



FITNESS

www.csf.edu.au

WHY STUDY AT CSF

CONVENIENT LOCATION
SMART TEACHING
FRIENDLY STAFF

COMPETITIVE FEES
STRONG NETWORK
FITNESS FACILITIES

COMMITMENT TO SUCCESS
STUDENT SUPPORT
FOCUS ON QUALITY

SYDNEY CBD

12 WENTWORTH AVENUE
SYDNEY 2010
NSW AUSTRALIA

MANLY

BUILDING 5
33 SCENIC DRIVE,
NORTH HEAD MANLY
2095 NSW AUSTRALIA



COLLEGE OF SPORTS & FITNESS

CALL US > +61 2 9267 4768
SEND AN EMAIL > info@csf.edu.au
FIND OUT MORE > www.csf.edu.au



FITNESS

EXERCISE INSTRUCTOR & PERSONAL TRAINER

These qualification will give you the practical skills and knowledge to register and work as an exercise trainer in fitness centres, gyms, pools, community facilities and in open spaces. you'll learn how to work with individuals and groups of various ages and abilities as well as learning how to monitor and manage fitness business activities and to operate a business efficiently and profitably.

COURSE INFORMATION

On completion of this course you will be eligible for registration as an Exercise Professional and or Personal Trainer with Fitness Australia, the peak body for the Australian Fitness Industry and or Physical Activity Australia, another great fitness industry group.



STUDY PATHWAY

Graduates of the Certificate IV in Fitness can obtain credit transfer to a Diploma qualification in either Sport Coaching or Sport Development delivered by CSF. To find out more contact Student Services.

STUDY TRACK

Our objective is to provide graduates with the necessary skills and knowledge that will empower them to successfully fulfill the demands of the workplace.

Training is delivered in stages that correspond to AQF levels II – Diploma. The desired pathway for a qualification is for students to complete the requirements of the previous level qualification before progressing to the next level – thereby achieving more than one qualification.

Applicants without the previous level qualification will be considered if they have relevant qualification and /or vocational experience.

FUNCTIONAL DELIVERY & ASSESSMENT TECHNIQUES

Delivery and assessment strategies have been selected to mirror the nature of all elements and performance criteria within each competency cooperatively providing the needs and learning styles of the learners.

ENTRY REQUIREMENTS

- › Be 18 years of age or above
- › English language level of minimum IELTS 5.5 or equivalent (if the level of English is insufficient, a suitable course can be organised)
- › Year 11 or equivalent certificate of senior secondary education
- › Have complete physical ability (May require interview prior of acceptance)

ADDITIONAL FEES

Enrolment Fee (Non-refundable): **A\$200**

Uniform Pack Fee: **A\$100**

Includes first uniform for entry course. Further uniforms will be required for future courses - **A\$50** per pack.

ACADEMIC YEAR / START DATES

The year is divided into 4 terms. The academic year begins in February. Primary intakes are at the beginning of each term. Choice of subjects may be limited in mid-term intakes.

| CAMPUS | TERM 3 (2015) | | TERM 4 (2015) | | TERM 1 (2016) | | TERM 2 (2016) | |
|------------|---------------|----------|---------------|----------|---------------|----------|---------------|----------|
| | PRIMARY | MID-TERM | PRIMARY | MID-TERM | PRIMARY | MID-TERM | PRIMARY | MID-TERM |
| SYDNEY CBD | 27 JUL | 31 AUG | 19 OCT | 23 NOV | 08 FEB | 14 MAR | 02 MAY | 06 JUN |
| MANLY | 13 JUL | 17 AUG | 06 OCT | 09 NOV | 27 JAN | 29 FEB | 18 APR | 23 MAY |

COURSE DELIVERY

Courses are delivered over 20 hours per week through a combination of face-to-face and online delivery.

| QUALIFICATION | SUBJECT | COMPETENCY / DESCRIPTION | |
|---|--|--|--|
| Certificate III in Fitness SIS30313 CRICOS Course Code 086008C | Risk Management | SISXRSK301A / Undertake risk analysis of activities SISXFAC207 / Maintain sport, fitness and recreation equipment for activities SISXOHS101A / Follow occupational health and safety policies | |
| | Health Assessment | SISFFIT301A / Provide fitness orientation and health screening SISFFIT307A / Undertake client health assessment SISFFIT313A / Plan and deliver exercise to apparently healthy children and adolescents | |
| | Support Fitness Clients | SISFFIT305A / Apply anatomy and physiology principles in a fitness context SISFFIT306A / Provide healthy eating information to clients in accordance with recommended guidelines SISFFIT303A / Develop and apply an awareness of specific populations to exercise delivery | |
| | Fitness Instruction | SISFFIT304A / Instruct and monitor fitness programs SISXIND101A / Work effectively in sport and recreation environments SISFFIT308A / Plan and deliver gym programs | |
| | Occupational Health & Safety | SISXCAI306A / Facilitate groups | |
| | Fitness Industry | SISFFIT302A / Provide quality service in the fitness industry | |
| | First Aid | HLTAID003 / Provide first aid | |
| | Vocational / Employment Outcome › Gym floor exercise instructor or exercise instructor for groups | | |
| | Tuition Fee | A\$ 3,200 | |
| | Duration | 6 months 2 Terms / 20 College Weeks | |

| QUALIFICATION | SUBJECT | COMPETENCY / DESCRIPTION | |
|--|---|--|--|
| Certificate IV in Fitness (SIS40210) CRICOS Course Code 086009B | Planning Fitness Programs | SISFFIT419A / Apply exercise science principles to planning exercise SISFFIT421A / Plan and deliver personal training SISFFIT417A / Undertake long term exercise programming SISFFIT313A / Plan and deliver exercise to apparently healthy children and adolescents | |
| | Body Composition | SISFFIT420A / Plan and deliver exercise programs to support desired body composition outcome | |
| | Sport Psychology | SISFFIT416A / Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals | |
| | Allied Health Professional | SISFFIT415A / Work collaboratively with medical and allied health professionals | |
| | Older Clients | SISFFIT314A / Plan and deliver exercise to older clients with managed conditions | |
| | Functional Movement | SISFFIT418A / Undertake appraisals of functional movement | |
| | Working in Industry | SISXIND406A / Manage Projects | |
| | Strength and Conditioning | SISSTC402A / Develop strength and conditioning techniques SISSTC301A / Instruct strength and conditioning techniques | |
| | Management & Leadership | BSBSMB401 / Establish legal and risk management requirements of small business BSBSMB403 / Market the small business BSBSMB404 / Undertake small business planning | |
| | Vocational / Employment Outcome › Exercise trainer, personal trainer, program coordinator, children's trainer and older client trainer | | |
| | Tuition Fee | A\$ 4,800 | |
| | Duration | 9 months 3 Terms / 30 College Weeks | |