



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

PERTH

LEVEL 1, 120 ROE STREET
NORTHBRIDE WA 6003



COLLEGE OF SPORTS & FITNESS



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

Our Fitness courses have been developed according to the requirements of the Sport, Fitness and Recreation Training Package (SIS) and have been approved for delivery by the Australian Skills Quality Authority (ASQA). They are nationally recognised qualifications within the Australian Qualification Framework (AQF). Our 10698NAT Diploma of Weight Management course has been developed by industry.



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)

ACADEMIC YEAR / START DATES

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

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
2020	20 JAN	24 FEB	13 APR	18 MAY	06 JUL	10 AUG	28 SEP	02 NOV
2021	25 JAN	01 MAR	19 APR	24 MAY	12 JUL	16 AUG	04 OCT	08 NOV
2022	24 JAN	28 FEB	18 APR	23 MAY	11 JUL	15 AUG	03 OCT	07 NOV
2023	23 JAN	27 FEB	17 APR	22 MAY	10 JUL	14 AUG	02 OCT	06 NOV

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.

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** (Fitness courses only)

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

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
	BSBRSK401	Identify risk and apply risk management processes
Tuition Fee A\$ 6,000	HLTAID003	Provide first aid
	HLTWHS001	Participate in workplace health and safety
	SISFFIT007	Instruct group exercise sessions
Duration 9 months 3 Terms / 30 College Weeks	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	

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
	SISSSTC402A	Develop strength and conditioning programs
	SISXCAI005	Conduct individualised long-term training programs
	SISXCCS002	Coordinate client service activities
	SISXCCS003	Address client needs
Tuition Fee A\$ 6,000	BSBSMB404	Undertake small business planning
Duration 9 months 3 Terms / 30 College Weeks	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		

QUALIFICATION	UNIT CODE UNIT NAME	
Diploma of Weight Management 10698NAT CRICOS Course Code 0101907	DWMCHS001	Conduct health screening for advanced weight management programs
	HLTAAP001	Recognise healthy body systems
	HLTAAP002	Confirm physical health status
	BSBMED301	Interpret and apply medical terminology appropriately
	WMTFIT401A	Apply basic anatomy and physiology principles to exercise recommendations for weight management
	CHCDIV001	Work with diverse people
	WMTPSY401A	Analyse and apply principles of psychology, mindset and behaviour modification to weight management
	CHCPRP003	Reflect on and improve own professional practice
	CHCPOL003	Research and apply evidence to practice
	WMTDIT401A	Analyse and apply principles of nutritional science to meal planning
	CHCCOM006	Establish and manage client relationships
	DWMDAW002	Develop advanced weight management programs
	BSBRSK501	Manage risk
	CHCLEG003	Manage legal and ethical compliance
	DWMMAW003	Deliver and monitor advanced weight management programs
Tuition Fee A\$ 12,000	WMTIND401A	Work effectively in the weight management industry
	Vocational / Employment Outcome › Weight Management Specialist, Advanced Weight Management Practitioner, Advanced Health Coach	
Duration 18 months 6 Terms / 60 College Weeks		