FITNESS

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WHY STUDY AT CSF

CONVENIENT LOCATION
SMART TEACHING
FRIENDLY STAFF

COMPETITIVE FEES
STRONG NETWORK
FITNESS FACILITIES

COMMUNICATION TO SUCCESS
STUDENT SUPPORT
FOCUS ON QUALITY

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SYDNEY
12 Wentworth Avenue
SYDNEY 2013
NSW AUSTRALIA
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
- Re: 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) $150
Learning Material Fee. $250 per term + $5 copy card
Uniform Pack Fee $100
Includes first uniform for entry course. Further uniforms will be required for future courses - $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 AGF 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.

QUALIFICATION
Certificate III in Fitness
SIS30313
CRICOS Course Code 08002C
Tuition Fee $3,200
Duration 6 months
2 Terms / 20 College Weeks

Certificate IV in Fitness
SIS40210
CRICOS Course Code 08009B
Tuition Fee $4,800
Duration 9 months
3 Terms / 20 College Weeks

QUALIFICATION
SUBJECT
COMPETENCY / DESCRIPTION
Certificate III in Fitness
SIS30313
Fitness
SSFFIT120A / Provide fitness orientation and health screening
SSFFIT120B / Provide quality service in the fitness industry
SSFFIT120C / Develop and apply an awareness of specific populations to exercise delivery
SSFFIT120D / Apply anatomy and physiology principles in a fitness context
SSFFIT120E / Provide healthy eating information to clients in accordance with recommended guidelines
SSFFIT120F / Conduct and monitor fitness programs
SSFFIT120G / Undertake client health assessment
SSFFIT120H / Plan and deliver exercise to apparently healthy children and adolescents
SSFFIT120I / Plan and deliver gym programs

Certificate IV in Fitness
SIS40210
Management & Leadership
BSBMGMT201A / Establish legal and risk management requirements of small business
BSBMGMT202A / Market the small business
BSBMGMT203A / Undertake small business planning
Fitness
SSPFT10A / Work collaboratively with medical and allied health profession
SSPFT10B / Apply motivational psychology to provide exercise in exercise behaviour and change to meet health and fitness goals
SSPFT10C / Undertake long-term exercise programming
SSPFT10D / Undertake assessment of functional movement
SSPFT10E / Apply exercise science principles to planning exercise
SSPFT10F / Plan and deliver exercise programs to support improved mobility and performance
Work in Industry
SSKST0404A / Manage Projects
SSKST0405A / Manage Projects
SSKST0406A / Manage Projects
SSKST0407A / Manage Projects
SSKST0408A / Manage Projects
Vocational / Employment Outcome
Gym floor exercise instructor or exercise instructor for groups.