

Jesse  
ACU graduate

**We're  
here.**

**To get  
you there.**



# Executive Dean's welcome

The Faculty of Health Sciences at ACU is known for world-leading education and research, and for producing graduates who make a difference. Whether you want to gain new professional qualifications, change your career direction, or pursue a personal ambition, we've got the brightest minds waiting to help you on your way.

We're a young university, but we are making our mark. ACU is ranked in the top 40 of Generation Y universities worldwide<sup>1</sup> and in the top 10 Catholic universities<sup>2</sup>. We have more than 200 partners on six continents, community engagement opportunities around the globe, and a campus in Rome, Italy.

The faculty is deeply engaged with industry, government, and the community. Our curricula are developed and refined in conjunction with industry leaders to ensure they reflect local and international knowledge, rapid changes in the health environment, and advances in student learning.

ACU has three research institutes focusing on health sciences – the Mary MacKillop Institute for Health Research, the Nursing Research Institute, and the Institute for Positive Psychology and Education. In the latest Excellence in Research for Australia (ERA) assessment, we received the top score for research in cardiorespiratory medicine and haematology, clinical sciences, cognitive sciences, human movement and sports science, nursing, nutrition and dietetics, psychology, public health and health services<sup>3</sup>.

At ACU, it's education, but with a bigger purpose. We're a university committed to standing up for people in need and causes that matter. If you've got the desire to make an impact, we'll give you the skills to change the world.

I look forward to welcoming you to our university.

**Professor Michelle Campbell**  
Executive Dean, Faculty of Health Sciences



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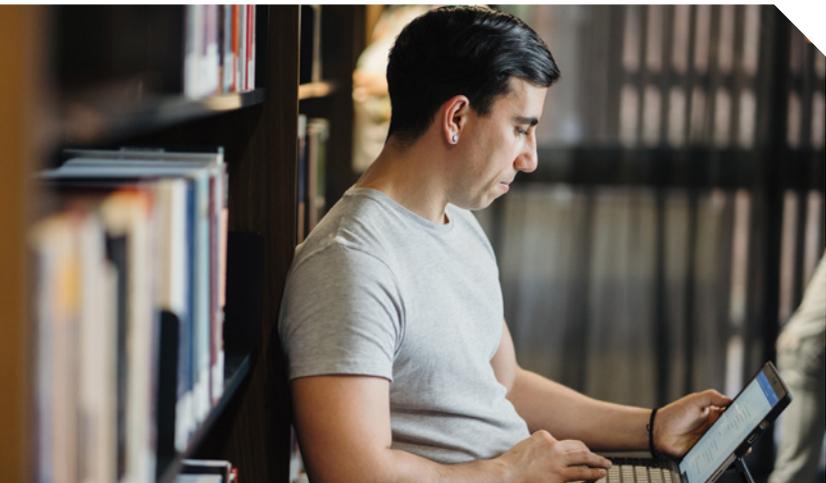
- 36** Executive Education

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**Think you  
know ACU?**

You're just getting started.  
It's education, but not as  
you know it.





### Meaningful education, not mass production

We're a university committed to standing up for people in need and causes that matter. If you've got the desire to make an impact, we'll give you the skills to change the world. And if you want to start making an impact now – you can. Research within our faculties and institutes tackles enduring and pressing issues in society, in Australia, and around the world.



### The world is your campus

We're young, but we are making our mark. We're ranked in the top 40 of Generation Y universities worldwide\* and in the top 10 Catholic universities\*\* – alongside Georgetown University and Boston College in the US. We've got more than 200 partners on six continents, community engagement opportunities around the globe, and a campus in Rome, Italy.

\*Times Higher Education Young University Rankings 2019

\*\*Times Higher Education World University Rankings 2020, IFCU members



### Flexible study

Study needs to be flexible. We get that life changes fast, and you need to find the right balance of family, work and study. Many of our courses offer part-time options, as well as online learning, travel opportunities, intensive units, and flexible start dates.



### We've got your back

Whether it's figuring out how to enrol or finding the best coffee on campus, we'll help you out in person, online, by phone, or even SMS. And if you need support with your studies, or counselling services, we've got that covered too.

[acu.edu.au/askacu](http://acu.edu.au/askacu)



### We care about you

Everyone is welcome at ACU. We're inclusive and supportive of everyone, every day, and our students feel it – giving us five stars for learner engagement and skills development\*.

Your wellbeing is our focus. So we have a huge range of support services to help you thrive while on campus.

\*Good Universities Guide 2020



### Connections that count

Our partnerships around Australia and overseas provide rich learning experiences for our students. These relationships enhance student learning and provide opportunities for practical work experience and collaborative research.



### Scholarships

We know that balancing the cost of living and study can be tricky. So we offer nearly 400 scholarship opportunities which recognise academic achievement, community participation, and help out students from a range of backgrounds.

[acu.edu.au/scholarships](http://acu.edu.au/scholarships)

# Our campuses

We've got eight campuses around Australia, and a campus in Rome, Italy. Each one is unique, but they're all dynamic, inviting and great places to learn.

Head to [acu.edu.au/tour](https://acu.edu.au/tour) to take a tour of your campus.



## BALLARAT

Our Ballarat Campus is located in the centre of the city. Situated amid historical gardens, beautiful old buildings, and a block from Lake Wendouree, it has a lot to offer. Explore the grounds, enjoy a home-cooked meal at the canteen, and soak up the community vibe.

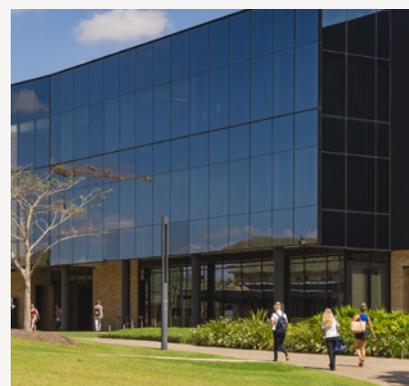
- Central location
- Free parking
- State-of-the-art physiotherapy building with labs and simulation rooms



## BLACKTOWN

We've partnered with Blacktown City Council to open a new ACU campus in Blacktown, Western Sydney.

- Student information centre opening 2020
- Range of courses on offer from 2021
- Excellent transport links close by



## BRISBANE

Whether you want to get involved in campus life, create a professional network or just find a quiet place to study — our Brisbane Campus has you covered. Set on 40 hectares of parklands, the campus has ample parking, state-of-the-art learning facilities, and places to hang out like cafes and a swimming pool.

- Free parking and shuttle bus
- Excellent health labs and health clinic
- Newly renovated library



## CANBERRA

Just five kilometres from the city centre, our Canberra Campus has plenty to offer. With a campus lounge, swimming pool and beautiful landscaped gardens, you'll have a lot to keep you busy between classes.

- Modern nursing, paramedicine, social work and health sciences labs
- Free parking and accessible by light rail and bus
- Library and 300-seat lecture theatre



## MELBOURNE

Our Melbourne Campus is right next to the cafes, art galleries and live music venues of Brunswick Street. Kick back with a coffee on our rooftop garden or hang out with friends in one of our cafes.

- Close to six tram routes, bus routes and Parliament Railway Station
- Award-winning library
- Art gallery and media production studios



## NORTH SYDNEY

Just across the Harbour Bridge from the city centre, our North Sydney Campus is a great place to study and relax.

- High-tech nursing simulation labs
- Excellent speech pathology and occupational therapy labs
- Short walk from the train station



## STRATHFIELD

Our Strathfield Campus is set amid beautiful landscaped grounds and historical buildings, with excellent transport links. Whether you want to have a friendly match on our rugby and soccer ovals or take in a show at our art gallery, there's always something going on.

- Onsite, undercover parking and shuttle bus
- Art gallery
- High-tech biomechanics lab and FIFA-accredited sports pitch



## ROME, ITALY

Our Rome Campus is located on Janiculum Hill, a site that has a rich history dating back to the 3rd century. It sits on a sprawling property that boasts extensive gardens and terraces to enjoy beautiful views of the city.

- Close to the Vatican and popular tourist sites
- Contemporary, onsite residential accommodation
- Community engagement opportunities



## ADELAIDE

Located in the up-and-coming area of Thebarton, our Adelaide Campus primarily offers postgraduate courses in theology.



IN AUSTRALIA

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**5 stars**

FOR EMPLOYABILITY,  
INTERNATIONALISATION AND  
FACILITIES

QS Stars 2019



**5 stars**

FOR FULL-TIME EMPLOYMENT,  
LEARNER ENGAGEMENT AND  
SKILLS DEVELOPMENT

Good Universities Guide 2020



**Numbers  
that count**



## IN THE WORLD

### Top 2%

UNIVERSITIES

*Times Higher Education World University Rankings 2020\**



### Top 40

GENERATION Y UNIVERSITIES

*Times Higher Education Young University Rankings 2019*



### Top 80

UNIVERSITIES IN ASIA-PACIFIC

*Times Higher Education Asia-Pacific University Rankings 2019*



### Top 10

CATHOLIC UNIVERSITIES

*Times Higher Education World University Rankings 2020, ranked IFCU members*



### Ranked 26

SPORTS SCIENCE

ARWU 2018



## RESEARCH

# First or equal first in Australia

CARDIORESPIRATORY MEDICINE AND  
HAEMATOLOGY

CLINICAL SCIENCES

COGNITIVE SCIENCES

HUMAN MOVEMENT AND SPORTS SCIENCE

NURSING

NUTRITION AND DIETETICS

PSYCHOLOGY

PUBLIC HEALTH AND HEALTH SERVICES

RELIGION AND RELIGIOUS STUDIES

SPECIALIST STUDIES IN EDUCATION

Four-digit FoRs, Excellence in Research for Australia (ERA) 2018

\*Percentage calculated as ACU's world rank as a proportion of the total number of universities in the world: *International Handbook of Universities 2019*, Palgrave MacMillan.

# Postgraduate study pathways

In general, postgraduate study falls into two main categories: coursework and research.

## COURSEWORK

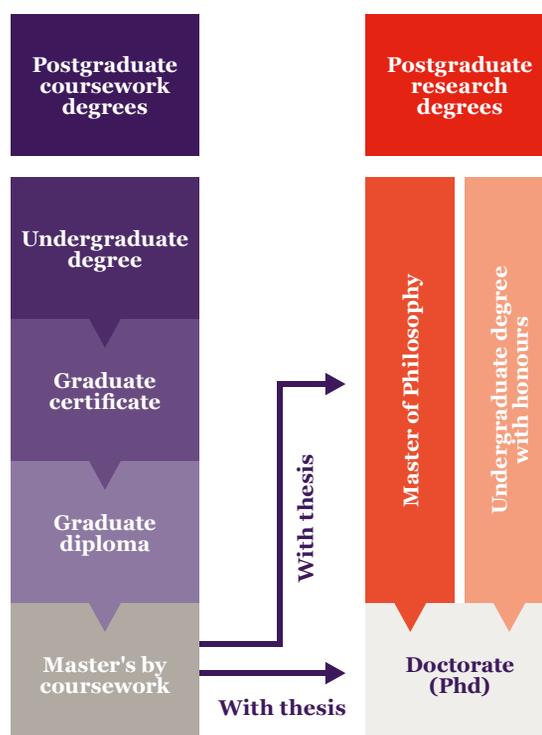
- Programs are generally six months to two years full-time (or equivalent part-time).
- You can expect classes (including online classes), units, and set assessments, similar to an undergraduate degree.
- To apply you usually need to have completed an undergraduate degree first. However, professional experience can also be taken into account.
- The graduate certificate, graduate diploma and master's degree are connected and can build on each other.
- If you're considering a master's degree but don't initially qualify, you may be accepted into the graduate certificate or diploma in the same area of study.
- If you choose to study a master's degree but your circumstances change, you may be able to exit the degree early with the relevant graduate certificate or graduate diploma.
- Coursework programs are ideal for gaining new skills and getting ahead in your career.

## RESEARCH

- Programs are generally two to three years full-time (or equivalent part-time).
- You can expect independent research and exploration of original ideas under the guidance of a supervisor.
- To apply you usually need to have completed an undergraduate degree with honours or a master's degree.
- ACU offers supervised research at either master's or doctoral level.
- Research programs are ideal for making a new contribution to an academic field. They can be a pathway to research or an academic career, or help you get ahead at work.

Honours degrees are also available. They are a one-year degree for high-achieving students who have already completed a bachelor degree, and allow you to build upon your knowledge, develop research skills, and work closely with an academic expert. The main focus of the degree is to produce a research thesis under supervision from experienced academic staff. Some four-year bachelor programs have honours embedded into the third and fourth years.

## EXAMPLE PATHWAYS THROUGH POSTGRADUATE STUDY



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If you're studying at another university and would like to switch to ACU, or you have relevant knowledge and skills acquired in the workplace, you may be able to get credit towards your degree.

[acu.edu.au/priorlearning](https://acu.edu.au/priorlearning)

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**“My industry experience with Notre Dame University in the US was a once in a lifetime opportunity that was only achievable thanks to ACU and the Master of High Performance Sport. The internship certainly helped shape my own identity and philosophies in regards to elite athletic development and performance science, as well as providing a wonderful stepping stone for my future career aspirations and opportunities.”**

**Scott**  
Master of High Performance Sport graduate,  
completed the Notre Dame industry internship

# Fees and scholarships

There are many options to help you manage the cost of study. Tuition fees depend on the course you enrol in, and there are two placement offer types: fee-paying place, and Commonwealth supported place (CSP).



## FEE-PAYING PLACE

A fee-paying place is not subsidised by the government, so you pay the full cost of the course. As a domestic fee-paying student, you may be eligible to defer payment of your fees through the FEE-HELP government loan scheme. Repayment of the loan occurs through the tax system once your income exceeds the minimum threshold. Your employer may also consider assisting with the cost of study if the course is related to your current position.

[studyassist.gov.au](http://studyassist.gov.au)



## COMMONWEALTH SUPPORTED PLACE (CSP)

A small number of postgraduate courses at ACU offer CSPs, where the government pays a proportion of tuition costs. The remainder of the fees are paid by the student, but eligible students can defer their payment through the HECS-HELP government loan scheme. Repayment of the loan occurs through the tax system once your income exceeds the minimum threshold.

[studyassist.gov.au](http://studyassist.gov.au)



## RESEARCH TRAINING PROGRAM FEES OFFSET SCHOLARSHIPS

If you are enrolling in a master's by research or doctorate program at ACU, you may be exempt from paying tuition fees. Our Research Training Program Fees Offset Scholarships are for high-achieving domestic students whose research proposal aligns with our priority areas.

[acu.edu.au/research-scholarships](http://acu.edu.au/research-scholarships)



## FACULTY ALUMNI REBATE

If you're an ACU graduate, you may be eligible for a 10 per cent rebate on postgraduate fees.

[acu.edu.au/alumni-rebate](http://acu.edu.au/alumni-rebate)



## POSTGRADUATE COURSEWORK SCHOLARSHIPS

We offer scholarships to help support you financially during your studies.

Use our online scholarships portal to find the ones that are right for you.

[acu.edu.au/scholarships](http://acu.edu.au/scholarships)



## RESEARCH TRAINING PROGRAM STIPEND SCHOLARSHIPS

We offer competitive scholarships with a stipend to help support you financially during your research, and to reward outstanding academic achievement.

For international students, this includes a tuition fee waiver and an Overseas Health Care Policy.

[acu.edu.au/research-scholarships](http://acu.edu.au/research-scholarships)

Got questions? We're waiting with the answers.

[acu.edu.au/askacu](http://acu.edu.au/askacu)

# Applying to ACU

## Postgraduate coursework degrees

- 1** Choose the course you would like to study by browsing this guide and visiting [acu.edu.au/courses](https://acu.edu.au/courses) for more details.
- 2** Check important dates and application requirements carefully – some courses also require supporting documentation.
- 3** Check out the postgraduate scholarships available at [acu.edu.au/scholarships](https://acu.edu.au/scholarships)
- 4** Apply online direct to ACU at [acu.edu.au/courses](https://acu.edu.au/courses)
- 5** Accept your offer and enrol.

## Postgraduate research degrees

Application to ACU higher degrees by research, including the Master of Philosophy and Doctor of Philosophy, is by direct application to Candidature Services at ACU.

- 1** Choose your course at [acu.edu.au/research/apply](https://acu.edu.au/research/apply)
- 2** Check entry requirements and your eligibility.
- 3** Find a research supervisor at [rexr.acu.edu.au](https://rexr.acu.edu.au)
- 4** Check application closing dates.
- 5** Complete your application.
- 6** Gather your documents.
- 7** Submit your completed application.



For more information on how to apply for postgraduate coursework degrees, visit [acu.edu.au/apply](https://acu.edu.au/apply)

If you still have questions or need help with your application, visit [acu.edu.au/askacu](https://acu.edu.au/askacu)



For more information and to apply for postgraduate research degrees, visit [acu.edu.au/research/become-a-research-candidate](https://acu.edu.au/research/become-a-research-candidate)

If you still have questions or need help with your postgraduate research application, contact [res.cand@acu.edu.au](mailto:res.cand@acu.edu.au)

# Faculty of Health Sciences

The Faculty of Health Sciences works to prepare highly skilled graduates who promote health and wellbeing, and manage illness and injury, for the health and sports industries both in Australia and internationally.

**We give our students the skills, knowledge, and practical experience they need to succeed. Our graduates are helping improve the health of individuals, families, and communities with their expertise and passion. Our students come from diverse backgrounds, and receive tailored support from their supervisors in an environment known for rigorous and robust intellectual inquiry. They are valued as individuals and teaching staff are directly involved with their academic development.**

We get that life is busy, and you need to find the right balance of family, work and study. Flexible learning options are available across seven campuses in Ballarat, Brisbane, Canberra, Melbourne, and Sydney (Blacktown, North Sydney and Strathfield). Many of our postgraduate programs can be studied online.

Cross-disciplinary study units bring together current and new knowledge from a range of professions including: sports psychology, skill acquisition, nutrition and dietetics,

exercise physiology, sports science, sports business/management, strength and conditioning, data analytics, physiotherapy, sports medicine, and rehabilitation. Our curriculum is developed and refined in conjunction with industry leaders.

The faculty has a growing research agenda, with opportunities for master's degree and doctoral students to join current research projects. Our exercise science researchers, lecturers, practitioners, and clinical supervisors consult and conduct research in areas such as sports science, elite athlete preparation and career development, and the clinical applications of exercise in healthy populations, those with chronic disease, and/or injured populations.

Our clinical exercise physiology clinics, supervised by our team of accredited exercise physiologists (AEPs), provide invaluable practical experience for our master's degree students and high-quality exercise services to ACU staff, students and members of the general public.





## ASSOCIATE PROFESSOR STUART CORMACK

Associate Professor Stuart Cormack from ACU's School of Behavioural and Health Sciences has spent 15 years working in the Australian Football League (AFL), including eight years as the fitness coach at the West Coast Eagles, highlighted by two grand final appearances and winning the 2006 AFL Premiership. He also spent four years as a strength and conditioning coach at the Australian Institute of Sport, where he worked with elite athletes in a variety of team and individual sports in preparation for the Sydney 2000 Olympic Games.

Associate Professor Cormack is also a Level 3 Strength and Conditioning Coach and a Life Member of the Australian Strength and Conditioning Association. He has published numerous papers in scientific journals and co-authored several book chapters, including *Physiological tests for elite athletes* (2nd Edition), *High performance training for sports*, and *Strength and conditioning – biological principles and practical applications*.

Associate Professor Cormack regularly presents at sports science and coaching conferences in addition to providing consultancy support to various organisations, including the International Cricket Council and Australian Institute of Sport Combat Centre. He has an interest in all areas of athletic preparation, with a particular focus on monitoring training load and fatigue in elite athletes, and its impact on performance.



## ASSOCIATE PROFESSOR SHONA HALSON

Associate Professor Shona Halson from ACU's School of Behavioural and Health Sciences has been a mainstay of Australia's high performance sport network. She was the Head Recovery Physiologist at the Australian Institute of Sport from 2002 to 2018 and has been a part of three Olympic campaigns with the Australian Olympic Committee. Associate Professor Halson was named as one of Exercise and Sport Science Australia's three Female Leaders in Exercise and Sports Science on International Women's Day 2019. Her research focuses on recovery, fatigue and sleep and she has published over 100 peer-reviewed articles and multiple book chapters.

Associate Professor Halson has a particular interest in maximising recovery and monitoring and improving sleep in elite athletes. She is an Associate Editor for the *International Journal of Sports Physiology and Performance*, is co-chair of Exercise and Sport Science Australia's (ESSA) Research to Practice 2020 Conference and is a member of ESSA's Research Committee.

Associate Professor Halson also provides consultancy services to the Australian Open Tennis Tournament and Nike as part of the Nike Performance Council and Nike Scientific Advisory Panel and she is a trusted advisor to countless elite teams and athletes both in Australia and internationally.

# Exercise science partnerships

Our partnerships around Australia and overseas provide rich learning experiences for our students. These relationships enhance student learning, practical work experience opportunities and collaborative research.

## Clinical exercise physiology

### Our partners

- Austin Health
- Centre for Healthy Ageing
- Cumberland Hospital
- Epworth Health
- Monash Health
- Optimum Rehab
- Orygen Youth Health
- Spinal Cord Injuries Australia
- The Exercise Clinic
- Rehab Management
- Fresh Start Professional Healthcare
- Green Apple Wellness
- Sydney Sports & Exercise Physiology
- Royal North Shore Hospital
- MS Society – Study Centre



“Epworth Rehabilitation specialises in neurological rehabilitation, including acquired brain injury (ABI) and traumatic brain injury (TBI), multi-trauma orthopaedic rehabilitation, and amputee rehabilitation.

We focus on achieving high-level outcomes with patient populations including return to running and cycling to improve independence and high-level mobility.

The skills and attributes we notice in ACU students include a professional approach to the placement, an eagerness to learn, and the drive to develop professional skills over the course of the placement.”

**Chris Byrne**  
**Senior Exercise Physiologist**  
**Epworth Rehabilitation**



“ACU students have been of great benefit to the clients and staff at Seniors Gym. Their supervision and guidance has improved the exercise prescriptions, health and wellbeing of Uniting clients they have managed. This can be attributed to their professionalism and enthusiasm but most importantly their well prepared clinical skills. All students from ACU have good broad knowledge of chronic disease and musculoskeletal issues and how exercise can be used to help prevent, treat and manage such conditions.”

**Elly Williams**  
**Senior Exercise Physiologist**  
**Centre for Healthy Ageing, Uniting NSW, ACT**



“Sydney Sports & Exercise Physiology (SSEP) takes ACU students every year. Students are provided with diverse exercise physiology practical experience and challenged to apply their knowledge in a supportive environment.

ACU students are prepared and have a clear understanding of what the exercise physiology/sports science industry requires.”

**Dean McNamara**  
**Director**  
**Sydney Sports & Exercise Physiology**



## High performance sport

### Our partners

- Australian Institute of Sport Combat Centre
- Australian Rugby Union
- Baseball Queensland
- Brisbane Lions Football Club
- Brisbane Roar Football Club
- Clemson Tigers, Clemson University, USA
- FIFA
- Greater Western Sydney Football Club
- Houston Dynamo SC, Major League Soccer, USA
- International Cricket Council
- Louisville Cardinals, University of Louisville, USA
- Melbourne Football Club
- Melbourne Rebels Rugby Union
- Melbourne Storm Rugby League Club
- Melbourne United Football Club
- Melbourne Victory Football Club
- New South Wales Institute of Sport
- North Melbourne Football Club
- Norths Devils Rugby League Football Club
- Notre Dame Irish, University of Notre Dame, USA
- Oklahoma City Thunder, NBA
- Queensland Academy of Sport
- Queensland Rugby League
- Real Salt Lake FC, Major League Soccer, USA
- Sacramento Kings, NBA, USA
- South Sydney Rabbitohs Rugby League Club
- Sydney Kings, NBL
- Tennis Australia
- Toronto FC, Major League Soccer, USA
- Triple Eight Motor Racing
- UFC Performance Institute, USA
- Victorian Institute of Sport
- Western Sydney Wanderers Football Club
- Wests Tigers Rugby League Club



“We are thrilled with our teammates from ACU. We prioritise our investment in their professional growth and development by providing practical, hands-on experience alongside our sports performance team. They bring tremendous value in the intern role, whether it be assisting with live tracking during training, force plate testing, creating coaching reports and data visualisation, assisting in weight room and conditioning sessions and other opportunities our performance team create for them. The interns display an intellectual curiosity, strive to be great teammates, and show initiative to help – simply put they make us better and help us toward our aim of maximising the growth and potential of each one of our student-athletes.”

**Mike Harrity**  
**Senior Associate Athletics Director**  
**Notre Dame Athletics**

# Research institutes

ACU has prioritised research intensification. The work within our faculties and institutes tackles enduring and pressing issues in society, in Australia, and around the world. The following institutes and centres are linked to the School of Behavioural and Health Sciences, and provide opportunities for research collaboration.

## The Mary MacKillop Institute for Health Research



### Director: Professor John Hawley

The Mary MacKillop Institute for Health Research (MMIHR) is focused on undertaking research that discovers and promotes effective strategies to create a healthier Australia. Our work aims to address critical public health issues by identifying and responding with innovative programs that deliver better health outcomes and transform lives.

We bring national and international health experts together with leading organisations across a broad portfolio of health-related research areas. By fostering an environment of collaborative research, without discipline-based boundaries, the impact we can make is profound and extensive.

MMIHR emphasises the importance of translating research findings into practical health initiatives that produce real outcomes. Our team of prominent researchers are driven to improve the quality of health interventions through research that tests and improves the effectiveness of existing health-related programs, health service delivery, health education, and community planning and design. Our research enables us to develop and shape individual, social and community programs based on a rigorous analysis and synthesis of observational and experimental data, from the molecular to societal level.

Our research emphasises the complex interactions between individuals, the social and physical aspects of

their communities and the available health care systems. This broad-based approach includes:

- clinical-based exercise-nutrition studies and interventions to:
  - improve and maintain muscle health
  - improve and maintain metabolic health
  - prevent and manage the adverse effects of cancer
- environmental and behavioural epidemiological studies which aim to:
  - identify key physical and social aspects of urban environments which promote physical and cognitive health across the lifespan
  - understand how genetic, psychosocial and behavioural factors interact with the environment to impact on health and identify optimal person- and environment-tailored intervention strategies
  - develop intervention strategies for the promotion of health-related behaviours
- clinical osteoporosis intervention studies to:
  - improve bone metabolism to prevent bone loss by modulating the gut microbiome
  - identify components in the gut microbiome related to effects on bone metabolism
- prospective cohort and database register studies which aim to:
  - identify novel clinical risk factors for fall injury and fractures in older adults
  - develop enhanced imaging methods to determine bone fragility and predict fractures in men and postmenopausal women
- focused studies to understand and describe the individual impact of risk behaviours and disease
- the promotion of equitable access to health services and active-friendly communities.

[acu.edu.au/mmihr](http://acu.edu.au/mmihr)



## Exercise and Nutrition Research Program

### Director: Professor John Hawley

As the incidence of chronic lifestyle-related diseases continues to rise worldwide, the work of ACU's Exercise and Nutrition Research Program has never been more critical. The program's research team conducts clinically based exercise and nutrition intervention studies directed at:

- maximising health benefits through the optimal timing of nutrition and exercise
- discovering the biological mechanisms underlying the health benefits of appropriate exercise and nutrition

- maintaining bone and skeletal muscle health during ageing
- preventing and managing the adverse effects of cancer, and other chronic metabolic diseases.

Experimental and clinical trials undertaken by the Exercise and Nutrition Research Program are conducted in state-of-the-art laboratory facilities using a range of contemporary equipment and techniques. Human, animal and cell models are utilised by our international team of researchers, who are dedicated to achieving research excellence using a holistic approach that considers molecular, cellular and whole-body physiology.

## Sports Performance, Recovery, Injury and New Technologies (SPRINT) Research Centre

### Centre Lead: Dr David Opar

The Sports Performance, Recovery, Injury and New Technologies (SPRINT) Research Centre (formed in 2020) aims to advance knowledge in the areas of performance, recovery and injury in the sporting domain, using a combination of established and emerging laboratory and applied research techniques. SPRINT is closely connected to the discipline of exercise science in the School of Behavioural and Health Sciences and the Faculty of Health

Sciences at ACU with scope to develop collaboration with the MMIHR's Exercise and Nutrition Research Program.

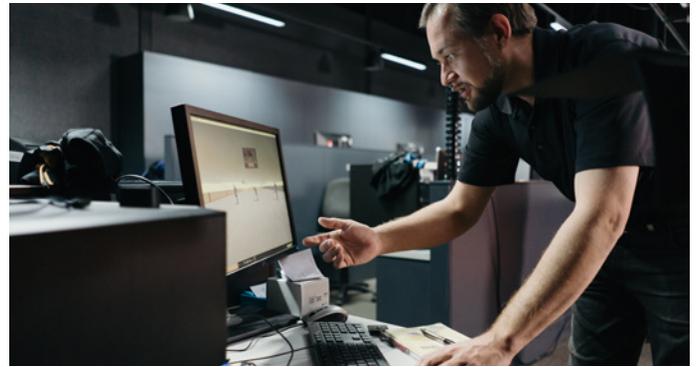
The SPRINT research centre has three primary streams of research: (i) Recovery (led by Associate Professor Shona Halson); (ii) Injury (led by Dr David Opar) and; (iii) Performance (led by Associate Professor Stuart Cormack). All three streams foster collaborative and multidisciplinary research in projects ranging from recreational to professional athletes.



## Research success

Health sciences research at ACU is seeing results. In the latest Excellence for Research in Australia (ERA) initiative we were rated well above world-standard in cardiorespiratory medicine and haematology, clinical sciences, cognitive sciences, human movement and sports science, nursing, nutrition and dietetics, psychology, public health and health services.

DISCIPLINE	RESEARCH PROJECT TITLE
EXERCISE SCIENCE	Optimising the post-operative management of Parkinson's disease patients with deep brain stimulation
	Statistical modelling of the probability of hamstring injury in elite Australian footballers
	Assessment of sleep patterns and performance in elite athletes
	Investigating the relationship between visual exploratory behaviours, posture and physiological load in field hockey athletes
	The impact of thirst on cognitive function
	The effects of vigorous intensity interval training (VIIT) on cardiovascular fitness and blood glucose levels in pregnant women with gestational diabetes
	The impact of hamstring strain injury on nervous system function and training adaptations
	Lower limb strength recovery and knee joint contact forces after anterior cruciate ligament reconstructive surgery in females
NURSING	The use of GPS-imbedded triaxial accelerometers for measuring stride parameters and vertical stiffness in Australian Rules football athletes
	Pressure injury prevention interventions relative to risk level for critically ill patients: an international Delphi study and randomised crossover trial
	Evaluation of a new paediatric emergency department
	A qualitative inquiry of the experience of care for mental health consumers in acute medical care settings
	The phenomenon of pain management in women with chronic gynaecological pelvic pain: the health care professional's lived experience
	The phenomenon of collegiality between student and registered nurses: an exploration of the attitudes and perceptions held by registered nurses that influence their engagement with student nurses
OCCUPATIONAL THERAPY	Australian mental health nurses' emotional resilience: a mixed methods study
	Code stroke 2.0
PHYSIOTHERAPY	Upper limb orthoses for children with cerebral palsy: exploring effectiveness and clinical application of the Neurological Hand Deformity Classification to guide orthosis prescription
	Evaluation of the utilisation of an allied health assistant within an adult cystic fibrosis centre: their role and scope of practice and benefits to improved patient related physiotherapy outcomes
	Readiness for discharge from hospital to home in community: physiotherapist, family/care-giver and patient perspectives
	Prevalence, profile and efficacy of conservative management for Royal Brisbane and Women's Hospital Ear, Nose and Throat Department outpatients waitlist category two and three patients with vestibular dysfunction
	An investigation into the contribution physiotherapy students make to the delivery of health services within the Queensland health sector
	The effect of high-level mobility skills training program (HLMP) on sustained community participation in physical activity of children classified at GMFCS I and II with cerebral palsy
Injuries in New Zealand Army Recruits	



DISCIPLINE	RESEARCH PROJECT TITLE
<b>PSYCHOLOGY</b>	Shame and guilt in OCD and repugnant obsessions
	Investigating the role Oxytocin in the decline of core social cognitive skills in healthy ageing
	Future-oriented cognition in the context of acute and dependent alcohol use
	Factors impacting the stress response in people with Social Anxiety Disorder
	Mapping mindfulness-related neuroplasticity in cannabis users: A randomised double-blind active-controlled study
	Factors influencing parents' treatment decisions for their children with Autism Spectrum Disorders
	Is there more to introversion than sociability? Development and validation of a new introversion measure
	The contribution of facial expressivity and subjective emotional experience to facial expression recognition
	Obesity surgery: early post-surgery psychosis and behavioural predictors of successful and non-successful weight loss outcome in laproscopic adjustable gastric banding.
	The measurement and evaluation of tolerance and prejudice towards Muslims
	Exploring the boundaries of embodied cognition and conceptual metaphor
	Relationships between discounting, value orientations, consideration of future consequences and pro-environmental intentions and behaviour
	Parents with intellectual disabilities involved with the child protection system
	Defining and measuring weight stigma
	Wellbeing, social and emotional functioning of jockeys
	Future-oriented thinking in middle childhood
Daily emotional functioning in social anxiety disorder	
Understanding the role of identity centrality in psychosocial health through the lens of gender and sexual identities	
Acculturation in Australia: assessing the role of religion, perceived discrimination, and prejudice	
<b>PUBLIC HEALTH</b>	Influencing health and wellbeing in the African Australian community: a case study of two immigrant organisations
	Acculturation, perceived discrimination and Type 2 diabetes among sub-Saharan African migrants in Queensland
	Developing the evidence base for a classification of functional visual ability for children with cerebral palsy
<b>SCIENCE</b>	An investigation into the clinical utility of robot assisted upper limb therapy within an Australian rehabilitative setting
	Prescription and transfer of kettlebell training
	Anterior cruciate ligament and knee joint loading following reconstructive surgery
	Training load and associated outcome in rugby league
	Fire interval guidelines aimed at sustaining flora diversity: are they also sustaining fauna diversity?
<b>SOCIAL WORK</b>	Families' lived experiences of autism
	Exploring children's experiences of contact in out-of-home care
	Involving children in social research: balancing the risks and benefits
	Family violence typology in the context of statutory child protection practice: how differentiating between types of intimate partner violence could improve practice and outcomes for women and children in the child protection system
<b>SPEECH PATHOLOGY</b>	Drooling behaviour in children with cerebral palsy: investigating the value of using Lee Silverman Voice Treatment – LOUD Approach (LSVT - LOUD): a pilot study

# Courses

ALL OUR COURSES ARE COMPLIANT WITH THE



# CLINICAL EXERCISE PHYSIOLOGY

## Master of Clinical Exercise Physiology

 Brisbane, Melbourne, Strathfield  1.5 yrs FT (or equivalent PT)

This master's degree looks at how exercise is used as a preventative, prescriptive and rehabilitative process for complex and chronic disease, work-related injuries and to promote good health. You will gain knowledge and appropriate skills in screening, assessment, and provision of exercise intervention in multiple applications across the lifespan, including prevention and management of chronic disease, workplace conditioning, and sport injury rehabilitation.

**Accreditation:** This sequence gives you the required training, skills, competencies, and clinical experience in exercise prescription and rehabilitation for accreditation as an exercise physiologist by Exercise and Sports Science Australia (ESSA). Any graduate of our Master of Clinical Exercise Physiology program at the Brisbane, Melbourne or Strathfield campus can apply to ESSA to become an accredited exercise physiologist. This degree is fully accredited for graduates in the program to 2023.

**Entry requirements:** To apply for this course, you must:

1. Have completed a bachelor degree that is accredited by ESSA at Exercise Science level, with one of the following:
  - i) a grade point average (GPA) of at least 4.6 on the ACU 7 point scale; or
  - ii) evidence of substantial relevant industry experience for at least one year post-bachelor graduation; or
  - iii) have completed ACU's Graduate Certificate in Exercise Rehabilitation for Sports Injuries.

OR

2. Have met the requirements of ESSA Graduate assessment for postgraduate study, and have completed a bachelor degree or higher in exercise science or related field with one of the following:
  - i) a grade point average (GPA) of at least 4.6 on the ACU 7 point scale; or
  - ii) evidence of substantial relevant industry experience for at least one year post-bachelor graduation; or
  - iii) have completed ACU's Graduate Certificate in Exercise Rehabilitation for Sports Injuries.

AND

3. Submit a curriculum vitae outlining relevant industry experience for this course of study.

AND

4. Submit professional referee/s information relevant to industry experience.

### Entry pathways and partnerships:

- ACU's Bachelor of Exercise and Sports Science degree is NUCAP-accredited (National University Course Accreditation Program) for exercise science to 2023. It is therefore an entry pathway to the Master of Clinical Exercise Physiology.
- Degrees at other Australian universities that are NUCAP-accredited at the exercise science level act as entry pathways.
- Students who attain exercise scientist membership or graduate entry assessment through ESSA can apply for entry to the Master of Clinical Exercise Physiology.
- Entry via successful completion of other allied health programs will be considered on a case-by-case basis.

**Practical experience:** Students are required to complete 360 hours of professional clinical experience in a range of AEP targeted pathologies.

**Career outcomes:** On completion of this degree, you will enter the job market as an accredited exercise physiologist (AEP). AEPs work across the lifespan of client needs in:

- hospital or community health environments as part of a multidisciplinary team in the management and treatment of complex and chronic disease
- private practice as part of a multidisciplinary care of clients
- workplace/industrial settings in injury prevention, injury management, and occupational rehabilitation
- aged care in the prevention of physical decline and maintenance of independence, as well as management of chronic disease
- any work environment that requires an allied health professional who can prescribe effective exercise prescription for the management of complex and chronic disease
- any environment that requires the prevention of injury and disease and the promotion of healthy lifestyle practices
- a sport rehabilitation setting.

Note: This course is currently under review. Check the website for the most up-to-date information including details on entry requirements.

## MASTER OF CLINICAL EXERCISE PHYSIOLOGY – SAMPLE COURSE MAP

YEAR 1	Semester 1	Lifestyle and exercise counselling Neurological analysis, prescription and rehabilitation	Musculoskeletal analysis, prescription and rehabilitation Applied anatomy for clinical exercise physiologists
	Semester 2	Responsible clinical practice Cardiometabolic analysis and rehabilitation	Occupational assessment and rehabilitation Clinical experience 1
YEAR 2	Semester 1	Clinical experience 2	

### Lifestyle and Exercise Counselling

This unit aims to address three key challenges in exercise physiology: how can practitioners use evidence-based strategies to promote adherence to their prescriptions; how do they respond to the unique needs and stages of change for different clients; and how do they play a role in the management of mental health within their scope of ethical practice. This is consistent with the professional standards for accredited exercise physiologists. This unit will give you concrete, evidence-based skills and strategies for promoting adherence to exercise prescriptions. These include theory and research-driven interventions for evoking motivation for change, for enhancing commitment to programs, and for multidisciplinary management of mental health concerns.

### Neurological Analysis, Prescription and Rehabilitation

The aim of this unit is for you to become proficient in the knowledge and techniques for the determination of neurologic injury and exercise-based rehabilitation of general neurological impairments, as well as specific neurological disorders. Injury to the nervous system is often devastating. However, extensive recovery of function within this system is possible with appropriate diagnosis and rehabilitation. Within their scope of practice, accredited exercise physiologists must be able to design and prescribe safe, evidence-based exercise interventions for individuals suffering a range of neurological disorders. This unit builds upon a framework of the human nervous system at gross anatomical and fundamental elemental levels, with a focus upon the sensory and motor components of movement control. This unit will extend the principles of physiology, motor control and biomechanics, and build upon skills gained during undergraduate studies. You will explore the use of exercise in the rehabilitation of individuals with neurological disorders (including stroke, spinal cord injury, acquired brain injury, Parkinson's and multiple sclerosis). Specifically, pathophysiology of neural injury, general impairments commonly suffered, as well as specific neurological disorders will be examined.

### Musculoskeletal Analysis, Prescription and Rehabilitation

This unit aims to develop your knowledge and skill to become proficient in the prescription of exercise as a prevention and management strategy for musculoskeletal disease, as a treatment strategy for injury, including sports injuries, and as a means of sustaining functional independence throughout the lifespan in a safe and effective manner. Within their scope of practice, accredited exercise physiologists must be able to design and prescribe safe, evidence-based exercise interventions for individuals suffering a range of musculoskeletal disorders. In this unit, you will analyse current scientific knowledge and understanding of musculoskeletal disorders and diseases, examine the mechanisms involved, and the processes that lead to dysfunction and pain. Functional restoration, maintenance or adaptation forms a major focus of the unit. Methodological aspects of the clinical assessment of musculoskeletal disorders and diseases will be discussed together with the theory and practice of available exercise prescriptions and treatment therapies.

### Applied Anatomy for Clinical Exercise Physiologists

The aim of this unit is to provide an advanced understanding of the applications of anatomy to clinical assessment, investigation, and decision-making. The ability to apply anatomical knowledge is integral to effective clinical decision-making and exercise prescription. Within their scope of practice, accredited exercise physiologists must be able to explain the relationship between human anatomy and clinical decision-making and subsequent exercise prescription. This unit advances your knowledge and skills in surface, structural, functional, cross-sectional and radiographic anatomy, relevant to physical examination, exercise testing, clinical imaging studies, and other clinical investigations. You will use a case-based approach in developing proficiency in the application of anatomical knowledge to clinical situations.

### Responsible Clinical Practice

The aim of this unit is to develop your knowledge, understanding and skills to become proficient in professional practice. Ethical and legislative parameters within the broader health care system framework are used to establish the professional standards under which an accredited exercise physiologist works. Within their scope of practice, accredited exercise physiologists must be able to work within local, government and industry policy, address individual client needs, and conduct themselves as a professional in the practice environment. In this unit, you will examine the ethical and core legal responsibilities that face the professional exercise physiologist in a clinical setting. Emphasis is placed on understanding and applying ethical and legal decision-making in clinical exercise physiology practice.

### Cardiometabolic Analysis and Rehabilitation

This unit aims to develop your knowledge and skills to become proficient in the prescription of exercise as a prevention and management strategy for a range of cardiovascular, respiratory, and metabolic conditions. Cardiovascular, respiratory, and metabolic conditions represent the most prevalent conditions encountered by exercise physiologists. Within their scope of practice, accredited exercise physiologists must be able to design and prescribe safe, evidence-based exercise interventions for individuals with or at risk of cardiovascular, respiratory, and/or metabolic disorders. This unit presents current medical and scientific knowledge of cardiac, respiratory and metabolic disorders and diseases. An examination of the aetiology, incidence, epidemiology and pathophysiology of the disease process, as well as the adaptations that lead to management of the disease, are a major focus of the unit. Current evidence and guidelines for exercise testing and exercise prescription as related to cardiovascular, cardiopulmonary, and cardiometabolic disorders will be discussed in detail. Methodological aspects of clinical assessment will be discussed and applied together with the principles of available exercise prescriptions and other treatment therapies.



**“ACU gave me the best possible chance to learn all I needed to know before moving into the workforce. The knowledge I gained during classes was practical and thorough. I felt I was able to form relationships with tutors, lecturers and other students that allowed me the comfort of asking questions and learning more through positive feedback.**

**The placement opportunities I received were invaluable. The experience offered me the opportunity to learn practical skills and people skills by having the freedom to work with clients but also having guidance from supervisors.”**

**Christopher  
Master of Clinical Exercise Physiology graduate**

### Occupational Assessment and Rehabilitation

The aim of this unit is to extend your knowledge and skill base of exercise prescription to manage return to work programs and deliver workplace and functional capacity assessments. The professional standards for accredited exercise physiologists incorporate elements of workplace rehabilitation and functional capacity assessment to perform work-related tasks. Functional movement capacity is limited by the mechanical characteristics and structures of the human body, as well as the design characteristics of facilities and equipment in work, sport, exercise, and everyday life. This unit provides knowledge of, and develops skills in, occupational rehabilitation, including ergonomic principles as well as assessment and analysis within the workplace and other environments.

### Clinical Experience 1

This unit aims to facilitate your transition toward practicing entry-level exercise physiology, consistent with the professional standards for accredited exercise physiologists. Clinical exercise physiologists must be able to consider ethical, clinical and scientific parameters for their practice. Clinical Experience 1 bridges the knowledge gap between theory and practice by focusing on the professional qualities that clinical exercise physiologists must demonstrate within hospital systems, community health, private practice, occupational health and safety, and/or relevant sporting and educational settings. Exposure to the multidisciplinary nature of Australian health care models is important and you will be supervised to conduct assessments and provide safe and effective exercise prescription in a team environment. You will prepare for your first external clinical placement by reflecting on your continuing professional development across semester with respect to your clinical performance during the exercise lifestyle clinic.

### Clinical Experience 2

Clinical exercise physiologists must be able to consider clinical, scientific, ethical and legislative parameters, and the broader health care system framework, for their practice. Clinical Experience 2 provides a capstone to student learning; building on the essential clinical competencies of student practitioners established in Clinical Experience 1. The unit of study provides you with opportunities to demonstrate evidence-based practice and professional clinical practice principles in a variety of exercise physiology practice environments. You will interact with, learn from, and be supported by experienced allied health professionals and clinical educators aimed at broadening your scope of practice in your transition to entry-level exercise physiology.



# HIGH PERFORMANCE SPORT

The high performance sport suite of programs includes relevant, professional practice-related learning, independent research and project work, and an opportunity for an industry-based internship. The Master of High Performance Sport can also provide a pathway into further research study, eg a PhD.

A series of study units focus on the technological advances for athlete monitoring, advanced principles of strength and conditioning, and the relationships between fatigue, adaptation, performance and injury. The application of this knowledge to the planning and delivery of meaningful interventions for athletes to enhance performance and reduce the likelihood of injury and illness is essential for a professional working in the high performance sport environment. This includes using appropriate techniques of analysis to accurately interpret competition and training information, with advanced information literacy skills to communicate ideas and outcomes.

## Career outcomes:

- High performance manager
- Head of athletic department
- Elite sports team manager
- Sports science manager
- Professional coach
- Rehabilitation coach
- Athlete wellbeing manager
- Strength and conditioning coach
- Performance analyst

## Graduate Certificate in High Performance Sport

 Online through Open Universities Australia

**Entry requirements:** To apply for this course, you must:

- have completed a bachelor degree (or higher) in exercise science, sports science, human movement or a related discipline, or
- have completed a bachelor degree (or higher) in a different discipline and have evidence of substantial relevant industry experience, or
- submit a written proposal alongside a formal application, demonstrating suitability for study and evidence of relevant industry experience.

## Graduate Diploma in High Performance Sport

 Online with an on-campus intensive component in Melbourne in February or offshore by invitation in the USA in June each year

**Entry requirements:** To apply for this course, you must:

- have completed a bachelor degree (or higher) in exercise science, sports science, human movement or a related discipline and have evidence of substantial relevant industry experience and submit a supporting professional referee's report regarding suitability for this postgraduate program and/or experience in the industry, or
- have completed a bachelor degree in exercise science, sports science, human movement or a related discipline, with a grade point average (GPA) of at least 4.8 on the ACU 7 point scale and submit a supporting professional referee's report regarding suitability for this postgraduate program and/or experience in the industry, or
- have completed ACU's Graduate Certificate in High Performance Sport, Graduate Certificate in Performance Analysis, Graduate Certificate in High Performance Leadership or Graduate Certificate in Exercise Rehabilitation for Sports Injuries.

Note 1: Applicants having completed a bachelor degree (or higher) in a related allied health discipline may be considered, dependent on specific qualifications and evidence of substantial industry experience.

Note 2: Applicants having completed ACU's Graduate Certificate in High Performance Sport, Graduate Certificate in Performance Analysis, Graduate Certificate in High Performance Leadership or Graduate Certificate in Exercise Rehabilitation for Sports Injuries will be eligible for recognition of prior learning of up to 40 credit points.

# Master of High Performance Sport

1.5 yrs FT (or equivalent PT)

**Entry requirements:** To apply for this course, you must:

- have completed a bachelor degree (or higher) in exercise science, sports science, human movement or a related discipline and have evidence of substantial relevant industry experience and submit a supporting professional referee's report regarding suitability for this postgraduate program and/or experience in the industry, or
- have completed a bachelor degree normally in exercise science, sports science, human movement or a related discipline, with a grade point average (GPA) of at least 4.8 on the ACU 7 point scale and submit a supporting professional referee's report regarding suitability for this postgraduate program and/or experience in the industry, or
- have completed ACU's Graduate Diploma in High Performance Sport, Graduate Certificate in High Performance Sport, Graduate Certificate in Performance Analysis, Graduate Certificate in High Performance Sport Leadership, or Graduate Certificate in Exercise Rehabilitation for Sport Injuries.

Note 1: Applicants having completed a bachelor degree (or higher) in a related allied health discipline may be considered, dependent on specific qualifications and evidence of substantial industry experience.

Note 2: Applicants having completed ACU's Graduate Diploma in High Performance Sport will be eligible for recognition of prior learning of 80 credit points.

Note 3: Applicants having completed the Graduate Certificate in High Performance Sport, Graduate Certificate in Performance Analysis, Graduate Certificate in High Performance Sport Leadership or Graduate Certificate in Exercise Rehabilitation for Sports Injuries will be eligible for recognition of prior learning of 40 credit points.

HIGH PERFORMANCE SPORT – SAMPLE COURSE MAP		
GRADUATE CERTIFICATE IN HIGH PERFORMANCE SPORT – YEAR 1		
Semester 1	Strength and conditioning for performance and rehabilitation Contemporary issues in sports science	Sports injury prevention Fatigue, recovery, adaptation and performance
GRADUATE DIPLOMA IN HIGH PERFORMANCE SPORT – YEAR 1 ADDITIONS		
Semester 2	Data analysis and interpretation for high performance sport Leadership and culture in high performance sport settings	Performance nutrition Elective unit
MASTER OF HIGH PERFORMANCE SPORT – YEAR 2		
Semester 1	Major research project (part A) and Major research project (part B), <i>or</i> Minor project and two elective units, <i>or</i> Industry internship and two elective units, <i>or</i> Minor project and industry internship	

## Strength and Conditioning for Performance and Rehabilitation

The aim of this unit is to develop your knowledge and skills relating to the use of contemporary methods of field and laboratory-based testing in a number of areas, including aerobic/anaerobic capacity, repeated sprint ability, and strength and power. In addition, this unit will explore innovative practices in training program design across the spectrum of capacities required for performance in various athletic events. Sports scientists and strength and conditioning coaches who work with high performance athletes require the ability to prescribe and deliver safe and effective exercise programs. To meet specific performance goals, these programs must be evidence-based with a best practice approach. This unit develops an in-depth understanding of the theoretical concepts and practical application of capacity assessment and program design as they relate to athlete performance.

## Contemporary Issues in Sports Science

High performance sport systems and practices vary greatly between specific sports, organisations and cultures. To optimise athlete and/or team performance, practitioners require evidence-based knowledge, practical skills to apply this knowledge, and an understanding of the roles of other support staff to effectively integrate this knowledge and these skills. This unit will introduce you to the multidisciplinary/interdisciplinary environment of high performance sport and you will reflect on your own practice. A seminar series of experts from sports science and related allied health professions (eg sports psychology, skill acquisition, nutrition/dietetics, physiotherapy, and sports medicine) will introduce the contemporary knowledge and practices from their field of expertise relevant to athlete and team preparation and performance. You will gain an understanding of how these specialist professions that operate in sporting organisations integrate and communicate with respect to athlete management.

“A highlight of the program is definitely the lecturers and their level of experience. And the fact that they are not only doing research and teaching but also actively consulting with teams. They have a very strong focus on application of knowledge to real-world situations.”

**Eric Waters**  
Head of Athletic Trainer, Utah Jazz  
Master of High Performance Sport student

## Sports Injury Prevention

This unit will develop your understanding of common injuries that are seen in high performance sport. You will improve your ability to critically analyse relevant literature and you will advance your skills in delivering evidence-based programs for injury prevention. The ability to develop evidence-based, best practice strategies to prevent sporting injury is essential in high performance sport. This unit will develop knowledge and critical thinking pertinent to the prevention of common injuries seen in high performance sport. This requires understanding and interpreting sports injury epidemiology research, as well as detailed knowledge of the aetiology, mechanisms, risk factors and prevention strategies of common injury types.

## Fatigue, Recovery, Adaption and Performance

To effectively design training programs, practitioners require an understanding of the interactions between training load, fatigue, performance, and injury. Sports scientists and others working in high performance sport need to be able to identify the different models that can explain fatigue and its severity, as well as how different variables can be used to measure fatigue status in response to training and competition. Practitioners also need to prescribe contemporary methods for enhancing recovery. You will gain the knowledge, understanding and skills to design and implement a load and fatigue monitoring and recovery protocol relevant to specific high performance environments.

## Data Analysis and Interpretation for High Performance Sport

The ability to make sound decisions in high performance sport is critical to maximising performance outcomes. In order to do this, practitioners need specific knowledge and skills in data analysis techniques, in addition to the ability to present data in a meaningful way to a variety of audiences. This unit is based on contemporary data analysis techniques focusing on determining practically meaningful differences in athletic performance. A range of approaches will be explored to allow for analysis of both individual and group data. You will gain the knowledge, understanding and skills to analyse and interpret data of relevance to sports science and athletic performance and effectively present the results.



## Leadership and Culture in High Performance Settings

To achieve success and longevity in the industry, professionals working in high performance sport must have an appreciation of its particular cultures as well as the professional standards required. This unit will introduce perspectives of culture and leadership in the high performance sport environment, with the aim to develop your understanding of the relationship that culture and values has with the behaviour of individuals and the organisation. Leadership styles frequently used in professional settings will be addressed, as will strategies for effective communication and conflict management in high performance sport organisations. An emphasis will be placed on professionals as socially responsible leaders, who exercise concern for the wellbeing of their clients, colleagues and the community, within appropriate standards of ethical practice.

## Performance Nutrition

In high performance sport, athletes and coaches recognise that optimal nutrition is critical to sporting success. Sports nutrition links food with physical performance, providing the fuel for exercise and recovery, and the essential elements for tissue growth, maintenance and repair. This unit will address contemporary scientific and applied aspects of nutrition for sports performance. The composition, amount and timing of food intake for different sports and activities are explored, given the influence that these and others factors have on athletic performance. The aim of the unit is to provide specialist knowledge, understanding and skills for critically evaluating dietary practices for sports performance, and for communicating and delivering general nutritional advice to athletes, coaches and other support staff, within appropriate scope of practice and referral pathways. These outcomes are consistent with the professional standards of several accreditation bodies.

## Major Research Project (Part A) and (Part B)

Research in high performance sport settings is critical for providing athletes and practitioners with evidence-based strategies for improving performance and maintaining athlete wellbeing. The aim of these units is to provide you with a capstone experience that involves the completion of a research project that is of interest to you and is of relevance to the industry. Projects may take the form of an investigative study, systematic review or meta-analysis, and will include the preparation of a manuscript for publication. The project will be conducted under the supervision of a member of staff appointed by the head of school. You will apply knowledge and skills developed in previous units to identify a research problem of interest and formulate an ethical and defensible research proposal. The major research project units (part A and part B) is a 12-month commitment. You must enrol in part A as a prerequisite to part B.

## Minor Project

To optimise athlete and/or team performance, practitioners in high performance sport require advanced knowledge of theoretical concepts and evidence-based approaches to its application. This unit aims to provide you with a capstone experience that gives you a research-based learning opportunity involving the investigation of an area relevant to the industry. You will research a topic of interest, critically analyse relevant theories, concepts and/or data, and communicate the outcomes and its application in a meaningful way to a variety of audiences. You will apply knowledge and skills developed in previous units to address the specific area of interest, with the results reported in a form consistent with industry expectations.

### **Industry Internship**

Professional practice is an integral aspect of the transition from learner to practitioner. It gives you opportunity to apply your knowledge, understanding and skills in a work and/or organisational context. This unit delivers a capstone experience by providing a professional placement in a high performance sport organisation. You will engage in a work environment to provide experiential contexts for the development and application of your learnings. You will develop professional/workplace skills and networks to meet the goals of the professional or industry body. The experience also enhances the reciprocal flow of knowledge and its application between the university and the workplace or community setting where you are placed. The unit is designed to create a safe experience in peer review because of the importance of maintaining standards of professional and ethical practice in the workplace.

### **Sports Analytics and Visualisation (elective)**

This unit aims to provide you with evidence-based, ethically grounded, industry-relevant knowledge and skills in data handling, analysis and reporting. You will examine how to effectively communicate ideas and outcomes to specialist and non-specialist stakeholders in high performance sport settings. The use of advanced techniques for data collection, storage, analysis and visualisation, to accurately interpret competition and training information, is essential when working in high performance sport. In addition, it is essential to be able to communicate these outcomes in meaningful ways, so they can be implemented by athletes, coaches and support staff to optimise athlete and team performance. The unit addresses specialised statistical, coding and management principles for the collection and analysis of data in field and laboratory settings. The types of data collected in elite sport will be explored, as well as techniques and systems used in storing, analysing and visualising the data, and advanced information literacy skills for summarising and presenting the data.

### **Contemporary Practice in Strength and Conditioning (elective)**

To optimise athlete and/or team performance, strength and conditioning coaches working in high performance sport require advanced knowledge of theoretical concepts, and the practical skills to apply this knowledge. This unit develops your skills for contemporary practice, with a focus on emerging research, innovation and practical application in areas such as warm up, heat and altitude training, high-intensity interval training, and speed and agility training. This focus on innovation and application also addresses evidence-based and ethical challenges faced by the practitioner.

### **International Experience in High Performance Sport (elective)**

High performance sport systems and their practices vary greatly between specific sports, organisations, and cultures. Given the global focus of high performance sport, gaining exposure to a range of organisations (and specialist professions) and cultures operating in this environment will give you professional development experiences and international perspectives to inform your future practice. This offshore experience will provide access to high performance sport environments for exposure to different practices in athlete preparation and management. It will also facilitate knowledge sharing between yourself and organisations. Additionally, it will provide insights into the knowledge sharing between yourself and organisations, and provide insights into the communication, relationship and cultural challenges faced by individuals and organisations operating in high performance sport. These international experiences will be organised and offered by our School of Behavioural and Health Sciences.

### **Exercise Rehabilitation for Return to Sports Performance (elective)**

The aim of this unit is to give you the knowledge, understanding and skills to develop individualised, safe and effective exercise prescription for return to sport performance. The unit integrates the use of current research, critical thinking, and the interpretation of that research to inform evidence-based practice in exercise rehabilitation program development. You will apply current principles of strength and conditioning to enhance performance as part of exercise rehabilitation to manage an injury or reduce the risk of injury. Further, the impact of the human-surface environmental interface and psychological readiness will be incorporated into the return to performance process. The use of mechanical analysis concepts to performance testing will guide exercise prescription and return to sport.

### **Project Design for High Performance Sport (elective)**

The aim of this unit is to develop the skills to review appropriate literature and appraise available field, laboratory and/or software technologies for data acquisition and analysis, with a focus on developing scientific/report writing and presentation skills. Research in high performance sport settings is critical for providing athletes and practitioners with evidence-based strategies for improving performance and maintaining athlete wellbeing. This unit addresses evidence-based approaches to the formulation, design and conduct of projects in the high performance sport environment. You will develop your ability to critically appraise the process and planning of projects designed to investigate questions in the applied setting, and gain awareness of alternative approaches used in sports science research. You will develop an implementation plan for a project designed to investigate a problem of practical relevance to your industry, workplace or research goals.

### **Performing Under Pressure (elective)**

In high performance sport, athletes and coaches recognise that psychological preparation and associated performance strategies are critical to sporting success. The aim of this unit is to develop your understanding of theoretical concepts and their practical application of sport and performance psychology as they relate to high performance athletes and the environments in which they operate. The unit will address basic and contemporary skill-acquisition and performance psychology concepts related to sport performance in high-pressure situations. It also addresses their application into practice in a variety of high-pressure contexts. By developing evidence-based knowledge of performance psychology and skill-acquisition concepts and ideas, and their application in high performance sport, you will discover that psychology is as much about understanding the contexts, tasks, and environments of high performance sport as it is about the individual athlete's mind and behaviour. The emphasis is on translating theory into practice with a means to determining the power of understanding and applying psychology in the arena of high performance sport, within appropriate scope of practice and referral pathways.

### **Athlete Development: Strategies, Capabilities and Wellbeing (elective)**

The development of elite sports systems has traditionally focused on the optimal performance of the athlete. However, sport has increasingly been faced with the need to consider the development of its star performers from a much more holistic and human perspective. This unit highlights the importance of understanding the context of sport and the athlete as a person in relation to the effectiveness of sports scientists and administrators. The unit aims to address holistic athlete development from three perspectives. Firstly, from an organisational perspective, examining developed structures

within Australian sport that cater to the needs of athletes both on and beyond the playing field. Secondly, from the perspective of the legal and ethical responsibilities that sport is obliged to assume for employee wellbeing. Thirdly, a more strategic perspective that draws on contemporary human resources knowledge will be addressed. This perspective proposes an array of benefits for organisations that develop and implement an athlete welfare program. This program would be based on recognising the human dignity of the athlete and the spirit of sport.

### **Team Dynamics (elective)**

The aim of this unit is to establish your industry-relevant awareness, and to develop understanding, skills and behaviours for effective leadership, communication and socially responsible practice in high performance sport environments. In high performance sport environments, success is dependent upon the ability of leaders to leverage the capabilities and self-awareness of individuals and effectively coordinate them into a team-oriented system. This unit explores the roles, responsibilities, structures and relationships that influence the team environment, as well as the individual within that team.

### **The Business of High Performance Sport (elective)**

This unit aims to develop your understanding of business model structures, strategies and activity systems that operate in and are relevant to the high performance sport industry. This includes the contribution the industry makes from a social and community perspective. Within society, high performance sport can be viewed through both economic and social lenses. The dominance of the economic lens means that, in many cases, the business model developed by high performance sport organisations will determine the engagement approach adopted and the value provided to stakeholders.

### **Theoretical Foundations of Performance Analysis (elective)**

This unit aims to develop your understanding of key concepts of performance analysis as well as your skills in applying these concepts to high performance sport. With a theoretical focus, there will be an emphasis on what performance is, the evolution of performance analysis, and different techniques that can be utilised in high performance sport settings. Contemporary knowledge and skills in performance analysis is required by professionals operating in applied and analytic roles in high performance sport organisations. Constant evolution of tactics and strategic innovations in high performance sport means that performance analysis is a sought-after skill set.

### **Application, Measurement and Evaluation in Performance Analysis (elective)**

The aim of this unit is to develop your industry-relevant knowledge and skills for effective data handling interpretation and reporting for a variety of high performance sport audiences. Contemporary knowledge and skills in performance analysis is required by professionals operating in applied and analytical roles in high performance sport organisations. The application of performance analysis practices will be examined as well as effective and creative approaches to data management analysis, interpretation and reporting. These are key to successful implementation and outcomes in sporting organisations.



# HIGH PERFORMANCE SPORT LEADERSHIP

## Graduate Certificate in High Performance Sport Leadership

📍 Online\* through Open Universities Australia 🕒 1 year PT only

The high performance sport industry is increasingly focused on developing employees and athletes with strong leadership skills and training in ethics. Proposed regulatory changes within the industry may make these skills a necessity. The Graduate Certificate in High Performance Sport Leadership has been designed specifically to address these industry demands.

**Career outcomes:** Elite sport board member; elite sport executive committee member; head of athletic department; high performance manager; team manager; sports scientist; professional coach; rehabilitation coach; athlete wellbeing manager; and strength and conditioning coach.

**Entry requirements:** To apply for this course, you must:

- have completed a relevant bachelor degree (or higher), or
- have completed a bachelor degree in a different discipline and have evidence of substantial relevant industry experience, or
- submit a proposal alongside your formal application, demonstrating evidence of substantial relevant industry experience over a sustained period.

\*Depending on elective choice, you may be required to attend an on-campus intensive at the Melbourne Campus.

### GRADUATE CERTIFICATE IN HIGH PERFORMANCE SPORT LEADERSHIP – SAMPLE COURSE MAP

YEAR 1	Semester 1	The business of high performance sport	Athlete development: strategies, capabilities and wellbeing
YEAR 1	Semester 2	Leadership and culture in high performance settings	Elective unit

#### The Business of High Performance Sport

This unit aims to develop your understanding of business model structures, strategies and activity systems that operate in and are relevant to the high performance sport industry. This includes the contribution the industry makes from a social and community perspective. Within society, high performance sport can be viewed through both economic and social lenses. The dominance of the economic lens means that, in many cases, the business model developed by high performance sport organisations will determine the engagement approach adopted and the value provided to stakeholders.

#### Athlete Development: Strategies, Capabilities, and Wellbeing

The development of elite sports systems has traditionally focused on the optimal performance of the athlete. However, sport has increasingly been faced with the need to consider the development of its star performers from a much more holistic and human perspective. This unit highlights the importance of understanding the context of sport and the athlete as a person in relation to the effectiveness of sports scientists and administrators. The unit aims to address holistic athlete development from three perspectives. Firstly, from an organisational perspective, examining developed structures within Australian sport that cater to the needs of athletes both on and beyond the playing field. Secondly, from the perspective of the legal and ethical responsibilities that sport is obliged to assume for employee wellbeing. Thirdly, a more strategic perspective that draws on contemporary human resources knowledge will be addressed. This perspective proposes an array of benefits for organisations that develop and implement an athlete welfare program. This program would be based on recognising the human dignity of the athlete and the spirit of sport.

#### Leadership and Culture in High Performance Settings

To achieve success and longevity in the industry, professionals working in high performance sport must have an appreciation of its particular cultures as well as the professional standards required. This unit will introduce perspectives of culture and leadership in the high performance sport environment, with the aim to develop your understanding of the relationship that culture and values has with the behaviour of individuals and the organisation. Leadership styles frequently used in professional settings will be addressed, as will strategies for effective communication and conflict management in high performance sport organisations. An emphasis will be placed on professionals as socially responsible leaders, who exercise concern for the wellbeing of their clients, colleagues and the community, within appropriate standards of ethical practice.

#### ELECTIVE UNITS

See electives for high performance sport on pages 28 to 29.

*Note: This course is currently under review for 2021 admissions. Please check the website for the most up to date information.*

# PERFORMANCE ANALYSIS

## Graduate Certificate in Performance Analysis

📍 Online 🕒 1yr PT or 18 months PT for mid-year enrolment

The Graduate Certificate in Performance Analysis provides specialist knowledge and skills in performance analysis by providing theoretical and applied foundations for practice in this industry. Advanced knowledge and skills in data handling and analysis, and exposure to technologies used in high performance sport settings is provided. The learning outcomes encourage critical thinking, solving of complex problems, and communication of complex knowledge and ideas to other professionals working in the high performance sport industry.

**Career outcomes:** Performance analyst; sports scientist; strength and conditioning coach; professional coach; high performance manager; sports science manager; fitness advisor; and rehabilitation coach.

**Entry requirements:** To apply for this course, you must:

- have completed a bachelor degree (or higher) in exercise science, sports science, human movement or a related discipline, or
- have completed a bachelor degree (or higher) in a different discipline and have evidence of relevant industry experience, or
- submit a proposal alongside your formal application, demonstrating evidence of substantial relevant industry experience.

### GRADUATE CERTIFICATE IN PERFORMANCE ANALYSIS – SAMPLE COURSE MAP

YEAR 1	Semester 1	Data analysis and interpretation for high performance sport	Theoretical foundations of performance analysis
	Winter semester	Sports analytics and visualisation	
	Semester 2	Application, measurement and evaluation in performance analysis	

### Data Analysis and Interpretation in High Performance Sport

The aim of this unit is to provide you with the knowledge, understanding and skills to analyse and interpret data of relevance to sports science and athletic performance and effectively present the results. The ability to make sound decisions in high performance sport is critical to maximising performance outcomes. In order to do this, practitioners need specific knowledge and skills in data analysis techniques, in addition to the ability to present data in a meaningful way to a variety of audiences. This unit is based on contemporary data analysis techniques focusing on determining practically meaningful differences in athletic performance. A range of approaches will be explored to allow for analysis of both individual and group data.

### Theoretical Foundations of Performance Analysis

This unit aims to develop your understanding of key concepts of performance analysis as well as your skills in applying these concepts to high performance sport. With a theoretical focus, there will be an emphasis on what performance is, the evolution of performance analysis, and different techniques that can be utilised in high performance sport settings. Contemporary knowledge and skills in performance analysis is required by professionals operating in applied and analytic roles in high performance sport organisations. Constant evolution of tactics and strategic innovations in high performance sport means that performance analysis is a sought-after skill set.

### Sports Analytics and Visualisation

This unit aims to provide you with evidence-based, ethically grounded, industry-relevant knowledge and skills in data

handling, analysis and reporting. You will examine how to effectively communicate ideas and outcomes to specialist and non-specialist stakeholders in high performance sport settings. The use of advanced techniques for data collection, storage, analysis and visualisation, to accurately interpret competition and training information, is essential when working in high performance sport. In addition, it is essential to be able to communicate these outcomes in meaningful ways, so they can be implemented by athletes, coaches and support staff to optimise athlete and team performance. The unit addresses specialised statistical, coding and management principles for the collection and analysis of data in field and laboratory settings. The types of data collected in elite sport will be explored, as well as techniques and systems used in storing, analysing and visualising the data, and advanced information literacy skills for summarising and presenting the data.

### Application, Measurement and Evaluation of Performance Analysis

The aim of this unit is to develop your industry-relevant knowledge and skills for effective data handling interpretation and reporting for a variety of high performance sport audiences. Contemporary knowledge and skills in performance analysis is required by professionals operating in applied and analytical roles in high performance sport organisations. The application of performance analysis practices will be examined as well as effective and creative approaches to data management analysis, interpretation and reporting. These are key to successful implementation and outcomes in sporting organisations.

*Note: This course is currently under review. Check the website for the most up-to-date information including details on entry requirements.*



# EXERCISE REHABILITATION

## Graduate Certificate in Exercise Rehabilitation for Sports Injuries

📍 Online with a two-day on-campus intensive component in Melbourne or offshore (overseas) in the USA in June. ⌚ 1 yr PT

The Graduate Certificate in Exercise Rehabilitation for Sports Injuries provides specialist knowledge and skills in biomechanics, metabolic and physiological-psychosocial aspects of the person. This is in order to develop exercise programs for the enhancement and improved performance of individuals who are engaged in sporting or exercise activities. The course integrates specialist knowledge and skills to develop safe and effective exercise prescriptions. This includes interventions for

injury prevention in active individuals who may have activity restrictions due to injury or disease limitations or who want to achieve return to sport performance. You can begin this course at the start of Semester 1 or 2.

**Entry requirements:** To apply for this course, you must:

- hold a bachelor degree (or higher) normally in exercise science, sports science, human movement, physiotherapy, athletic training, physical therapy, kinesiology or a related discipline.

### GRADUATE CERTIFICATE IN EXERCISE REHABILITATION FOR SPORTS INJURIES – SAMPLE COURSE MAP

YEAR 1	Semester 1	Semester 2
	Sports injury prevention	Strength and conditioning for performance and rehabilitation
	Exercise rehabilitation for return to sports performance (online, with a two-day intensive at ACU's Melbourne Campus and in the USA at an ACU partner organisation)	Exercise prescription for sports injury management across the lifespan

#### Sports Injury Prevention

This unit will develop your understanding of common injuries that are seen in high performance sport. You will improve your ability to critically analyse relevant literature and you will advance your skills in delivering evidence-based programs for injury prevention. The ability to develop evidence-based, best practice strategies to prevent sporting injury is essential in high performance sport. This unit will develop knowledge and critical thinking pertinent to the prevention of common injuries seen in high performance sport. This requires understanding and interpreting sports injury epidemiology research, as well as detailed knowledge of the aetiology, mechanisms, risk factors and prevention strategies of common injury types.

#### Exercise Rehabilitation for Return to Sports Performance

The aim of this unit is to provide you with the knowledge, understanding and skills to develop individualised, safe and effective exercise prescription for return to sport performance. The unit integrates the use of current research, critical thinking, and the interpretation of that research to inform evidence-based practice in exercise rehabilitation program development. You will apply current principles of strength and conditioning to enhance performance as part of exercise rehabilitation to manage an injury or reduce the risk of injury. Further, the impact of the human-surface environmental interface and psychological readiness will be incorporated into the return to performance process. The use of mechanical analysis concepts to performance testing will guide exercise prescription and return to sport.

#### Strength and Conditioning for Performance and Rehabilitation

The aim of this unit is to develop your knowledge and skills relating to the use of contemporary methods of field and laboratory-based testing in a number of areas, including aerobic/anaerobic capacity, repeated sprint ability, and strength and power. In addition, this unit will explore innovative practices in training program design across the spectrum of capacities required for performance in various athletic events. Sports scientists and strength and conditioning coaches who work with high performance athletes require the ability to prescribe and deliver safe and effective exercise programs. To meet specific performance goals, these programs must be evidence-based with a best practice approach. This unit develops an in-depth understanding of the theoretical concepts and practical application of capacity assessment and program design as they relate to athlete performance.

#### Exercise Prescription for Sports Injury Management Across the Lifespan

The aim of this unit is to apply specialist concepts of strength and conditioning to develop safe and effective rehabilitation programs, exercise prescriptions and interventions to allow a person to return to pre-injury performance levels. With increased participation in sport across the lifespan, there is an increased need for rehabilitation programs that support an individual's recovery from injuries sustained during sport. The purpose of this unit is to support specific populations (eg children, adolescents, adults, older adults, postnatal women etc) and those individuals who present with changes in performance during sport participation due to injury or pre-existing conditions. In this unit you will apply principles of sport performance under adversative environments and conditions. You will develop specialised skills in specific populations, as well as interpret the link between decline in physiology and sport performance. Finally, this unit integrates the use of current research, critical thinking and the interpretation of that research to inform evidence-based practice.



# Master of Health Science Research\*

 Online  1.5 years: First year PT only, thereafter PT or FT

This program provides students with the knowledge and skills to plan and execute a substantial piece of ethical research with a high level of personal autonomy and accountability in a range of health contexts according to the discipline area. Supervision provided will be subject to availability of supervisors and resources.

**Entry requirements:** To apply for this course you must have:

- an undergraduate degree and at least a graduate certificate/diploma in an appropriate field of study with a credit average or higher; or
- an undergraduate degree in a health or health-related profession, with a credit average or higher, and at least 12 months in professional practice.

## Exit points:

- a. Students successfully completing 160 credit points and a pass on thesis examination will exit with a Master of Health Science Research (Discipline).
- b. Failure to successfully complete timely Confirmation of Candidature will trigger an exit with a graduate certificate (health science research methods), provided all four units have achieved a pass grade.

\* Subject to final approval.

# Master of Philosophy (MPhil)

 Ballarat, Brisbane, Canberra, Melbourne, North Sydney  2 yrs FT (or equivalent PT)

The Master of Philosophy (MPhil) is a two year research degree in any field covered by the university. It is assessed on the basis of a written thesis, which is submitted at the conclusion of the degree.

**Entry requirements:** An applicant for admission to candidature for the Master of Philosophy must have completed one of the following:

- an appropriate undergraduate degree with honours at a minimum level of Second Class Division A (distinction average), or
- postgraduate research training (eg coursework completed to distinction level or higher or a master by coursework degree), or
- demonstrated research experience with evidence of capacity to undertake independent research work (eg an authored publication).

# Doctor of Philosophy (PhD)

 Brisbane, Canberra, Melbourne, Strathfield  3 yrs FT (or equivalent PT)

The Doctor of Philosophy (PhD) is awarded for high-level research and, as such, it is expected that candidates will make a contribution to knowledge in their chosen field.

A PhD may be undertaken by two different means:

- traditional PhD: a PhD candidate's work is assessed on the basis of a thesis, or
- PhD with publication: a PhD candidate's work is assessed on the basis of a thesis submission containing a number of papers written up as journal articles.

Domestic research candidates may be offered a Research Training Program Fee Offset Scholarship under the Australian Government's Research Training Program.

**Entry requirements:** To apply for admission to candidature for the Doctor of Philosophy, you must have completed one of the following:

- an appropriate undergraduate degree with honours at a minimum level of Second Class Division A (Honours 2A) or equivalent, or
- a master's degree with appropriate research training in a relevant field, or
- an equivalent qualification.



Pierre-Cedric  
MBA (Executive) graduate

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## MASTERCLASS AND SHORT COURSE TOPICS

- Psychology of selling
- Negotiation leadership
- Embedding good governance in organisations
- Social psychology of risk
- Mindfulness and leadership
- Change management
- Leadership and executive coaching
- Emerging technologies
- Business administration
- Marketing for leaders
- Organisational strategy
- Science of high performance teams
- Science of influencing people
- Leadership and culture
- Having difficult conversations and setting boundaries
- Systemic thinking



## EXECUTIVE POSTGRADUATE QUALIFICATIONS

- Executive Master of Business Administration
- Management of not-for-profit organisations
- Leadership and Catholic culture
- Governance and management
- Psychology of risk
- Family and systemic therapy



## CONTACT US

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# Got a question or feeling social?

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**We're here to help**

If you've got a question, our AskACU team has you covered. You can search FAQs, text us, email, live chat, call – whatever works for you.

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