

COURSE DELIVERY PLAN 2026

Graduate Certificate in Strength and Conditioning

COURSE CODE: STSA

CAMPUS	Footscray Park (FP)
COLLEGE	College of Sport, Health and Engineering
STUDY MODE	Full Time or Part Time
DURATION	0.5 years Full Time or Part Time equivalent
FEE TYPE	For information on course fees, refer to http://vu.edu.au/fees
APPLICATION METHOD	Direct Application - https://gotovu.custhelp.com/app/landing
TIMETABLE	vu.edu.au/timetables
COURSE REQUIREMENTS	To attain the Graduate Certificate in Strength and Conditioning, students will be required to complete 48 credit points consisting of: <ul style="list-style-type: none">48 credit points of core studies consisting of 4 core units
FURTHER INFORMATION	Unit and course information is available from the University course search site at http://vu.edu.au/course-search or go to https://askvu.vu.edu.au or Phone VUHQ on 03 9919 6100
COURSE CHAIR	George Elias
COURSE ADVICE	AskVU https://askvu.vu.edu.au/app/askcua

Note: Students are required to enrol in all units for semester 1 and 2, and are not permitted to enrol in more than 48 credit points per semester as a full-time load.

Core/Elective Core (a unit that must be completed) & Elective (you have some choice in what you select).

Prerequisites A number of units within the degree have 'prerequisites'. These prerequisites must be met before enrolment in the unit is permitted. Generally these prerequisites require the successful completion of a unit or units taken at an earlier stage in the course. Students should pay particular attention to these prerequisite requirements as failure to meet these can seriously hinder progression through the course.

Date of Publication: This information is current at the publication date: 30/09/2025. It is provided as information only and does not form part of a contract between any person and Victoria University.

This information is accurate as of September 30, 2025, and applies to students beginning during the specified intake period. It is provided for informational purposes only and does not constitute a contract between any individual and Victoria University. Students starting in a different intake or unable to follow the plan due to credit or other factors should consult their [Course and Unit Advisor](#) for enrolment assistance.



VICTORIA UNIVERSITY

For further course information phone 1300 VICUNI/vu.edu.au
Victoria University CRICOS Provider No. 00124K (Melbourne), 02475D (Sydney and Brisbane)

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YEAR 1

UNIT CODE	UNIT TITLE	UNIT TYPE	SEM	CREDIT POINTS	CAMPUS	PRE-REQUISITES
SES7001	Developing Muscular Strength and Power	Core	1B1	12	FP	
SES6002	Improving Speed Agility and Endurance	Core	1B2	12	FP	
SES6000	Monitoring Performance and Recovery in Athletes	Core	1B3	12	ORT	
SES7000	Return to Play	Core	1B4	12	FP	

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