 (8 units) with a passing grade for each course.

## Required time limits

Students have a maximum of 3 years to complete this program.

## 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](#)

## 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 mandatory residential schools on the Ipswich campus.

### Residential school

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

## Articulation

Students who graduate with the Graduate Diploma of Strength and Conditioning are eligible to apply for the [Master of Strength and Conditioning](#).

## 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.

## 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		
<b>Year 1 / Semester 1</b>								
SES5100 Fundamental Principles of Strength and Conditioning					1	1		

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		
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		
<b>Year 1 / Semester 2</b>								
<a href="#">SES5104 Scientific Principles of Strength and Conditioning</a>			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<a href="#">SES5105 Technology and Data Science in Strength and Conditioning</a>			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<a href="#">SES5106 Injury Prevention and Rehabilitation for Athletes</a>			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<a href="#">SES5107 Physiological Aspects of Strength and Conditioning</a>					1	2		Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD

### 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		
<b>Year 1 / Semester 2</b>								
<a href="#">SES5104 Scientific Principles of Strength and Conditioning</a>			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<a href="#">SES5105 Technology and Data Science in Strength and Conditioning</a>			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<a href="#">SES5106 Injury Prevention and Rehabilitation for Athletes</a>			1	2			M	Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<a href="#">SES5107 Physiological Aspects of Strength and Conditioning</a>					1	2		Pre-requisite: Students must be enrolled in one of the following Programs: MASC or GSCC or GSCD
<b>Year 2 / Semester 1</b>								
SES5100 Fundamental Principles of Strength and Conditioning					1	1		
SES5101 Athlete Testing and Monitoring in Sport					1	1		

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		
SES5102 Sports Nutrition and Supplementation for Health and Performance					1	1		
SES5103 Communication Leadership and Negotiation in Sport					1	1		