



Course Outline (Higher Education)

School:	School of Science, Psychology and Sports
Course Title:	PROFESSIONAL PRACTICE IN S&C 1
Course ID:	SCOND6003
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	069903

Description of the Course :

This course is designed to enable students to understand the role of the strength and conditioning (S&C) coach through observation of industry programs. The desired attributes of a successful S&C coach will be highlighted through observation of a coach in action. Students will work under the supervision of a practicing S&C coach to gain vital practical coaching experience. This will assist in the development of coaching skills, and will contribute to the experience required for accreditation with the *Australian Strength and Conditioning Association (ASCA)* and *Exercise and Sport Science Australia (ESSA)*.

Grade Scheme: Graded (HD, D, C, etc.)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Program Level:

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Introductory						
Intermediate					✓	
Advanced						

Learning Outcomes:

Knowledge:

K1. Recognise the scope of practice for a strength and conditioning coach

- K2.** Analyse the knowledge, skills, experience and qualifications of practising strength and conditioning coaches.
- K3.** Adapt to the considerations and constraints involved in designing and implementing a strength and conditioning program.

Skills:

- S1.** Construct aspects of a strength and conditioning program under the supervision of a coach.
- S2.** Demonstrate an assessment of physical qualities and/or monitor fitness under the supervision of a coach.
- S3.** Practice effective communication with industry professionals
- S4.** Develop professional interpersonal relationships within industry

Application of knowledge and skills:

- A1.** Apply training and prescription to assist in the development of a strength and conditioning program
- A2.** Reflect on personal experience in a practical placement.
- A3.** Apply communication strategies that build rapport and meet needs of the athlete.
- A4.** Apply communication strategies with the athlete under different conditions.
- A5.** Practice delivery of aspects of a strength and conditioning program under the supervision of a coach.

Course Content:

- Use of the *In Place* University system
- Preparation and professionalism for practical placement
- Responsibilities of the University, student, and industry supervisor
- Monitoring of practical experience in a journal for professional accreditation
- Participation in tasks, activities and experiences that take place in a strength and conditioning environment
- Application of communication skills with athletes, colleagues, superiors in a strength and conditioning setting
- Application of relevant theoretical knowledge in a practical setting within the students scope of practice.
- Assistance in working towards the goals of the organisation within the students scope of practice.
- Application of responsible workplace health and safety behaviours.

Values:

- V1.** Appreciation of the scope of practice, role and duties of the strength and conditioning coach
- V2.** Appreciation of the complexities of working as part of a team of professionals in a strength and conditioning workplace

Graduate Attributes

The Federation University FedUni graduate attributes (GA) are entrenched in the Higher Education Graduate Attributes Policy (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each**

program

Graduate attribute and descriptor		Development and acquisition of GAs in the course			
		Learning Outcomes (KSA)	Code A. Direct B. Indirect N/A Not addressed	Assessment task (AT#)	Code A. Certain B. Likely C. Possible N/A Not likely
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K1, A2	A	AT2, AT3	A
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	K2,S1,S2,A1	A	AT1	B
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	S4	B	AT1, AT2	C
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	S3, S4,A3,A4 A A	A	AT1, AT2	A
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	K3, A5	B	AT1, AT2	C

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1, K2, K3, S1, S2, S3, S4, A1, A3, A4, A5	Practical placement achieving a minimum of 50 hours. Students will also complete a detailed log of their experience including supervisor reports.	Placement portfolio	25-45%
K1, K2, K3, S3, A2	Reflective journal	Written report	25-45%
K1, K2, K3, S3, S4	Interview with strength and conditioning coach	Written report	20-40%

Adopted Reference Style:

Other (Other Journal of Strength and Conditioning Research)