High Performance Sport

Faculty of Health
Postgraduate Courses
Master of High Performance Sport
Graduate Diploma in High Performance Sport
Graduate Certificate in High Performance Sport

No. 1
UTS ranked Australia’s #1 young* uni
Unlock the future of elite sport

Join a community of agile, innovative thinkers and learn from experts who are breaking new ground in the field. Our new, 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 the Sydney Swans, Wallabies, Wallaroos, Cricket NSW 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 face-to-face intensive weeks and industry-embedded high performance sport internships 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) 2019

Dr Blake McLean
Course Coordinator
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“Lifetime learning is critical in the High Performance field. Our courses are built by world-class researchers with extensive input from industry partners, and designed to foster excellent critical thinking skills, while ensuring you graduate ready to translate this technical expertise into practice.”

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 advance and tailor knowledge and skills development at an advanced level.

With the completion of three internships, students enrolled in the master’s degree can attain the minimum 360 supervised hours of sports science professional experience required for individual Sport Science (ASpS L1) accreditation with Exercise and Sport Science Australia (ESSA). *

Sample full-time study plan for the Master’s degree:

**Year 1 Session 1**
- High Performance Science
- High Performance Coaching
- Conditioning the High Performance Athlete
- Internship 1 or Performance and Culture in High Performance Sport

**Year 1 Session 2**
- Injury Prevention and Management in High Performance Sport
- Recovery and Nutrition for High Performance Sport
- Applied Research Skills for High Performance Sport including Statistics
- Internship 2

**Year 2 Session 1**
- Performance Analysis and Data Science
- Leading and Managing in High Performance Sport
- Developing and Managing Talented and Expert Performers
- Internship 3

For full subject descriptions, visit the UTS handbook online.

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.

*ASpS L1 applicants must also meet ESSA’s remaining accreditation eligibility requirements.*
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 learning with one week of face-to-face teaching every session.

ADMISSION REQUIREMENTS
Applicants must have completed a UTS recognised bachelor’s degree, or an equivalent or higher qualification, or submitted other evidence of general and professional qualifications that demonstrates potential to pursue graduate studies.

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

Overall IELTS: 6.5
Commonwealth Supported Place: No
Fees can be found online at 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

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

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
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: COURSEWORK
Submit your application for postgraduate coursework online.

Application closing dates
- Autumn Session: 30 January
- Spring Session: 25 June

Research
Visit uts.ac/apply-for-research or email grs@uts.edu.au to find out more about the research application process and apply.

Visit us
Meet us face-to-face at a Postgraduate Information Session to receive academic and career advice.

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

Connect with us
UTS Health

For advice or information
Email health@uts.edu.au
Go to ask.uts.edu.au
Call 1300 ASK UTS

Disclaimer: Information is correct at time of printing (September 2019) and is subject to change without notice.
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