



DIPLOMA OF SPORT COACHING AND DEVELOPMENT

CARLTON COLLEGE OF SPORT

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UNIVERSITY

OVERVIEW

If you are passionate about sport and are interested in working on field with athletes, then the Diploma of Sport Coaching and Development is for you!

Study a mixture of sports and exercise science, sport coaching, talent identification, game development, sport management, human physiology and anatomy subjects.

The Diploma of Sport Coaching and Development is one of the two courses offered at the Carlton College of Sport. With academics powered by La Trobe University, students will complete their first year of tertiary study at the Carlton College of Sport campus at IKON Park, the home of the Carlton Football Club.

Students will undertake four subjects each semester and will involve approximately 12 – 16 hours of class time and placement activities per week, typically delivered over 2-3 days.



LOCATION

IKON Park
La Trobe University
(Bundoora)



DURATION

One year
(two semesters)
March and July intake



STUDY MODE

Face to face
3 days per week



ADDITIONAL EXTRAS

Cert. 3 & 4
(Health and Fitness)
Level 1 ASCA Accreditation

PLACEMENT EXPERIENCE

As part of the diploma, students will complete 100 hours of work-based placement at the Carlton Football Club and with industry partners. Students will complete placements such as:

- Assisting coaches at AFL and AFLW training sessions and game days
- Assisting coaches VFL and VFLW training sessions and game days
- Strength and conditioning with AFLW coaches
- Commercial health and fitness instruction with Belgravia Leisure
- AUSKICK at the MCG and Marvel Stadium
- Game analysis, Recruiting and Talent Identification

EXTRA-CURRICULAR

Students enrolled in the Diploma of Sport Coaching and Development will complete a non-academic sport program (strength and conditioning, nutrition, other sport-related activities) with the Carlton Football Club. Students will also receive a Certificate 3 & 4 in Health and Fitness and a Level 1 ASCA Accreditation upon completion of the year.

CAREER OUTCOMES

Graduates have been employed in a range of entry level sports roles including game development officers, strength and conditioning coaches, operations coordinators and health and fitness instructors. Upon completion of the course, students will have a full year's worth of credit towards the Bachelor of Sport Coaching and Development and prior learning credits in other allied health and sport management courses. Four graduate roles at the Carlton Football Club are also offered to every graduating Carlton College cohort in various roles across the football club.

COURSE SUBJECTS

SEMESTER 1

FOUNDATIONS OF EXERCISE PROGRAMMING (SPE1FEP)

In this subject you will be provided with the fundamental knowledge to design exercise training plans. Learn how to instruct common resistance training exercises and conduct basic field tests of fitness qualities.

GENERAL PRINCIPLES OF SPORT COACHING (SPE1GSC)

You will be introduced to the profession of sports coaching and will be provided with a contextual model that will include the history and evolution of sports coaching, styles of coaching and lesson planning. Practical sessions will involve observation and evaluation techniques to self-evaluate coaching styles and effectiveness in coaching athletes at different levels.

PHYSICAL ACTIVITY AND HEALTH (SPE1PAH)

In this subject you will be introduced to the role that increasing physical activity and reducing sedentary behaviour plays in the prevention and development of lifestyle-related chronic diseases.

MGT1ISM (SPORT MANAGEMENT)

In this subject you will be provided with a comprehensive introduction to the practical application of core sport management principles, including strategic sport management, organisational structures, human resource management, leadership, organisational cultures, governance and performance management.

SEMESTER 2

HUMAN BIOSCIENCES B (HBS1HBB)

An introduction to the study of anatomy. An overview of anatomical terminology, basic tissue types and a variety of techniques used to visualize the human body will be given followed by a more detailed study of the anatomy of the musculoskeletal and nervous systems

HUMAN GROWTH AND DEVELOPMENT (SPE1HGD)

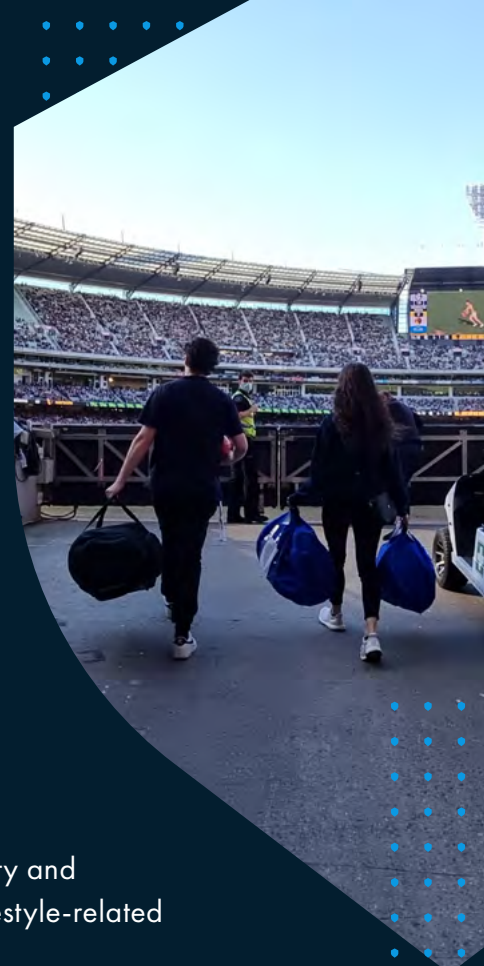
In this subject you will be introduced to the physiological, motor, cognitive, and social characteristics of lifespan growth and development in sport and exercise science.

SPORT SCIENCE FOR COACHING (SPE1SSC)

In this subject you will explore the key disciplines of sports science (physiology, biomechanics, and nutrition) and the role they play within the field of sport coaching. The application of these concepts to sport will also be outlined to illustrate the interdisciplinary nature of the sports coaching process.

CONTEMPORARY ISSUES IN SPORT COACHING (SPE1CSC)

In this subject you will be introduced to contemporary social and cultural factors that have a bearing on coaching and exercise science practice, with a particular emphasis on sport coaching. These may include issues around; barriers to participation, violence and off-field conduct, gender, culture, race, and religion, social media usage, data and information storage, usage and privacy, and winning and ethics.



COURSE DETAILS

The Diploma of Sport Coaching and Development is a one-year, full-time course, comprising of eight core subjects.

Successful completion of the course requires passing 120 credit points of core subjects. It is classified as a Level 5 qualification under the Australian Qualifications Framework. Students who complete the Diploma of Sport Coaching and Development will also receive their Certificate 3 & 4 in Health and Fitness, as well as a Level 1 ASCA Coaching Accreditation.

This course is only available to Australian domestic students.

ENTRY REQUIREMENTS

The successful completion of Year 12 and a study score of at least 20 in English, or 25 in English as an Additional Language (EAL).

Alternative pathways are also available for students completing unscored VCE or VCAL through La Trobe University's Prepare Program and Tertiary Preparation Program. Entry is also available for mature age students who did not complete Year 12 through the Special Tertiary Admissions Test (STAT). Applicants may also apply with previous higher education study or with work and life experience.

Applicants may also be required to undergo a short interview with Carlton College of Sport staff to determine suitability for the program.

COST

Program costs for full-time study across one year is \$21,000. This course falls under the Australian Governments FEE-HELP loan scheme, allowing fee-paying students to full defer their tuition fees.

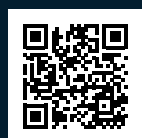
HOW TO APPLY

Current Year 12 students can apply via the Victorian Tertiary Admissions Centre (VTAC) by preferencing the Diploma of Sport Coaching and Development, with your application assessed based on your Year 12 results when they are released.

For non-year 12 applicants, [apply direct through La Trobe University](#).

KEY DATES



Semester 1 applications typically open in August the year prior (both VTAC and direct applications through La Trobe) with offers issued as soon as proof of entry requirements are supplied, with coursework beginning in late February. Mid-year applications typically open in May with coursework beginning in late July.



GET IN TOUCH

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