



THE UNIVERSITY OF NOTRE DAME AUSTRALIA

PROGRAM REQUIREMENTS:

Program Code: 4160

Graduate Certificate in Sport Coaching & Leadership GradCertSCL

Program Code: 4161

Graduate Diploma of Sport Coaching & Leadership GradDipSCL

Responsible Owner:	National Head of the School of Nursing
Responsible Office:	Faculty of Medicine, Nursing, Midwifery & Health Sciences
Contact Officer:	National Manager, Enrolments, Fees & Student Administration
Effective Date:	1 January 2023



THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A

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2 AMENDMENTS

Amendments to these requirements will be made in accordance with the General Regulations.

Version	Date Amended	Amendment Details	Approved by
1	February 2019	New Program	Dean
2	January 2021	Program description added	PCAC EO
3	June 2021	Change to study mode	NHOS
4	November 2021	G.Cert and G.Dip Program codes merged and updated	NHOS
5	June 2022	Amendments to course offering	NHOS

3 PURPOSE

These Program Requirements set out the approved requirements for the Graduate Certificate and Graduate Diploma of Sport Coaching & Leadership.

4 OVERVIEW

4.1 Campus Availability

The Graduate Certificate and Graduate Diploma of Sport Coaching & Leadership has been approved for delivery nationally.

4.2 Student Availability

The Graduate Certificate and Graduate Diploma of Sport Coaching & Leadership is available for enrolment to domestic Students only.

4.3 Australian Qualifications Framework

The Graduate Certificate and Graduate Diploma of Sport Coaching & Leadership is accredited by the University as a Level 8 AQF qualification.

4.4 Duration

The Volume of Learning for the Graduate Certificate of Sport Coaching & Leadership is 0.5 years of equivalent full-time study.

The Volume of Learning for the Graduate Diploma of Sport Coaching & Leadership is one (1) year of equivalent full-time study.

An option to complete this Program part-time is available

4.5 Accelerated Pathway

This Program is available in a vertical double degree combination with the Bachelor of Exercise and Sport Science.

Students may complete up to four compulsory courses from this Program in the Bachelor of Exercise and Sport Science, for which they will receive specific credit in the Graduate Diploma of Sport Coaching & Leadership . See the approved vertical double degree pathways at Appendix B, as well as the Program regulations of the Bachelor of Exercise and Sport Science.

4.6 Maximum Duration

The maximum period of time within which a student is permitted to complete the Graduate Certificate of Sport Coaching & Leadership is three (3) years (including any periods of leave of absence) from the date on which they were first enrolled into the program by the University.

The maximum period of time within which a student is permitted to complete the Graduate Diploma of Sport Coaching & Leadership is four (4) years (including any periods of leave of absence) from the date on which they were first enrolled into the program by the University

4.7 Study Mode

The Graduate Certificate and Graduate Diploma of Sport Coaching & Leadership is offered fully online.

4.8 Professional Accreditation

There are no professional accreditation requirements applicable to these Programs.

5 ENTRY REQUIREMENTS

5.1 University Admission Requirements

To be eligible for admission to The University of Notre Dame Australia, all applicants must meet

the [University's minimum requirements for admission](#). The requirements for admission are detailed in the University's Policy: *Admissions*.

5.2 Specific Program Requirements for Admission

To be eligible for admission to the Graduate Certificate and Graduate Diploma of Sport Coaching and Leadership applicants must also meet the following specific requirements.

- 5.2.1 Bachelor degree (AQF Level 7) in related field; or
Bachelor degree (AQF Level 7) combined with 5 years coaching experience in semi-professional or professional sport.

6 PRACTICUM OR INTERNSHIP REQUIREMENTS

- 6.1 There are no practicum or internship requirements within this program.

7 PROGRAM REQUIREMENTS

7.1 Program Description: Graduate Certificate in Sport Coaching and Leadership

The Graduate Certificate in Sport Coaching and Leadership will provide future and current coaches with a clear understanding of the theory and methodological application of best practice principles that focus on holistic athlete development. Throughout the program, students explore coaching and leadership theories and behaviours, cultural issues, performance analysis techniques, and professional practice principles. Students will reflect on their own coaching experience, and how coaching and leadership can influence athletic environments, performance and progress.

Program Description: Graduate Diploma of Sport Coaching and Leadership

The Graduate Diploma of Sport Coaching and Leadership will provide future and current coaches a clear understanding of the theory and methodological application of best practice principles that focus on holistic athlete development. Throughout the program, students explore coaching and leadership theories and behaviours, cultural issues, advanced strength and conditioning and performance analysis techniques, ethics and professional life, and integrated approaches to athlete health and performance. Students will reflect on their own coaching experience, and how coaching and leadership can influence athletic environments, performance and progress.

7.2 Program Learning Outcomes

Upon successful completion of the program graduates will be able to:

Graduate Certificate in Sport Coaching and Leadership

1. Apply information regarding coaching and leadership models, behaviours and best practice across a range of sporting contexts.
2. Identify physical and mental requirements of athletes across a range of sporting contexts.
3. Implement and evaluate athlete centred programs that may utilise contemporary technology to enhance performance.
4. Appraise and reflect on coaching and leadership strategies, practice and programming for holistic athlete development and lifelong learning.
5. Communicate socially responsible guidelines that address a range of organisational, social, community and individual issues that reflect positive ethical culture for athletes and the wider community.
6. Undertake research related to a variety of purposes within coaching environments

Graduate Diploma of Sport Coaching and Leadership

1. Integrate coaching and leadership models, behaviours and best practice across a range of sporting contexts.
2. Identify physical and mental requirements of athletes across a range of sporting contexts
3. Implement coaching and leadership strategies, practice and programming for holistic athlete centred development.

4. Appraise and reflect on coaching and leadership strategies, practice and programming for holistic athlete development and lifelong learning.
5. Implement socially responsible practices that address a range of organisational, social, community and individual issues using highly developed communication skills.
6. Formulate scholarly practice which evaluates complex issues in sport, leadership and management

7.3 Required Courses

To be eligible for the award of Graduate Certificate in Sport Coaching & Leadership students must complete a minimum of 100 units of credit consisting of the two (2) Compulsory and two (2) Elective courses (one each from list A & B, within Appendix A).

To be eligible for the award of Graduate Diploma of Sport Coaching & Leadership students must complete a minimum of 200 Units of Credit chosen from the courses listed in Appendix A comprising:

25 Units of Credit from one (1) Core Curriculum Course

25 Units of Credit from one (1) Elective Course

150 Units of Credit from six (6) [compulsory] Courses

7.4 Elective Courses

There are two (2) Elective Courses in the Graduate Certificate in Sport Coaching & Leadership (50 Units of Credit).

There is one (1) Elective Course in the Graduate Diploma of Sport Coaching & Leadership (25 Units of Credit).

7.5 Course substitutions

There are no approved course substitutions permitted in this Award.

7.6 Exit Awards

Students who have completed the award requirements for the Graduate Certificate in Sport Coaching and Leadership may apply to exit the Graduate Diploma of Sport Coaching and Leadership with this Award.

8 DEFINITIONS

For the purpose of these Requirements, the following definitions are available in the General Regulations.

- | | | |
|--------------------|------------------------|-----------------------|
| • Leave of Absence | • Pre-requisite Course | • Co-requisite Course |
| • Major | • Minor | • Specialisation |
| • Units of Credit | • Elective | • General Elective |

9 LIST OF APPENDICES

APPENDIX A:

Graduate Certificate in Sport Coaching and Leadership

Units of Credit

Two (2) Compulsory Courses:

50

HLTH6008 Multidimensional Coaching Practice

HLTH6009 Performance Technology and Analysis for Coaches

List A: One (1) Elective Course from the following:

25

HLTH6011 Professional Practice in High Performance Sport

HLTH6012 Applications of Strength and Conditioning

HLTH6013 Integrated Approaches to Athlete Health and Performance

HLTH6014 Evidence Based Coaching Practice

List B: One (1) Elective Course from the following:

25

BUSN5001/5002 Catholic Leadership

BUSN5020 Psychology of Work

BUSN5100 Accounting for Managers

BUSN5290 Negotiation Skills

BUSN5600 Strategic Management and Planning

BUSN5620 Leadership: Theory and Practice

BUSN5680 Leading Change

BUSN5740 Strategic Workforce Issues

BUSN5750 Organisations: Power, Leadership and Transformation

PHIL 6020 Ethical Issues in Professional Life

TOTAL**100**

Graduate Diploma of Sport Coaching and Leadership

Units of Credit

Six (6) Compulsory Courses:

150

HLTH6008 Multidimensional Coaching Practice

HLTH6009 Performance Technology and Analysis for Coaches

HLTH6011 Professional Practice in High Performance Sport

HLTH6012 Applications of Strength and Conditioning

HLTH6013 Integrated Approaches to Athlete Health and Performance

HLTH6014 Evidence Based Coaching Practice

One (1) Core Curriculum Course:

25

PHIL 6020 Ethical Issues in Professional Life

One (1) Elective Courses from the following:

25

BUSN5001/5002 Catholic Leadership

BUSN5020 Psychology of Work

BUSN5100 Accounting for Managers

BUSN5290 Negotiation Skills

BUSN5600 Strategic Management and Planning

BUSN5620 Leadership: Theory and Practice

BUSN5680 Leading Change

BUSN5740 Strategic Workforce Issues

BUSN5750 Organisations: Power, Leadership and Transformation

TOTAL**200**

APPENDIX B: Vertical Double Degree pathway Bachelor of Exercise and Sport Science & Graduate Diploma in Sports Coaching & Leadership

Bachelor of Exercise and Sport Science: YEAR ONE					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH1150	Academic Research and Writing in Health Sciences	25	HLTH1010	Applications of Functional Anatomy to Physical Education (PReq HLTH1000)	25
HLTH1001	Physical Activity and Health	25	HLTH1100	Exercise Physiology (PReq HLTH1000)	25
HLTH1420	Human Growth & Development	35	HLTH1620	Health Issues and Preventive Approaches (PReq HLTH1001 or HLTH1150)	15
HLTH1000	Human Structure and Function	25	CORE1000	Foundations of Wisdom	25
Total units of Credit		110	Total units of Credit		90
			Total units of Credit in Year One		200
Bachelor of Exercise and Sport Science: YEAR TWO					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH2200	Physiology of Training and Environmental Extremes (Preq HLTH1100 or equivalent)	15	HLTH2000	Motor Control Development and Learning (PReq BESC1110 or equivalent)	15
HLTH2410	Principles of Strength and Conditioning (PReq HLTH1010)	15	HLTH2412	Exercise Prescription and Delivery (Preq HLTH2410 & HLTH2520)	25
HLTH2510	Exercise Health and Disease (PReq HLTH1001)	15	HLTH3401	Exercise Biomechanics (PReq HLTH1010)	15
HLTH2520	Health, Fitness and Performance Assessment (PReq HLTH1100)	15	HLTH2100	Psycho-Social Aspects of Sport & Physical Activity (PRq HLTH1150 & BESC1110 or HLTH1001)	15
COREXXXX	CORE Elective	25		Compulsory Elective 1	25
Total units of Credit		85	Total units of Credit		95
			Total units of Credit in Year Two		180
Bachelor of Exercise and Sport Science: YEAR THREE					
Students must have achieved a GPA of at least 2.5 at the completion of their second year for early enrolment in postgraduate Graduate Diploma in Sports Coaching & Leadership courses					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH3210	Exercise Physiology for Special Populations (PReq HLTH1100)	15	HLTH3101	Nutrition for Health and Physical Activity (PReq HLTH1100)	15
HLTH3410	Advanced Biomechanics (PReq HLTH3401)	20	HLTH3020	Integrated Practice in Exercise & Sport Science (PReq ALL BESS courses except HLTH3101 & HLTH3511)	50
HLTH6014	Evidence Based Coaching Practice	25	HLTH6011	Professional Practice in High Performance Sport	25
HLTH6008	Multidimensional Coaching Practice	25	HLTH6013	Integrated Approaches to Athlete Health and Performance	25
*HLTH3510	Exercise & Sport Science Industry Internship A (PReq HLTH2507 & HLTH2520)	0	*HLTH3511	Exercise & Sport Science Industry Internship B (PReq HLTH3510)	20
Total units of Credit		85	Total units of Credit		135

Total units of Credit in Year Three	220
Total units of Credit for BACHELOR OF EXERCISE AND SPORT SCIENCE DEGREE	600

Graduate Diploma in Sports Coaching & Leadership: YEAR FOUR					
SEMESTER ONE			SEMESTER TWO		
Course Code	Title	Credit Pts	Course Code	Title	Credit Pts
HLTH6012	Applications of Strength and Conditioning	25			
HLTH6009	Performance Technology and Analysis for Coaches	25			
BUSN5750	Organisations: Power, Leadership and Transformation	25			
Elective	Elective	25			
Total units of Credit		100	Total units of Credit		0
Total units of Credit in Year Four					100
Total units of Credit for GRADUATE DIPLOMA IN SPORTS COACHING & LEADERSHIP DEGREE					200

Elective from

25 Units of Credit from one (1) BUSN Course

BUSN5001/5002 Catholic Leadership	(25CP)
BUSN5020 Psychology of Work	(25CP)
BUSN5100 Accounting for Managers	(25CP)
BUSN5620 Leadership Theory and Practice	(25CP)