

Sport Science

POSTGRADUATE

- ▶ Graduate Certificate of Sport Performance Analysis
- ▶ Graduate Certificate of Strength and Conditioning
- ▶ Graduate Diploma of Applied Sport Science
- ▶ Master of Applied Sport Science
- ▶ Master of Clinical Exercise Physiology





Deakin is



among the Top 1% of all universities worldwide

ShanghaiRanking's Academic Ranking of World Universities 2022



ranked in the Top 50 young universities in the world

QS top young universities



#1 Victorian uni for course satisfaction

Australian Graduate Survey 2010–2015, Graduate Outcomes Survey 2016–2022, Quality Indicators for Learning and Teaching



award-winning university career service

Australian Graduate Recruitment Industry Awards, 2017, 2018, 2019, 2020 winner for most popular career service in Australia; Employability award, 2021 Australian Financial Review Higher Education Awards.

Study with the world's best

Deakin's School of Exercise and Nutrition Sciences has cemented its position as a global leader, ranked #1 sport science school in the world.* The ShanghaiRanking Global Ranking of Sport Science Schools and Departments recognises academic excellence and industry-leading research by highlighting the performance of the top 300 universities with sport-related units across the world.

Success in specialisations

Our postgraduate sport courses allow you to specialise in a range of areas from applied sport science, coaching and development through to strength and conditioning, and sport performance analysis. Enjoy the flexibility of studying online, while also benefitting from hands-on learning in our world-class sport facilities during your on-campus intensives.

Leverage industry connections

You'll also have access to our industry connections – including the Victorian Institute of Sport, Geelong Football Club and VicHealth – ensuring you enjoy valuable networking opportunities while you study, and strong employment outcomes when you graduate.

Flexible study options

Plus, as an extra bonus to you – our postgraduate sport courses build on each other so if you're not sure you want to dive straight in at masters level you can start with a graduate certificate or graduate diploma and you may be eligible for credit to progress on to the masters.



Take advantage of our flexible postgraduate sport course options

Our postgraduate sport courses share common units of study and build upon each other so that you get to decide where your study pathway begins and ends.

You can choose to work towards a masters over time or exit sooner with a graduate certificate or graduate diploma. You may choose to jump straight into the Master of Applied Sport Science, or start small with one of our graduate certificates or the graduate diploma. For instance, if you complete the Graduate Diploma of Applied Sport Science you'll have completed 2/3 of the Master of Applied Sport Science so you can continue your studies into the masters with only four more credit points to complete.

Don't have a background in sport?

Wanting to pivot your career or take the next step in your current sport career? If you have an undergraduate degree in an area other than sport or relevant sport work experience you may meet our flexible entry requirements to study one of our graduate certificates or our graduate diploma. This allows you to enter a career in sport science if you are on a different career path, or progress your current career in sport by allowing you to specialise in an area such as high-performance sport, strength and conditioning or sport performance analysis. Join us and learn from the world's best sport science school.

Study flexibly online

Digital is in our DNA, with 40 years of experience in distance and online learning. Study online at Deakin and connect to our community of more than 60,000 online learners who are ready to secure their place in the future of work with you.

Visit deakin.edu.au/study-online.

How it works

Studying online with Deakin puts you firmly in the driver's seat. Our dedicated online learning space lets you choose when and where you study, so you can develop a study routine that works with you, not against you.

Learn via a premium interactive platform with Australia's highest rated tech support. DeakinSync is your personalised online learning portal that makes your transition to online study a smooth one. In our online platform, you'll find everything you need to manage your enrolment and get prepared, communicate with your fellow students, your teachers and support staff, as well as plan your career and stay up to date with important information relevant to you and your learning. Visit deakin.edu.au/study-online/how-it-works.

Full access to Deakin services

There are abundant support services and resources available to all Deakin students, including online students. We offer a tailored orientation, online tutor support and writing feedback, library access, study mentors, legal and financial support and free counselling services.



Australia's top-rated
tech support

According to the Voice Project IT Service
Quality Support Benchmark Survey



Victoria's #1
university for
teaching quality

2021 Student Experience Survey, Quality
Indicators for Learning and Teaching (QILT)

A home for elite athletes

We're dedicated to supporting elite athletes to achieve academic success alongside the demands of training and competition.

That's why Deakin is a member of the Elite Athlete Education Network (EAEN). Study among the best with over 200 Elite Athletes. We offer student athletes:

- flexibility around assessment deadlines, and lecture and tutorial attendance
- leave of absence arrangements so they can meet their sporting commitments
- extensions on the time normally allowed to complete a course.

Plus, with access to the Geelong Waurun Ponds Campus's Elite Regional Sports Precinct and Melbourne Burwood Campus's Specialised Indoor Exercise and Sport Science Building, you can take advantage of our:

- MCG-sized oval
- FIFA-grade soccer pitch
- eight-lane 400-metre athletics track, accredited by World Athletics
- climate chamber that simulates extreme conditions
- 16-piece cardio area and open group fitness area
- motion-capture systems and specialised AV equipment.

As well as accessing study support, elite athletes can apply to Deakin under an adjustment scheme.

Learn more at deakin.edu.au/elite-athlete-program.



Graduate Certificate of Sport Performance Analysis

Use data to improve performance and produce better sporting results.

Online*	Trimester 1 (March)
1–1.5 years part time*	Trimester 2 (July)
	Trimester 3 (November)

Overview

Start your career in sport science or take the next step by specialising with the Graduate Certificate of Sport Performance Analysis.

Knowing how to interpret data makes you incredibly valuable in the elite sport environment. This course allows you to build your skills in video technology, performance analysis software, data visualisation and statistical analysis methods – all key tools of the modern sport scientist. You’ll also learn how to interpret data and use it to make evidence-based decisions.

Build your management capabilities through studies in leadership, culture development and continuous improvement – skills that give you a recipe for team success. You’ll graduate with the ability to critically evaluate and apply research to make confident, evidence-based decisions in your role.

Your career in sport performance analysis

The course prepares you for career growth in the industry. Graduate with a sought-after combination of performance analysis and managerial skills that set you up for success in roles such as:

- sport performance analyst
- high performance manager.

Course structure

The Graduate Certificate of Sport Performance Analysis comprises 4 credit points to be completed across three trimesters. Students can enter the course in Trimester 1, 2, or 3. The sample course structure below is based on Trimester 1 entry and can be completed in 1 year part time. Click on the units listed in the table to learn more.

	Trimester 1	Trimester 2	Trimester 3
Year 1	Athlete Development and Performance Management Notational Analysis of Sport Performance*	Time and Motion Analysis of Sport Performance	Management and Leadership in High Performance Sport*

* Listed units have an on-campus intensive requirement.

† Trimester 1 commencing students: 1 year over 3 consecutive trimesters. Trimester 2 commencing students: 2 years over 4 consecutive trimesters

‡ Trimester 3 commencing students: 1.5 years over 3 consecutive trimesters

This course structure is an example and should be used as a guide only.

There is also an additional 0-credit-point compulsory unit. Flexible study options are available – check the relevant course page on Deakin’s website for unit details, including trimester and campus availability. Course advice should always be sought from the relevant course adviser.

ENTRY REQUIREMENTS
(DOMESTIC STUDENTS)

ENTRY REQUIREMENTS
(INTERNATIONAL STUDENTS)



Graduate Certificate of Strength and Conditioning

Improve the strength, power and endurance of athletes as a strength and conditioning coach.

Online*	Trimester 1 (March)
1–1.5 years part time*	Trimester 2 (July)
	Trimester 3 (November)

Overview

Develop the complex knowledge and skills to solve multi-faceted challenges. The Graduate Certificate of Strength and Conditioning gives you the expertise to develop customised strength and conditioning programs that are grounded in science and backed by evidence. Learn to design programs that help athletes achieve their goals and build your skills in key areas of sport science, including:

- strength and hypertrophy
- plyometrics, speed, and muscular power
- aerobic and anaerobic power
- periodisation and tapering methods
- high-intensity interval training
- recovery methods
- integrity, ethics and legal considerations
- communication with athletes and coaches.

Your career in strength and conditioning

The course prepares you for career growth in the industry. Graduate with a sought-after combination of strength and conditioning and managerial skills that set you up for success in roles such as:

- strength and conditioning coach (sports clubs, performance training centres, sport schools and private schools)
- high performance manager.

Course structure

The Graduate Certificate of Strength and Conditioning comprises 4 credit points to be completed across three trimesters. Students can enter the course in Trimester 1, 2, or 3. The sample course structure below is based on Trimester 1 entry and can be completed in 1.25 years part time. Click on the units listed in the table to learn more.

	Trimester 1	Trimester 2	Trimester 3
Year 1	Strength and Conditioning for High Performing Athletes*	Athlete Development and Performance Management	Management and Leadership in high Performance Sport* Advanced Training Design for Sport*

* Listed units have an on-campus intensive requirement.

† Trimester 1 commencing students: 1 year over 3 consecutive trimesters. Trimester 2 commencing students: 1 year over 3 consecutive trimesters

‡ Trimester 3 commencing students: 1.5 years over 3 consecutive trimesters

This course structure is an example and should be used as a guide only.

There are two 0-credit point compulsory units in this course HAI010 Academic Integrity and HSE070 Exercise and Sport Laboratory Safety. Flexible study options are available – check the relevant course page on Deakin’s website for unit details, including trimester and campus availability. Course advice should always be sought from the relevant course adviser.

ENTRY REQUIREMENTS
(DOMESTIC STUDENTS)

ENTRY REQUIREMENTS
(INTERNATIONAL STUDENTS)



Graduate Diploma of Applied Sport Science

Prepare for both the technical and managerial sides of sport. This course is designed for busy professionals who want to take the next step within the sport industry.

Online*	Trimester 1 (March)
1 year full time (or part-time equivalent)	Trimester 2 (July)
	Trimester 3 (November)

Overview

Build specialised skills in sport science, performance analysis and strength and conditioning, and complement these skills by boosting your management capabilities through studies in leadership, culture development and continuous improvement.

The course is made up of eight of the 10 units from Deakin's Master of Applied Sport Science. After completing this course, you may wish to enhance your credentials further by articulating into the Master of Applied Sport Science.

Career

This course prepares you for career growth in the industry. Graduate with a sought-after combination of sport science and managerial skills that set you up for success in roles such as:

- high performance manager
- strength and conditioning coach
- sport scientist
- sports performance analyst.

Course structure

To complete the Graduate Diploma of Applied Sport Science you must complete 8 credit points. Students who choose to commence the course in Trimester 1 or Trimester 3 can complete the course in 1 year over 3 consecutive trimesters, or part-time equivalent; students who commence in Trimester 2 can complete the course in 1.5 years over 4 consecutive trimesters, or part-time equivalent. An exit point is available in this course at the Graduate Certificate level. Click on the units listed in the table to learn more.

	Trimester 1	Trimester 2	Trimester 3
	Evidence Based Practice for Sport Science	Athlete Development and Performance Management	Management and Leadership in High Performance Sport*
Year 1	Strength and Conditioning for High Performing Athletes*	Program Evaluation for Sport Science	Advanced Training Design for Sport*
	Notational Analysis of Sport Performance*	Time and Motion Analysis of Sport Performance	

*Listed units have an on-campus intensive requirement (1 week per trimester in T1 and T3).

This course structure is an example and should be used as a guide only.

Academic Integrity (HA1010) and Exercise and Sport Laboratory Safety (HSE070) are compulsory 0-credit point units that you must undertake as part of this course. Flexible study options are available – check the relevant course page on Deakin's website for unit details, including trimester and campus availability. Course advice should always be sought from the relevant course adviser.

ENTRY REQUIREMENTS
(DOMESTIC STUDENTS)

ENTRY REQUIREMENTS
(INTERNATIONAL STUDENTS)

Master of Applied Sport Science

Elevate your career at the world's number one sport science school. As a sport science professional, you'll work with teams and individuals to manage and analyse performance, design training programs and evaluate outcomes.

Online**
1–1.5 years full time (or part-time equivalent)*

Trimester 1 (March)
Trimester 2 (July)
Trimester 3 (November)

Overview

This industry-leading degree prepares you for the full spectrum of challenges faced by sport scientists and high-performance managers working at all levels of sport, from local to elite level. You will graduate with 220 hours of professional practice, and with the knowledge and skills to pursue entry into a PhD. Through our partnerships and your placements, you'll build advanced skills and networks that open the door to senior roles.

Graduate with a range of options

Throughout your degree, you can complete a minimum of 220 hours of professional practice and discover what it's like to be a leading voice within a high-performance team. Alternatively, if you want to pursue a career in research you'll have the opportunity to produce a thesis, which may allow you to continue on to a PhD.

Grow your professional network through our industry partnerships

Our network of over 150 industry connections includes Netball Victoria, Geelong Football Club, Deakin Melbourne Boomers, Cricket Victoria, Tennis Australia and the Victorian Institute of Sport. Everything you study is closely linked to the state of the industry and gives you the opportunity to learn alongside established professionals, helping you develop and grow your professional networks and build confidence so you graduate with an advantage.

Gain industry accreditation

We are recognised as an industry provider for the Australian Strength and Conditioning Association (ASCA). Upon completion of the Master of Applied Sport Science, you may be eligible to apply for Level 2 ASCA accreditation, based on your demonstration of certain theoretical and practical skills gained during the course. This accreditation can boost your employment opportunities, while providing access to ongoing support and training opportunities through the ASCA. For more details and to view the application form, visit the ASCA website.

220 hours of professional practice



Course structure

To complete the Master of Applied Sport Science students must attain 12 credit points. Core units of this course are listed below. Exit points are available in this course at the Graduate Certificate and Graduate Diploma level. Click on the units listed in the table to learn more.

	Trimester 1	Trimester 2	Trimester 3
Year 1	Athlete Development and Performance Management	Program Evaluation for Sport Science	Management and Leadership in High Performance Sport*
	Evidence Based Practice for Sport Science	Time and Motion Analysis of Sport Performance	Advanced Training Design for Sport*
	Strength and Conditioning for High Performing Athletes*	Sport Science Literature Review and Application	Sport Science Research Project OR Professional Placement and Development
	Notational Analysis of Sport Performance*		

*Listed units have an on-campus intensive requirement for domestic students (1 week per trimester in T1 and T3).

*Australia is set to host several major global sporting events from 2022 to 2032

To undertake the research pathway students must complete Sport Science Literature Review and Application and Sport Science Research Project.

To undertake the professional pathway students must complete Sport Science Literature Review and Application and Professional Placement and Development. This course structure is an example of a full-time study load. It should be used as a guide only.

Academic Integrity (HAI010) and Exercise and Sport Laboratory Safety (HSE070) are compulsory 0-credit point units that you must undertake as part of this course. Flexible study options are available – check the relevant course page on Deakin's website for unit details, including trimester and campus availability. Course advice should always be sought from the relevant course adviser.

#This program requires international students to attend one compulsory on-campus intensive to be held at a Deakin University campus in Australia or at Universiti Sains Malaysia. It is the student's responsibility to ensure that they understand the visa options available to them to allow them to be in Australia to complete these intensive requirements. International Students are required to obtain a Visitor Visa to be able to undertake this compulsory intensive class. International students will not be able to apply for a student visa for this course.

Your career in sport science

The sport industry expects as much of its practitioners as it does of its athletes and elite athletes. With jobs in sport set to benefit from Australia's golden decade of sporting events[†], professionals committed to self-improvement and optimal performance will be in high demand.

The Master of Applied Sport Science equips you with a sought-after combination of sports science and managerial skills, preparing you for roles such as:

- high performance manager
- sports scientist
- strength and conditioning coach
- sports performance analyst
- rehabilitation coach.

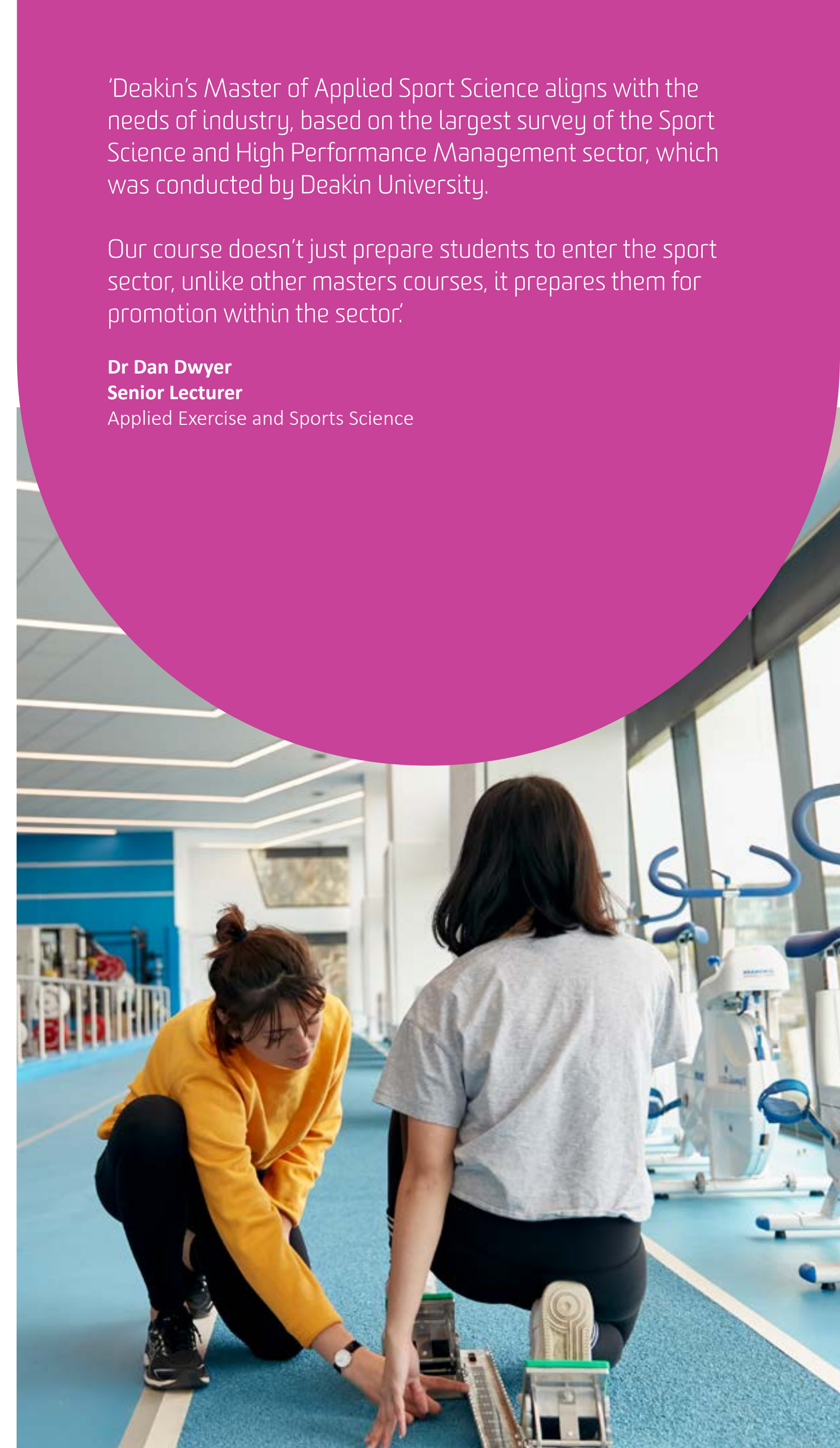
ENTRY REQUIREMENTS
(DOMESTIC STUDENTS)

ENTRY REQUIREMENTS
(INTERNATIONAL STUDENTS)

'Deakin's Master of Applied Sport Science aligns with the needs of industry, based on the largest survey of the Sport Science and High Performance Management sector, which was conducted by Deakin University.'

Our course doesn't just prepare students to enter the sport sector, unlike other masters courses, it prepares them for promotion within the sector.'

Dr Dan Dwyer
Senior Lecturer
Applied Exercise and Sports Science



Master of Clinical Exercise Physiology

Study an exercise physiology postgraduate course that's achieved outstanding levels of teaching excellence, learning outcomes and employment in the sector.

Melbourne Burwood Campus
1.5 years full time (or part-time equivalent)*

Trimester 1 (March)

Overview

Deakin's Master of Clinical Exercise Physiology has a national reputation for teaching excellence, world-class facilities and graduate employability. This award-winning course creates a simple pathway towards becoming an Accredited Exercise Physiologist. Build on your current expertise and develop a deep understanding of advanced principles within clinical exercise physiology. Everything you learn is grounded in science, and the evidence-based techniques you'll explore allow you to deliver better outcomes for your patients. When you graduate, you will be able to confidently treat a diverse range of chronic conditions, injuries and disabilities.

Graduate work-ready

You'll undertake at least 360 hours of clinical placement that gives you a taste of your future role and provides valuable opportunities for professional development. An accredited exercise physiologist (or qualified professional) will guide you through your placement units, which are designed to optimise your exposure to a wide range of clients, practitioners and institutions. Some of these placements lead directly to future employment.

Get the recognition to excel

Our Master of Clinical Exercise Physiology was the first exercise physiology course in Victoria to be accredited by Exercise and Sports Science Australia (ESSA). Once you graduate you can apply to become an Accredited Exercise Physiologist, and are then eligible for provider numbers with Medicare Australia, WorkSafe Victoria, DVA, TAC and other compensable funds and schemes.

Learn in top-notch facilities

When you're not on external placement, you'll get practical experience at the award-winning **Deakin Clinical Exercise Centre (DCEC)**, working alongside accredited exercise physiologists to apply your clinical knowledge to real clients. You'll also have access to our multi-million dollar **Specialised Indoor Exercise and Sport Science Building**.

Pathway to becoming an Accredited Exercise Physiologist



Course structure

To complete the Master of Clinical Exercise Physiology students must attain 12 credit points. All units are equal to 1 credit point completed over three trimesters (minimum 18 months) of full-time study and/or part-time equivalent. Click on the units listed in the table to learn more.

	Trimester 1	Trimester 2	Trimester 3
Year 1	Mental Health and Exercise Behaviour Exercise Physiology for Cardiopulmonary Disease Exercise Physiology for Musculoskeletal Injury and Disease Pre Clinical Practice 1	Exercise Physiology for Neurological and Neuromuscular Disease Exercise Physiology for Metabolic Disease Pre Clinical Practice 2 Clinical Practicum 1	Clinical Practicum 2
Year 2	Research in Clinical Exercise Physiology Exercise Physiology Across the Lifespan Clinical Practicum 3		

This course structure is an example and should be used as a guide only. Academic Integrity (HAI010) and Exercise and Sport Laboratory Safety (HSE070) are compulsory 0-credit point units that you must undertake as part of this course. Flexible study options are available – check the relevant course page on Deakin's website for unit details, including trimester and campus availability. Course advice should always be sought from the relevant course adviser.

Your career in exercise physiology

Once you complete the course, you can apply to become an Accredited Exercise Physiologist (AEP). As an AEP, you'll work with individuals living with chronic conditions like heart disease, diabetes and cancer to improve their health and wellbeing and help treat their conditions using exercise as medicine. Accredited Exercise Physiologists are covered by Medicare and many private health insurers, which has increased the career opportunities for those with an AEP-recognised qualification, and puts graduates of this course in a strong position for career progression. Your practical experience, technical knowledge and problem-solving skills will allow you to thrive in a variety of settings including:

- hospital and clinic rehabilitation
- occupational, community and sports rehabilitation
- private practice
- case management through compensable schemes such as Medicare, Worksafe and the TAC.

ENTRY REQUIREMENTS
(DOMESTIC STUDENTS)

ENTRY REQUIREMENTS
(INTERNATIONAL STUDENTS)

'I was always interested and engaged in sport and rehabilitation sciences. The course was the perfect avenue to work alongside people to help them achieve their health and fitness goals.'

Blake McCarthy

Master of Clinical Exercise Physiology graduate



*Trimester 1 commencing students: 1.5 years over 4 consecutive trimesters.

How to apply

Applications can be made directly to the University through the Applicant Portal: apply.deakin.edu.au.

For information on the application process and closing dates, visit deakin.edu.au/courses/how-to-apply/postgraduate-by-coursework.

Please note that closing dates may vary for individual courses.

deakin.edu.au/sport

While the information provided here was correct at the time of publication, Deakin University reserves the right to alter, amend or delete details of the course and unit offerings. Published May 2023. Deakin University CRICOS Provider Code: 00113B.

Deakin Alumni Discount

We support Deakin alumni by offering an alumni discount of 10% off postgraduate study fees on any postgraduate award course (excluding students enrolled in a Commonwealth supported place (CSP)) at Deakin University.

deakin.edu.au/alumni-discount