Duration: 0.5 years full-time or part-time equivalent

Availability: Online (full-time/part time)

This course provides sports science or related graduates with an opportunity for advanced study and to enhance their training in the field of strength and conditioning.

Admission Requirements:
All students are required to have successfully completed a Bachelor degree in Sports Science, Human Movement, Physical Education or a similar program of study. In particular, an undergraduate background in human anatomy and physiology is required.

Employment Opportunities:
Personal trainer, sports coach, strength and conditioning coach (at amateur and elite level)
Dr Greg Haff is a Senior Lecturer and Coordinator of ECU’s Master of Exercise Science (Strength and Conditioning) course. He has researched and published extensively in the field and is a popular speaker both nationally and internationally. Dr Haff is the President of the National Strength and Conditioning Association (NSCA) and is the 2014 United Kingdom Strength and Conditioning Association (UKSCA) Research and Education Award winner. He maintains strong ties with the NSCA, UKSCA and the Australian Strength and Conditioning Association (ASCA). Dr Haff is co-author of the NSCA’s Essentials of Strength Training and Conditioning (4th Edition).

Dr Greg Haff
Senior Lecturer and Coordinator

Further Information
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