

Master of Strength and Conditioning (MASC) - MStrengthCond

You are currently viewing the 2023 Handbook. For study in 2024, please refer to the [2024 UniSQ Handbook](#).

	External #
Start:	Trimester 1 (January) Trimester 2 (May)
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

Notes:

In 2023 the programs follows the Semester calendar. The [Academic Calendar and Important Dates](#) webpage will allow you to view and download a copy of the important dates for the Semester calendar.

Footnotes

Students are required to attend mandatory on-campus residential schools held at UniSQ 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 UniSQ [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

- 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 UniSQ'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. e been set as 3.732 51 T Iy28l complex04●●●●●●

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, external or 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)

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

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Footnotes

- # Not available S2, 2023
- + Course will be offered in 2024
- ^ Research track

Recommended enrolment pattern - Semester 2 entry (full-time)

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	Vb^o	Pb j	Vb^o	Pb j	Vb^o	Pb j		
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

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