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

	External#	
Start:	Semester 1 (February) Semester 2 (July)	
Fees:	Domestic full fee paying place International full fee paying place	
<b>Residential school:</b>	Ipswich campus (mandatory)	
Standard duration:	1 year full-time or 2 years part-time	
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# **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 T

## **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

- 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
- SES5105
- SES5106
- SES5107 Physiological Aspects of Strength and Conditioning

#### **IT requirements**

Students should visit the UniSQ 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
- SES5105
- SES5106

## 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 UniSQ 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.

