



High Performance Sport

Postgraduate webinar

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Wednesday 19 October 2022



In recognition of Aboriginal and Torres Strait Islander peoples spiritual and cultural connection to Country and in continuing ACU's commitment to Reconciliation, it is customary to acknowledge Country as we pass through.

Today we acknowledge and pay our respects to the First Peoples, the Traditional Owners and custodians of the lands and waterways. We thank them for their continued custodianship. We acknowledge and celebrate the continuation of a living culture that has a unique role in this region. We acknowledge Elders past and present and thank them for their wisdom and guidance as we walk in their footsteps.

High Performance Sport degrees

Master of High Performance Sport (120 CP)

Graduate Diploma in High Performance Sport (80 CP)

Graduate Certificate in High Performance Sport (40 CP)

Graduate Certificate in Performance Analysis

Graduate Certificate in High Performance Sport Leadership

Graduate Certificate in Exercise Rehabilitation for Sports Injuries

Graduate Certificate in Sports Analytics (coming 2023)



Study Flexibility

- Ability to study all year round
- Full or part-time study options (flexible)
- 6, 12 or 18 months full-time – depending on course
- Online
 - One Non-Compulsory Multi-Mode Experience Available*
- Potential to travel overseas to do components of the course
- Gain practical experience in professional sporting organisations
- Direct admissions through **ACUO**
- Costs and entry requirements can be found [here](#)

What units can I take?

Specified units 70CP

Injury

Fatigue

Nutrition

Monitoring

S&C

Leadership

Elective units 10 – 30CP

Psychology

Perf analysis

Business

Rehabilitation

Contemporary S&C

Capstone units 20 – 40CP

Projects

GPA and Pre-req for Major Project

Internships

Electives

- Exercise Prescription for Sports Injury Management
- Implementation of Analytics in High Performance Sport
- Visual Optimisation in High Performance Sport
- Project Design for High Performance Sport
- Athlete Development: Strategies, Capabilities, and Wellbeing
- Exercise Rehabilitation for Return to Sports Performance
- Theoretical Foundations of Performance Analysis
- Application, Measurement and Evaluation in Performance Analysis
- Contemporary Practice in Strength and Conditioning
- Python Fundamentals For Data Science
- International Experience (Varied, depending on opportunity)



Minor Project or Industry Experience Stream

Master of High Performance Sport			CPs
Year 1 Term 1	EXSC652 Contemporary Issues in High Performance Sport (Online Intensive)	EXSC513 Data Analysis and Interpretation for High Performance Sport	20
Year 1 Term 2	EXSC651 Sports Injury Prevention	EXSC668 Performance Nutrition	20
Year 1 Term 3	EXSC512 Leadership and Culture in High Performance Settings	EXSC510 Strength and Conditioning for Performance and Rehabilitation	20
Year 1 Term 4	EXSC650 Fatigue, Recovery, Adaptation and Performance	Elective	20
Year 2 Term 1	Elective	Elective	20
Year 2 Term 2	EXSC656 Minor Project or EXSC657 Industry Internship		20

Major Project Stream

Master of High Performance Sport			CPs
Year 1 Term 1	EXSC652 Contemporary Issues in High Performance Sport (Online Intensive)	EXSC513 Data Analysis and Interpretation for High Performance Sport	20
Year 1 Term 2	EXSC651 Sports Injury Prevention	EXSC668 Performance Nutrition	20
Year 1 Term 3	EXSC512 Leadership and Culture in High Performance Settings	EXSC510 Strength and Conditioning for Performance and Rehabilitation	20
Year 1 Term 4	EXSC650 Fatigue, Recovery, Adaptation and Performance	EXSC653 Project Design for High Performance Sport	20
Year 2 Term 1	EXSC654 Major Research Project A (20 CP) and		20
Year 2 Term 2	EXSC655 Major Research Project B (20 CP)		20

What is ACU Online?

ACU Online
Introduction
to Canvas



Questions?

High Performance Sport

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