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

www.csf.edu.au
FITNESS
EXERCISE INSTRUCTOR & PERSONAL TRAINER

These qualifications 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.

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.

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 III – 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.

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