



FITNESS

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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

CALL us > +61 2 9267 4768
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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

Our Fitness course 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 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. 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)

COURSE DELIVERY

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

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 - **A\$50** per pack.

ACADEMIC YEAR / START DATES

The year is divided into 4 terms. See below for term intake dates.

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
Certificate III in Fitness SIS30315 CRICOS Course Code 091373F	SISFFIT001	Provide health screening and fitness orientation
	SISFFIT002	Recognise and apply exercise considerations for specific populations
	SISFFIT003	Instruct fitness programs
	SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
	SISFFIT005	Provide healthy eating information
	SISFFIT014	Instruct exercise to older clients
	SISXCCS001	Provide quality service
	SISXFAC001	Maintain equipment for activities
	SISXIND001	Work effectively in sport, fitness and recreation environments
	BSBRK401	Identify risk and apply risk management processes
	HLTAID003	Provide First Aid
	HLTWH5001	Participate in workplace health and safety
	SISFFIT007	Instruct group exercise sessions
	SISFFIT011	Instruct approved community fitness programs
	SISFFIT006	Conduct fitness appraisals
BSBWOR404	Develop work priorities	
Vocational / Employment Outcome > Gym floor exercise instructor or exercise instructor for groups		
Tuition Fee A\$ 6,000		
Duration 9 months 3 Terms / 30 College Weeks		

QUALIFICATION	UNIT CODE	UNIT NAME
Certificate IV in Fitness SIS40215 CRICOS Course Code 091374E Pre-requisites : SISFFIT001, SISFFIT002, SISFFIT003, SISFFIT004, SISFFIT005, SISFFIT006, SISFFIT014, SISXCCS001, Current First Aid and CPR Certificate.	SISFFIT013	Instruct exercise to young people aged 13 to 17 years
	SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
	SISFFIT016	Provide motivation to positively influence exercise behaviour
	SISFFIT017	Instruct long-term exercise programs
	SISFFIT018	Promote functional movement capacity
	SISFFIT019	Incorporate exercise science principles into fitness programming
	SISFFIT020	Instruct exercise programs for body composition goals
	SISFFIT021	Instruct personal training programs
	SISFFIT023	Instruct group personal training programs
	SISFFIT025	Recognise the dangers of providing nutrition advice to clients
	SISFFIT026	Support healthy eating through the Eat for Health Program
	SISXRES001	Conduct sustainable work practices in open spaces
	BSBSMB401	Establish legal and risk management requirements of small business
	BSBSMB403	Market the small business
	BSBSMB404	Undertake small business planning
BSBSMB406	Manage small business finances	
SISSTC402A	Develop strength and conditioning programs	
SISXCAI005	Conduct individualised long-term training programs	
SISXCCS002	Coordinate client service activities	
SISXCCS003	Address client needs	
Vocational / Employment Outcome > Exercise trainer, personal trainer, program coordinator, children's trainer and older client trainer		
Tuition Fee A\$ 6,000		
Duration 9 months 3 Terms /30 College Weeks		