



# High Performance Sport



# Unlock the future of elite sport

UTS is rated **5 (well above world standard)** for human movement and sports science research\*

Join a community of agile, innovative thinkers and learn from experts who are breaking new ground in the field. Our flexible postgraduate programs will equip you to succeed both theoretically and practically in a competitive, dynamic and global environment armed to enable athletes and teams to achieve lasting success.

## Why high performance sport at UTS?

- **Practical content:** Our course content is practical and evidence-based; it's developed in close consultation with our industry partners with the latest findings from our internationally recognised researchers.
- **Industry connected:** Our academic leaders are based in the Moore Park precinct, surrounded by elite athletes every day and doing real work to advance the high performance of professional teams, Olympians, high school athletes, and more.
- **Study online with embedded practical learning:** Learn online, supported by academics and engaging with your classmates and put your learning into practice with work integrated learning opportunities in every session.
- **Personalise the course to your needs:** Whether you're just starting out in the field, or you have solid experience and want to advance or 'top up' in certain areas, we've got you covered. Depending on your prior education and experience, you might be eligible to receive credit towards your degree.

\* Excellence in Research for Australia (ERA) 2018



**Dr Blake McLean**  
Course Coordinator  
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"High Performance Sport is a constantly evolving field. Our courses are built from our world-class research and extensive input from industry partners, to ensure you graduate ready to work at an expert level in high performance sport, in a variety of settings."

**Contact the course coordinator to discuss your options**

# What will you study?

## Master's – Graduate Diploma – Graduate Certificate

A postgraduate degree in high performance sport will provide you with the opportunity to tailor knowledge and skills development at an advanced level. With the completion of two placements, master's students who have an accredited undergraduate degree can attain the hours required for Sports Science (ASpS) accreditation with Exercise and Sport Science Australia (ESSA).

### Master of High Performance Sport

#### Core subjects (48 credit points)

<b>96301 High Performance Science</b> 6cp Autumn	<b>96302 High Performance Coaching</b> 6cp Autumn	<b>96303 Conditioning the High Performance Athlete</b> 6cp Autumn	<b>96305 Injury Prevention and Management in High Performance Sport</b> 6cp Spring	<b>96306 Recovery and Nutrition for High Performance Sport</b> 6cp Spring
<b>96309 Performance Analysis and Data Science</b> 6cp Autumn	<b>96310 Leading and Managing in High Performance Sport</b> 6cp Autumn	<b>96311 Developing and Managing Talented and Expert Performers</b> 6cp Autumn		

### High Performance Sport Masters choice

#### Practitioner pathway (24 credit points)

<b>96304 Professional Practice in High Performance Sport 1</b> 6cp Autumn, Spring, Summer *Required	<b>96307 Applied Research Skills for High Performance Sport</b> 6cp Spring *Required	<b>96313 Performance and Culture in High Performance Sport</b> 6cp Autumn *Elective	<b>96343 Professional Mentorship in high Performance Sport</b> 6cp Spring *Elective	<b>96308 Professional Practice in High Performance Sport 2</b> 6cp Autumn, Spring, Summer *Elective
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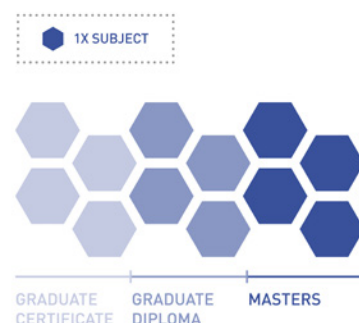
#### Research pathway (24 credit points)

<b>92054 Research and Statistics for Sport and Exercise</b> 6cp Autumn	<b>96344 High Performance Sport Research Dissertation 1</b> 6cp Autumn, Spring	<b>96345 High Performance Sport Research Dissertation 2</b> 12cp Autumn, Spring	If you are interested in the Research Pathway, please reach out to the Course Director to further discuss entry criteria and course progression.	
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For full subject descriptions, visit the UTS handbook online.

[handbook.uts.edu.au/health/pg](http://handbook.uts.edu.au/health/pg)

Our 'nested' course structure means you can start with a Graduate Certificate or Graduate Diploma and work your way to a Master's degree. Or, enrol in the Master's and exit early with a Graduate Certificate or Graduate Diploma if your circumstances change.



# Key information

## COURSE CODES

- C04362 **Master's** (72cp)
- C07130 **Graduate Diploma** (48cp)
- C11267 **Graduate Certificate** (24cp)

## INTAKES

Autumn, Spring

## DURATION

- Master's: 1.5 years full-time or part-time equivalent
- Graduate Diploma: 1 year full-time or part-time equivalent
- Graduate Certificate: 1 year part-time

## TEACHING MODE

Online with Work Integrated Learning opportunities in every session.

For more info on Work Integrated Learning, see:  
[handbook.uts.edu.au/directory/cbk92201.html](http://handbook.uts.edu.au/directory/cbk92201.html)

## ADMISSION REQUIREMENTS

Applicants must have completed a UTS recognised bachelor's degree related to the field of study (e.g. Exercise Science), or an equivalent or higher qualification, or submitted other evidence of general and professional qualifications that demonstrates potential to pursue graduate studies.

Applicants who do not have an undergraduate degree but who have extensive relevant work experience may be considered eligible.

Eligibility for admission does not guarantee offer of a place.

## SUPPORTING DOCUMENTS

CV (applicants who do not have an undergraduate degree or equivalent);  
Academic transcripts (may be required).

**Overall IELTS:** 6.5 overall with a writing score of 6.0

**Commonwealth Supported Place:** No

Fees can be found online at [fees.uts.edu.au](http://fees.uts.edu.au)

## RESEARCH WITH IMPACT

### Are you an aspiring researcher?

The Faculty of Health at UTS is home to the Human Performance Research Centre (HPRC). HPRC is a collaborative, transdisciplinary research centre with world-leading researchers in the areas of sport, exercise science and human performance.

As a doctoral student, you will be part of a community of world-leading researchers involved in research areas such as training sciences, talent and expertise in human movement, sports medicine and rehabilitation, sport and exercise in health, sport technology and sport education and coaching.

**More info:** [hprc.uts.edu.au](http://hprc.uts.edu.au)

## Doctor of Philosophy (PhD): Sport and Exercise

**Course code: C02057**

Information on undertaking a PhD can be found online at:  
[uts.edu.au/course/c02057](http://uts.edu.au/course/c02057)

## Master of Sport and Exercise (Research)

**Course code: C03055**

Information on undertaking a Master's degree by research can be found online at:  
[uts.edu.au/course/C03055](http://uts.edu.au/course/C03055)

# Graduate attributes

Theoretical expertise and practical skills are essential components of a health career. But at UTS, we offer a little something extra. All of our courses are underpinned by a series of graduate attributes that prepare you for the complexity and challenges of life beyond university. These attributes guide our teaching, learning and assessment practices, so they are at the heart of everything we do. Better yet, we have worked closely with our industry partners to develop these attributes, so we know that they are important to your future employers too.

## UTS graduates:



### Leadership

Are effective, collaborative and responsive professionals capable of leading, managing and inspiring in the field of high performance sport.



### Critical Thinking

Exhibit reflective critical thinking to optimise decision making and enable positive change through creative, effective and evidence-based solutions.



### Ethics, Responsibility and Professional Practice

Take personal, social and ethical responsibility for their contribution to sport, exercise and health by demonstrating professional sports science practice.



### Knowledge Application and Service Delivery

Acquire knowledge of methods to increase performance and reduce injury, and apply a detailed process of planning to deliver high-quality sports performance services and optimised health outcomes for users.



### Relationships, Communication and Engagement

Demonstrate professional relationships, effective and sensitive communication techniques, teamwork and engagement with key stakeholders.



### Indigenous Cultural Respect

Demonstrate professional cultural competency, which contributes to the health and wellbeing of Indigenous Australians, inclusive of physical, social, emotional and spiritual wellness.

## Where to from here?

Keen to take the next step in an already established sport and exercise career, or looking to change from your current line of work? You will graduate ready to plan, deliver and analyse strategic approaches for elite athletes and coaches, aiming to enhance performance and reduce injury. You can work in a variety of areas including practitioner roles (e.g. sport scientist, strength and conditioning coach, performance analyst, high-performance manager) or in a variety of sport settings (e.g. professional sporting organisations, national and international performance institutes, schools, university research institutions, government and non-government funded sporting programs).

**10%** Alumni Advantage

## How to apply

### LOCAL APPLICANTS

Submit your application for postgraduate coursework online.

 [uts.edu.au/pg-apply](https://uts.edu.au/pg-apply)

### INTERNATIONAL APPLICANTS

Apply directly through UTS International.

 [international.uts.edu.au](https://international.uts.edu.au)

## Research

Visit [uts.ac/apply-for-research](https://uts.ac/apply-for-research) or email [grs@uts.edu.au](mailto:grs@uts.edu.au) to find out more about the research application process and apply.

## Info Sessions

Register for an upcoming Postgraduate Information Session to receive academic and career advice.

 [uts.edu.au/health](https://uts.edu.au/health)

### FIND OUT MORE

For full subject descriptions and more information, visit the UTS website.

 [health.uts.edu.au/future](https://health.uts.edu.au/future)

 [handbook.uts.edu.au/health/pg](https://handbook.uts.edu.au/health/pg)

## Connect with us



UTSHealth



UTS Health



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For advice or information

Go to [ask.uts.edu.au](https://ask.uts.edu.au)

Call **1300 ASK UTS**

Disclaimer: Information is correct at time of printing (April 2023) and is subject to change without notice. The information in this brochure is provided for AUS & NZ citizens and AUS permanent residents. If you are an international student, contact UTS International.

\*QS World University Rankings Top 50 Under 50 2016-2021.

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