



Course Outline (Higher Education)

School:	School of Science, Psychology and Sports
Course Title:	PROFESSIONAL PRACTICE IN STRENGTH AND CONDITIONING 2
Course ID:	SCOND7000
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 build on industry placements in SCOND 6003 and develop practical coaching skills in a real-world environment. Students will be able to integrate knowledge and skills from many aspects of strength and conditioning to supervised work in the sports industry. Professional placements will allow students to further develop competencies and gain experience required for professional accreditation. Critical evaluation of a sport program will strengthen students understanding of best practice in strength and conditioning.

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

Work Experience:

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

Placement Component: No

Program Level:

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Critically evaluate communication methods with athletes.
- K2.** Determine the constraints imposed on the strength and conditioning coach in a multi-disciplinary setting.
- K3.** Evaluate elite level career pathways in strength and conditioning.

Skills:

- S1.** Generate communication strategies to effectively engage with stakeholders within a multidisciplinary setting.
- S2.** Create training interventions that consider the constraints of the environment.
- S3.** Plan load monitoring strategies suitable for the environment.

Application of knowledge and skills:

- A1.** Experiment with the implementation of a training program that considers the constraints of the training environment.
- A2.** Prioritise training tasks in a way that considers recommendations and considerations from stakeholders, and the evidence base.
- A3.** Evaluate training practices through both oral and written tasks.
- A4.** Act with a high level of proficiency when delivering training tasks.
- A5.** Demonstrate the skills and techniques needed to assist coaches and athletes to improve their performance in accordance with the scope of practice for a Strength and Conditioning Coach (ASCA) and Accredited Sports Scientist (Level 1) described by Exercise and Sport Science Australia (ESSA).

Course Content:

- Completion of professional practice hours
- Evaluation of training practices
- Identification of the constraints of the environment on training practices
- The role of stakeholders within a multi-disciplinary setting
- Collaborating within a multidisciplinary team to prioritise training targets
- Delivery of training requirements in a multidisciplinary environment
- Interpersonal communication with differing demographic of athlete, and stakeholders

Values:

- V1.** Appreciate the role of the strength and conditioning coach within a multidisciplinary environment
- V2.** Realise the constraints that are imposed on the delivery of strength and conditioning within a multidisciplinary setting
- V3.** Value the efforts required to progress in the strength and conditioning profession

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.	K2,K3	A	AT1, 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.	K3,S2,S3	A	AT1, AT2, AT3	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.	K1, K2, A5	B	AT1, AT2, AT3	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.	S1, A3	A	AT1, AT2, AT3	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.	K2, K3, A1, A2, A4, A5	B	AT1, AT2, AT3	C

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1, K2, K3, K4, S1, S2, S3, S4, A1, A2, A4, A5	Students will undertake practical placement achieving a minimum of 360 hours inclusive of SCOND6003. A log book and practical appraisal by the supervisor will be included.	Placement portfolio	10-20%
K1, K2, K3, K4, A3	Program evaluation: In this task students will be required to critically appraise the training practices observed in the organisation in relation to best practice. Students will be required to propose alternate strategies based on this appraisal.	Assignment case study	50-70%
K1, K2, K3, K4, A3	Students will be required to present the findings revealed in their program evaluation to peers and academic staff.	Oral presentation	15-35%

Adopted Reference Style:

Other (Journal of Strength and Conditioning Research)