

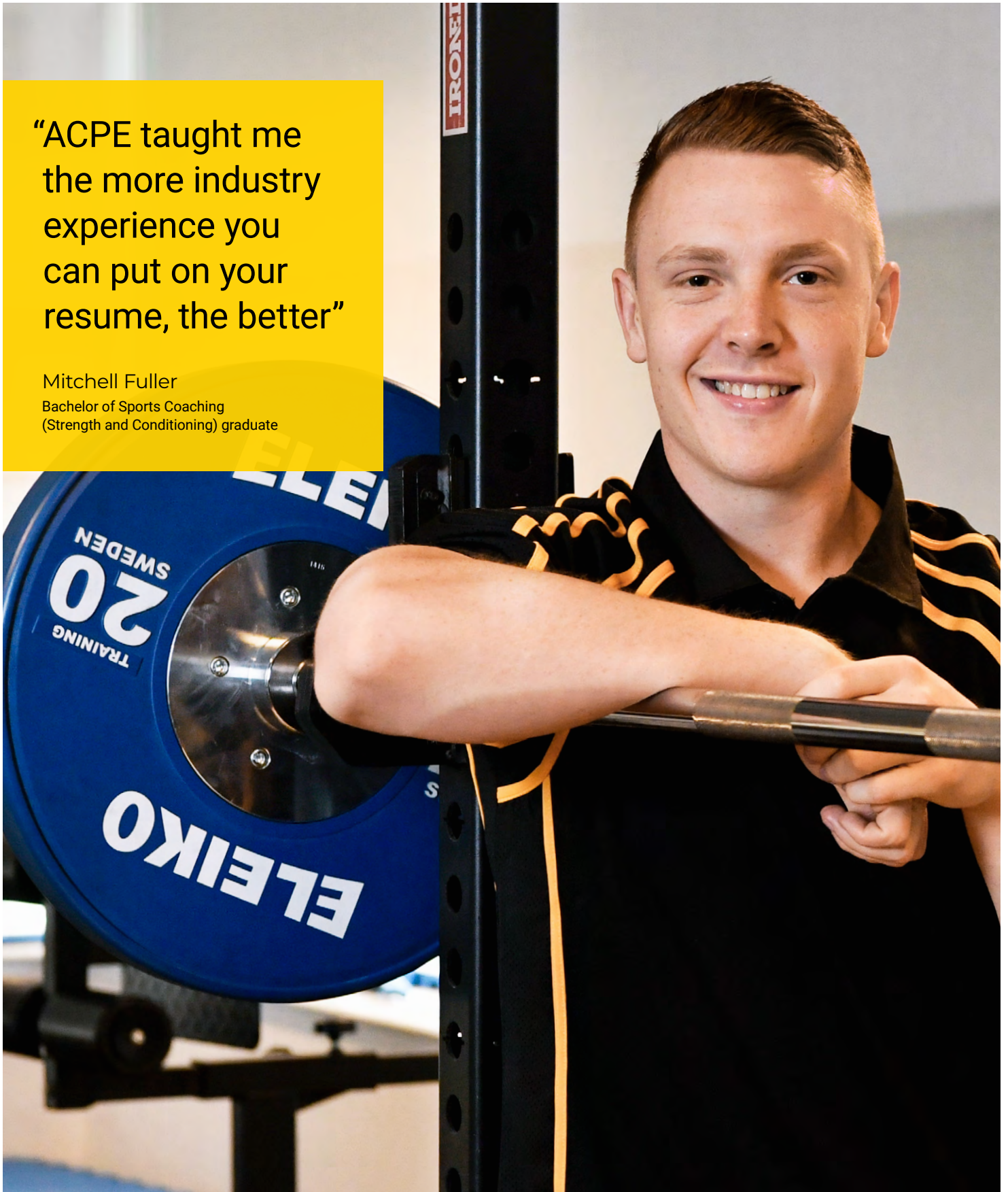
2021 Course Brochure
Bachelor of Sports Coaching
(Strength and Conditioning)



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION

“ACPE taught me
the more industry
experience you
can put on your
resume, the better”

Mitchell Fuller
Bachelor of Sports Coaching
(Strength and Conditioning) graduate



The Bachelor of Sports Coaching (Strength and Conditioning) is a specialist degree fostering the coaching, scientific and professional skills necessary for a fulfilling career in sport. Students learn about coaching theory, strength and conditioning methodology, athletic performance, and leadership skills. Through a combination of theory, practical, and industry experiences students become fully equipped to develop the knowledge, skills and behaviours required for sports coaching and strength and conditioning.

COURSE DURATION

3 years full time or part time equivalent.

STUDY MODE

Face-to-face on campus, selected units available online.

SEMESTER INTAKES

March and August annually on campus.

FEE-HELP

FEE-HELP Approved, Payment Plans, Upfront payment available.

Tuition payment arrangements must be confirmed upon admission to the college.

ENTRY REQUIREMENTS

Applicants must meet at least ONE of the following criteria to be considered for admission:

1. A minimum HSC (Higher School Certificate) or equivalent. ACPE will review the HSC results to determine if students require any additional support in their studies and will be counselled about the most appropriate course for them based on their own previous studies and results.
2. A qualification from a recognised higher education provider
3. An Associate Diploma, Diploma, Advanced Diploma, or Tertiary Preparation Certificate from a TAFE or other recognised VET provider qualification (Students wishing to enter through Certificate IV must have completed Year 11 or equivalent)
4. One year full-time or equivalent in a degree course at an Australian university
5. Satisfaction of entry requirements specified under formal articulation arrangements as determined by the ACPE Academic Board
6. A recognised overseas qualification with demonstrated proficiency in English
7. Demonstration to the Dean's satisfaction of good selection prospects as a student (for example, relevant work experience and motivation to study), and ineligibility to compete for admission based on the academic achievement criteria (1) to (6)

ALTERNATE ENTRY

An applicant seeking admission who is unable to demonstrate that they satisfactorily meet the General Admission Criteria above may apply to the College to be considered for Alternate Entry. The applicant may be requested to provide evidence that will demonstrate they have a reasonable likelihood of success in studies with the College. This includes mature entry (over 21 years) with relevant experience, elite athletes with interrupted study due to sports commitments, and any other potential applicants who may not meet the criteria above. Entry with advanced standing through educational pathways (e.g. RPL or credit transfer) may also be available based on previous study.

For students who have left school but who haven't completed their HSC and are under 21 years of age, ACPE has an alternative entry pathway to allow potential access to an ACPE degree. For more information head to acpe.edu.au/earlyaccept/

ASSESSMENTS

While some units require mid-term and final exams, assessments may also comprise quizzes, essays and tutorial participation. Students enrolled in an online unit sit their final exam at the College or if they live at a distance, under external supervision.

ONLINE LEARNING

Selected units available online **for students enrolled in courses that are not fully online**. Online units in these courses are taught with a viable cohort of students. If the cohort in these units is too small to ensure an optimal student experience, the College reserves the right to alter the delivery mode to on campus or mixed mode.

ADDITIONAL CERTIFICATIONS

When completing this degree, you will have the opportunities to complete additional certifications. Examples of certification may include

- AFL Level 1 Youth and Senior Online Coaching Course
- AFL Introduction to Community Club ELearning
- AIS Community Coaching General Principles

- Match Fixing Awareness E-Learning Program, Australian Government
- ASADA Level 2 Anti-Doping Course
- ASADA Anti-Doping Level 1 Course
- ASCA Level 1 Course

CAREER OPPORTUNITIES

Graduates are qualified to pursue a range of careers including:

- Sports Coaching Development Officer
- High-Performance Specialist Coach
- Strength & Conditioning Coach
- Managers of Athlete Performance
- Director of Coaching
- Performance Pathway Coaches
- Graduates of the Bachelor of Sport Coaching (Strength and Conditioning) are eligible to register as Personal Trainers with Fitness Australia
- Graduates of the Bachelor of Sport Coaching (Strength and Conditioning) are eligible to apply for their ASCA Level 2

ABOUT ACPE

The Australian College of Physical Education (ACPE) is one of the oldest higher education providers in NSW. For 100 years the College has provided first rate qualifications in physical education (PDHPE), dance education, sports business, health science, health and movement, coaching, applied fitness, and community health. ACPE courses are delivered at its purpose-built campus in Sydney Olympic Park, with a range of courses and individual units offered online.



FEE-HELP Available



Selected Units Available Online



Full Time or Part Time Study Load



BACHELOR OF SPORTS COACHING (STRENGTH AND CONDITIONING)

Full Time Course Structure

| Code | Unit Title | Contact Hrs/Wk | Credit Points | EFTSL | Unit Type | Pre-req | Online | Campus |
|------------------------------|--|----------------|---------------|-------|-----------|--------------------|---------|--------|
| SEMESTER 1 – 1ST YEAR | | | | | | | | |
| HSC1104 | Skill Acquisition | 3 | 6 | 0.125 | HSC | Nil | ✓ | ✓ |
| PER1103 | Coaching Techniques and Pedagogy | 3 | 6 | 0.125 | PER | Nil | ✓ | ✓ |
| PER1205 | Officiating | 3 | 6 | 0.125 | PER | Nil | ✓ | ✓ |
| SPB1301 | Administration for the Sport and Recreation Industry | 3 | 6 | 0.125 | SPB | Nil | ✓ | ✓ |
| SEMESTER 2 – 1ST YEAR | | | | | | | | |
| HSC1202 | Musculoskeletal Anatomy and Physiology | 3 | 6 | 0.125 | HSC | Nil | ✓ | ✓ |
| PER1202 | Theory and Application of Playing and Coaching Sport | 3 | 6 | 0.125 | PER | Nil | ✓ | ✓ |
| PER1206 | Introduction to Performance and Exercise Psychology | 3 | 6 | 0.125 | PER | Nil | ✓ | ✓ |
| SPB1101 | Introduction to Sports Business | 3 | 6 | 0.125 | SPB | Nil | ✓ | ✓ |
| SEMESTER 3 – 2ND YEAR | | | | | | | | |
| HSC2102 | Functional Anatomy | 3 | 6 | 0.125 | HSC | HSC1202 | ✓ | ✓ |
| HSC2103 | Applied Exercise Physiology | 3 | 6 | 0.125 | HSC | HSC1202 | Blended | ✓ |
| PER2105 | Strength and Conditioning | 3 | 6 | 0.125 | PER | HSC1202 | ✓ | ✓ |
| PER2301 | Athletics and Aquatics Specialisation | 3 | 6 | 0.125 | PER | HSC1202 | | ✓ |
| SEMESTER 4 – 2ND YEAR | | | | | | | | |
| HSC1203 | Biochemistry and Nutrition | 3 | 6 | 0.125 | HSC | Nil | ✓ | ✓ |
| HSC2201 | Biomechanics | 3 | 6 | 0.125 | HSC | HSC1202 | ✓ | ✓ |
| HSC1204 | Exercise Prescription Throughout the Lifespan | 3 | 6 | 0.125 | SPB | Nil | ✓ | ✓ |
| PER2102 | Professional Communication | 3 | 6 | 0.125 | PER | PER1103 | ✓ | ✓ |
| SEMESTER 5 – 3RD YEAR | | | | | | | | |
| PER2106 | Performance Analysis and Research in Coaching | 3 | 6 | 0.125 | PER | SPB1301 | ✓ | ✓ |
| GHS2301 | Professional Integrity | 3 | 6 | 0.125 | HSC | SPB1301 | ✓ | ✓ |
| PER3105 | Advanced Strength and Conditioning (WIL) | 3 | 6 | 0.125 | PER | PER2105 | | ✓ |
| SPB2102 | Sport Recreation and the Law | 3 | 6 | 0.125 | SPB | SPB1101 or SPB1301 | ✓ | ✓ |
| SEMESTER 6 – 3RD YEAR | | | | | | | | |
| PER3202 | Inclusive Coaching | 3 | 6 | 0.125 | PER | Any 2nd Year Unit | ✓ | ✓ |
| PER3207 | Athlete Talent Identification and Development | 3 | 6 | 0.125 | PER | HSC2103 | ✓ | ✓ |
| HSC3201 | Advanced Training Principles and Exercise Prescription | 3 | 6 | 0.125 | HSC | HSC2103 | ✓ | ✓ |
| HSC3203 | Sports Medicine | 3 | 6 | 0.125 | HSC | HSC2103 | ✓ | ✓ |

Students have the opportunity to apply for ASCA Level 1 Accreditation upon the completion of PER2105. On completion of this degree students have the ability to gain ASCA Level 2 Accreditation.

HOW TO APPLY?

Domestic Students

1300 302 867
Apply online at acpe.edu.au

International Students

+61 2 9739 3314
international@acpe.edu.au

| Code | Unit Title | Description |
|-------------------|--|--|
| SEMESTER 1 | | |
| HSC1104 | Skill Acquisition | This unit provides students with the theoretical background and practical experiences that allow them to understand how the acquisition of motor skills affects performance. |
| PER1103 | Coaching Techniques and Pedagogy | This unit introduces principles of coaching practice through identifying how a combination of techniques and styles can be used to reach a common goal. |
| PER1205 | Officiating | This unit provides insight into the role of sport officials. Central to this aim is an understanding of the complexity of officiating and an appreciation of the function of officials in the sporting environment and to effectively communicate within these environments. |
| SPB1301 | Administration for the Sport and Recreation Industry | This unit provides a broad understanding of administration for sport and the recreation industry and an introduction to academic literacy and practices required for tertiary study in sports business. |
| SEMESTER 2 | | |
| HSC1202 | Musculoskeletal Anatomy and Physiology | The aim of this unit is to provide students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the neuro-musculoskeletal system relevant to human movement. |
| PER1202 | Theory and Application of Playing and Coaching Sport | This unit introduces skills of critical thinking, questioning and lateral thinking in the coaching of athletes focusing on methods of modifying games and activities that enhance ability and awareness in skills, tactics and playing principles through problem based learning. |
| PER1206 | Introduction to Performance and Exercise Psychology | This unit introduces important issues in the field of sport and exercise psychology. The psychological, social, and emotional impacts of sport, exercise and dance involvement are examined with the application of basic performance enhancement strategies. |
| SPB1101 | Introduction to Sports Business | This unit introduces students to the nature of sports business including the examination of internal and external business environments within the sport, leisure and dance industries. |
| SEMESTER 3 | | |
| HSC2102 | Functional Anatomy | This unit develops an understanding of the functional significance of the structures of the Musculoskeletal system, including mechanical properties, with a particular focus on human movement. |
| HSC2103 | Applied Exercise Physiology | This unit introduces students to the physiological bases of human movement. It examines the interactions between cardiovascular, respiratory, and musculoskeletal systems as well as bioenergetics, neurological and hormonal aspects of human performance. |
| PER2105 | Strength and Conditioning | This unit extends the students' knowledge in the physiological adaptations of strength and conditioning, allowing the development of skills, practices and understanding of its principles. |
| PER2301 | Athletics and Aquatics Specialisation | This unit develops a deep understanding of the training demands, skills and movement principles in both athletic (track and field) and aquatic events. It also critically analyses the specific biomechanical and physiological principles that apply to various athletic and aquatic events. |
| SEMESTER 4 | | |
| HSC1203 | Biochemistry and Nutrition | This unit provides a working knowledge of the nutritional sources of energy and the biochemical pathways. The unit will provide students with an understanding of the processes of metabolism and the roles that the three major food groups of carbohydrates, lipids and proteins play in the production of energy for cellular function. |
| HSC2201 | Biomechanics | This unit provides an understanding of the mechanical analysis of human movement and identify the biomechanical principles, which influence human movement in physical activity. |
| HSC1204 | Exercise Prescription Throughout the Lifespan | This unit provides the tools needed to recognise health and development issues which may impact the type of exercise prescribed. Students will be introduced to the performance outcomes, skills and knowledge required to apply exercise prescription in accordance with industry standards. |
| PER2102 | Professional Communication | Provides an introduction to effective communication required in individual and group processes and how they affect people in organisations. |
| SEMESTER 5 | | |
| PER2106 | Performance Analysis and Research in Coaching | This unit aims to introduce students to the concept of conducting research projects; underpin the reasons for, and methods of, measuring athlete performance and development through testing. Various research methodologies and findings will be discussed to highlight the strengths and limitations of information gained through research; and how it can be applied to the sport science and coaching profession. |
| GHS2301 | Professional Integrity | This unit introduces students to a range of ethical issues that arise in movement and health contexts. Through the examination of these issues, it is intended that students will gain a wider appreciation of the impact of ethics on the day-to-day and long term decision making processes and react to these with integrity. |
| PER3105 | Advanced Strength and Conditioning (WIL) | This unit develops an advanced knowledge of strength and conditioning training methods. As a result, this unit will focus on creating activities that enhance practical skills and understanding of advanced training principles. This knowledge can be applied to holistic training programs for all diverse populations, abilities and ages. Students will be prepared to seek Level 2 strength and conditioning accreditation with the Australian Strength and Conditioning Association (ASCA). |
| SPB2102 | Sport Recreation and the Law | This unit provides an understanding of necessary legal elements of sports administration, with a focus on an understanding of the legal system, sport administration, the tort of negligence, and contract law. |
| SEMESTER 6 | | |
| PER3202 | Inclusive Coaching | This unit provides students with an understanding of inclusive coaching practices as it relates to diverse populations. |
| PER3207 | Athlete Talent Identification and Development | This unit focuses on the identification and development of sporting talent (TID) through the use of performance analysis and coaching. Students will be exposed to current TID models used in various high performance sporting environments. By the end of this unit students should be able to critically analyse, consolidate and synthesise knowledge of TID principles and practices in various sporting (coaching) contexts. |
| HSC3201 | Advanced Training Principles and Exercise Prescription | This unit integrates scientific evidence underlying biophysical adaptations with training programs and methodologies. |
| HSC3203 | Sports Medicine | This unit provides students with the opportunity to learn assessment techniques and understand management of medical injuries and conditions commonly sustained during physical activities. The unit further aims to assist students in understanding their role and the role of various health professionals in recognising and managing sport related medical injuries and conditions. |