



# SPORT COACHING

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## 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

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# SPORT COACHING

Our sport coaching programs are aimed to provide working and aspiring coaches the opportunity to enhance their development in the area of high-performance coaching.

These programs will help you contextualise and relate knowledge to the current encounters fronting coaches working with elite athletes and organisations involved in high-performance sport. Sports Coaches can also run their own sports training facility and or offer their coaching services.

## STUDY PATHWAY



This study pathway enables Diploma graduates of the Sport Development qualification to obtain credit transfer to a university qualification through arrangements with the University of Canberra. To find out more contact Student Service of CSF.

## ADDITIONAL FEES

Enrolment Fee: **A\$200**

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

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

Surfing Fee: **A\$100** per term (Manly Campus Only)

QUALIFICATION	UNIT CODE	UNIT NAME
<b>Certificate IV in Sport Coaching</b> SIS40512  CRICOS Course Code 081600E	BSBRK401A	Identify risk and apply risk management processes
	BSBWOR404B	Develop work priorities
	SISSCO303	Plan and deliver coaching programs Pre-requisite: SISSCO101 Develop and update knowledge of coaching practices
	SISSCO304	Customise coaching for athletes with specific needs Pre-requisite: SISSCO303 Plan and deliver coaching programs
	SISSCO306	Provide drugs in sport information
	SISSCO307	Provide nutrition information to athletes
	SISSCO308	Support athletes to adopt principles of sport psychology
	SISSCO409	Work collaboratively with support personnel
	SIXCCS402A	Coordinate client service activities
	SIXCCS404A	Address client needs
	SIXIND405A	Conduct projects
	SIXIND408	Select and use technology for sport, fitness and recreation
	SIXIND410	Coordinate sport, fitness or recreation work teams or groups
	SIXWHS402	Implement and monitor work health and safety policies
	SITXCOM401	Manage conflict
	SISFFIT305A	Apply anatomy and physiology principles in a fitness context
	BSBLDR403	Lead team effectiveness
SISSWM302A	Plan a program for a competitive swimmer	
SISSCO410	Implement a talent identification program	
SISSCO411	Apply self-management to intermediate level coaching	
SIXIND403A	Analyse participation patterns	
<b>Choose one practical elective</b>		
<b>Martial Arts</b>	SISSMAR402A /	Teach the advanced skills of martial arts
<b>Wellness</b>	SIXCAI004 /	Plan and conduct programs
<b>Swimming</b>	SISCAQU010 /	Instruct swimming strokes
<b>Surfing</b>	SISOSRF303A /	Perform intermediate level surfing manoeuvres (Pre-requisite: SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions)
<b>Vocational / Employment Outcome &gt; Coach</b>		



## COURSE INFORMATION

Our Sport Coaching courses have been developed according to the requirements of the Sport, Fitness and Recreation Training Package (SIS10) and have been approved for delivery by the Australian Skills Quality Authority (ASQA). They are nationally recognised qualifications within the Australian Qualification Framework (AQF).



## 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. 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)
- > Surfing - Must have minimum 6 month surfing experience, own board, ability to tread water for 5min and swim 200m.

CAMPUS	YEAR	TERM 1 Intakes		TERM 2 Intakes		TERM 3 Intakes		TERM 4 Intakes	
		PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM
SYDNEY CBD	2017	—	—	—	—	17 JUL	21 AUG	09 OCT	13 NOV
MANLY	2017	—	—	—	—	10 JUL	14 AUG	02 OCT	06 NOV
SYD/MANLY	2018	22 JAN	26 FEB	16 APR	21 MAY	09 JUL	13 AUG	01 OCT	05 NOV
SYD/MANLY	2019	21 JAN	25 FEB	15 APR	20 MAY	08 JUL	12 AUG	30 SEP	04 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
<b>Diploma of Sport Coaching</b> SIS50512  CRICOS Course Code 081639A	BSBADM502B	Manage meetings
	BSBINN502A	Build and sustain an innovative work environment
	SISSCO304	Customise coaching for athletes with specific needs Pre-requisite: SISSCO303 Plan and deliver coaching programs
	SISSCO305	Implement selection policies
	SISSCO410	Implement a talent identification program
	SISSCO512	Assist athletes to prevent and manage injury and illness Pre-requisite: SISSCO306 Provide drugs in sport information Pre-requisite: SISSCO307 Provide nutrition information to athletes Pre-requisite: SISSCO308 Support athletes to adopt principles of sports psychology
	SISSCO513	Plan and implement high performance training and recovery programs
	SIXCAI305A	Conduct individualised long-term training programs
	SIXCCS403A	Determine needs of client populations
	SIXIND404A	Promote compliance with laws and legal principles
	SIXIND406A	Manage projects
	SIXIND408	Select and use technology for sport, fitness and recreation
	SIXRSK502A	Manage organisational risks
	SITXFIN402	Manage finances within a budget
	SITXHRM402	Lead and manage people
	TAEDEL404A	Mentor in the workplace
	BSBCMM401	Make a presentation
FNSACC503	Manage budgets and forecasts	
SISSSTC301A	Instruct strength and conditioning techniques	
SISSSTC402A	Develop strength and conditioning programs	
SISFFIT419A	Apply exercise science principles to planning exercise	
SIXIND410	Coordinate sport, fitness or recreation work teams or groups	
<b>Choose one practical elective (Martial Arts or Swimming)</b>		
<b>Martial Arts</b>	SISSMAR503A /	Teach the high performance skills of martial arts
<b>Swimming</b>	SISSWWM303A /	Teach the advanced skills of competitive swimming
<b>Extra electives</b>		
<b>Wellness</b>	SISFFIT007 /	Instruct group exercise sessions
<b>Surfing</b>	SISOSRF406A /	Perform advanced level surfing manoeuvres (Pre-requisite: SISOSRF202A Demonstrate basic surfing manoeuvres in controlled conditions / (Pre-requisite: SISOSRF303A Perform intermediate level surfing manoeuvres)
<b>Vocational / Employment Outcome &gt; High Performance Coach</b>		

**Entry Requirements**  
- Current First Aid and CPR certification  
- National Accreditation Scheme (NCAS) registration  
- SISSCO306  
- SISSCO307  
- SISSCO308  
- SISSCO409  
- SISSCO411

**Tuition Fee**  
**A\$ 12,000**

**Duration**  
**18 months**  
6 Terms / 60 College Weeks

Students must choose and be competent in either Martial Arts or Swimming elective to receive their Diploma Qualification