



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

LEVEL 6, 505 GEORGE ST
SYDNEY 2000
NSW AUSTRALIA

PERTH

LEVEL 1, 120 ROE STREET
NORTHBRIDGE WA 6003



COLLEGE OF SPORTS & FITNESS

CALL US > +61 2 9267 4768
SEND AN EMAIL > info@csf.edu.au
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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 (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).



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.

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
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
2024	22 JAN	26 FEB	16 APR	20 MAY	08 JUL	12 AUG	30 SEP	04 NOV
2025	20 JAN	24 FEB	14 APR	19 MAY	07 JUL	11 AUG	29 SEP	03 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
Certificate III in Fitness SIS30321 CRICOS Course Code 109045D	BSBOPS304	Deliver and monitor a service to customers
	BSBPEF301	Organise personal work priorities
	HLTAID011	Provide First Aid
	HLTWHS001	Participate in workplace health and safety
	SISFFIT032	Complete pre-exercise screening and service orientation
	SISFFIT033	Complete client fitness assessments
	SISFFIT035	Plan group exercise sessions
	SISFFIT036	Instruct group exercise sessions
	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
	SISFFIT052	Provide healthy eating information
	SISXFAC002	Maintain sport, fitness and recreation facilities
	SISXIND009	Respond to interpersonal conflict
	SISXCCS001	Provide quality service
	SISXIND001	Work effectively in sport, fitness and recreation environments
Tuition Fee A\$ 6,000		
Duration 9 months 3 Terms / 30 College Weeks		
Vocational / Employment Outcome › Gym floor exercise instructor or exercise instructor for groups		

QUALIFICATION	UNIT CODE	UNIT NAME
Certificate IV in Fitness SIS40221 CRICOS Course Code 109046C Pre-requisites : HLTAID011, HLTWHS001, SISFFIT032, SISFFIT033, SISFFIT035, SISFFIT36, SISFFIT040 & SISFFIT047	CHCCOM006	Establish and manage client relationships
	SISFFIT041	Develop personalised exercise programs
	SISFFIT042	Instruct personalised exercise sessions
	SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
	SISFFIT044	Develop and instruct personalised exercise programs for older clients
	SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
	SISFFIT049	Use exercise science principles in fitness instruction
	SISFFIT050	Support exercise behaviour change
	SISFFIT051	Establish and maintain professional practice for fitness instruction
	SISFFIT053	Support healthy eating for individual fitness clients
	SISFFIT034	Assess client movement and provide exercise advice
	SISXCAI005	Conduct individualised long-term training programs
	BSBESB401	Research and develop business plans
	BSBESB404	Market new business ventures
	BSBESB402	Establish legal and risk management requirements of new business ventures
Tuition Fee A\$ 6,000	HLTWSH003	Maintain work health and safety
Duration 9 months 3 Terms /30 College Weeks	SISXRES001	Conduct sustainable work practices in open spaces
Vocational / Employment Outcome › Exercise trainer, personal trainer, program coordinator, children’s trainer and older client trainer		