



UWA Plus Micro-credentials

Critical Information Summary

Title and brief description	SSEHM501 Advanced Strength and Conditioning for Sport Performance. This course equips participants with advanced skills in strength and conditioning for athletes. Candidates will be able to gain a Level 2 Associate Strength and Conditioning Coach accreditation by ASCA upon completion.
Certified learning	(1) demonstrate a comprehensive understanding of the scope of practice and responsibilities of a strength and conditioning coach; (2) demonstrate the ability to apply knowledge to plan, deliver and evaluate a training program for athletes at different stage of development; (3) demonstrate the ability to select or design appropriate procedures to evaluate athlete performance and attributes to inform training program design; (4) discuss the role of nutrition in athletic performance and recovery; and (5) critically evaluate and draw on scientific research to inform practice.
How learner participated	Onsite only
Effort required (indicative)	Approximate contact hours: 12 x 3 hr Lectures (online) 16 hr workshop/practical (2 x full-day workshops) Approximate non-contact hours: 40 hr personal study, reading and revision 40 - 50 hr assessment tasks
Main assessment task	Application of a skill to a routine problem, Portfolio and reflective evidence for validation of proficiency
Indicative equivalent level	Postgraduate
Industry recognition	This micro-credential has been reviewed by the Australian Strength and Conditioning Coaching Association and granted "recognise industry provider" status. This means that students will be eligible to gain Associate ASCA Level 2 Accreditation provided that they also meet other accreditation requirements.
Quality assurance	The quality of UWA Plus micro-credentials is assured through The University of Western Australia's standards and academic integrity processes.
Successful learner earns PD Points for conversion to:	6
. Admission to an award course	No
. Credit towards an award course	Yes
. If yes, how much credit?	Credit is one unit