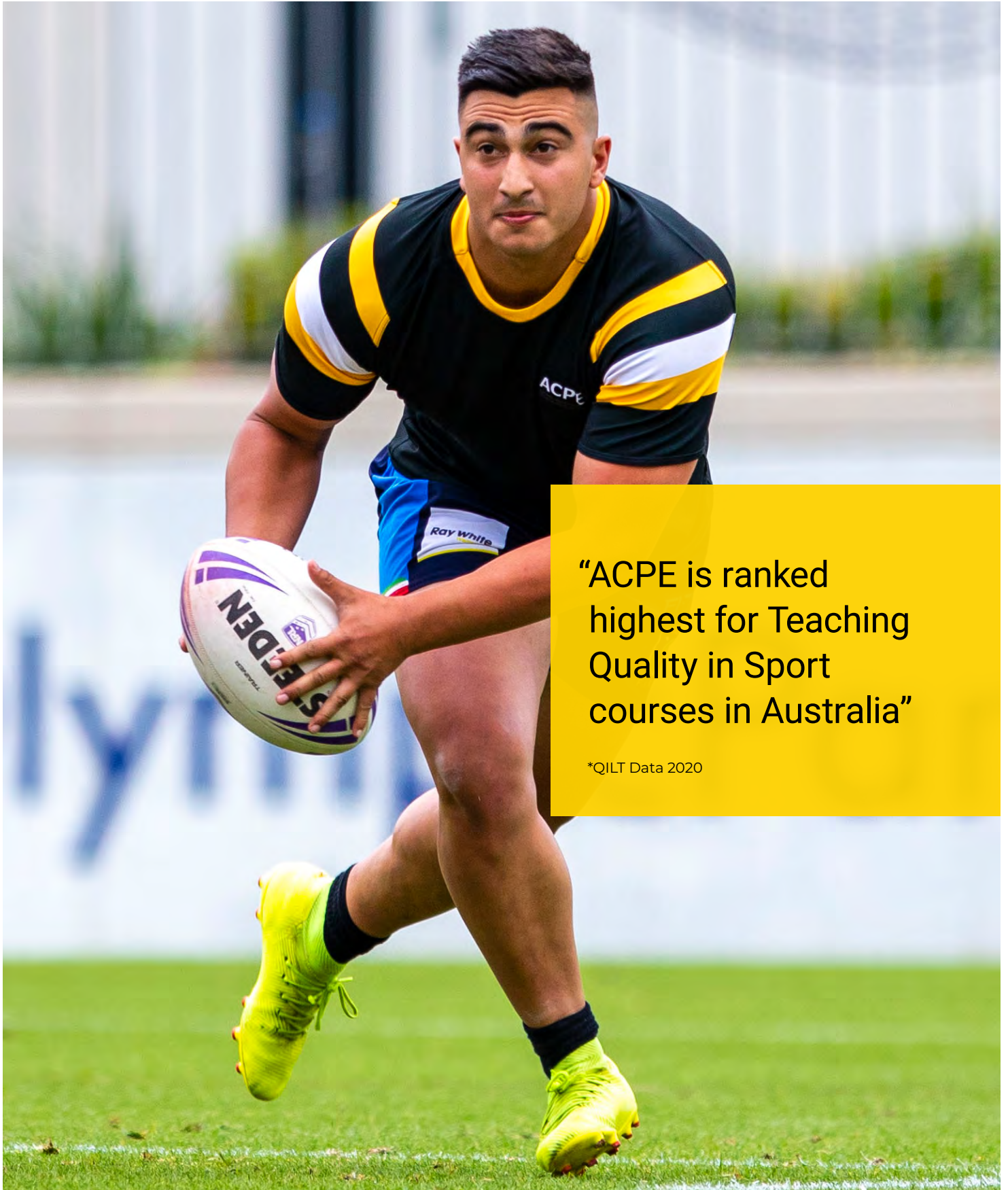


2022 Course Brochure
Bachelor of Sports Coaching
(Strength and Conditioning)



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION



“ACPE is ranked
highest for Teaching
Quality in Sport
courses in Australia”

*QILT Data 2020

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. You will 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 behaviors 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

You 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 you require any additional support in their studies and will be counselled about the most appropriate course for you based on your 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 (If you wish to enter through Certificate IV you 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 (see international requirements)
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)

8. You may be required to meet the vaccination requirements of host organisations for work integrated learning placement

ALTERNATE ENTRY

If you are seeking admission unable to demonstrate that you satisfactorily meet the General Admission Criteria you may apply to the College to be considered for Alternate Entry. You may be requested to provide evidence that will demonstrate you 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 anyone 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.

If you have left school but haven't completed the 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. If you are enrolled in an online unit you will sit the final exam at the College or if you live more than 100km from the campus or interstate, under external supervision.

ONLINE LEARNING

Selected units available online **if you have enrolled in a course that is 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

- AID Community Principles Course
- NRL Level 1 Officiating Course

- HUDL Level 1 Sports-coding course
- ASCA Level 1 & 2 Courses (conditions apply)

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
- 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 more than 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 our purpose-built campus in Sydney Olympic Park, with a range of courses and individual units offered online.



FEE-HELP Available (domestic only)



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	Blended	✓
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	Blended	✓
PER2102	Professional Communication	3	6	0.125	PER	PER1103		✓
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	✓	✓
PER3208	Testing and Monitoring of Athletic Performance	3	6	0.125	PER	PER2105	Blended	✓
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	✓	✓

You have the opportunity to apply for ASCA Level 1 Accreditation upon the completion of PER2105.

On completion of this degree you have the ability to gain ASCA Level 2 Accreditation.

International Students Additional Information

If you are an international student and would like to enrol at ACPE, you will have to meet both academic entry requirements and English language proficiency requirements. In addition to these two criteria, you have to meet the inherent course requirements and any course specific criteria, e.g. For Dance degrees and Education degrees. For more information please visit <https://acpe.edu.au/admissions/international-students/>

***Study loads vary for domestic and international students for more information contact ACPE. International students may not enrol in fully online courses.**

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.
PER2102	Professional Communication	Provides an introduction to effective communication required in individual and group processes and how they affect people in organisations.
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.
PER3208	Testing and Monitoring of Athletic Performance	This unit aims to provide students with the knowledge and skills required to develop testing and monitoring systems to measure athlete wellbeing and physical performance in high performance sport settings. Students will also learn to analyse the collected data, generate reports, and effectively communicate the reported information to stakeholders, including athletes, coaches, managers, medical and support staff using various communication mediums.
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.