



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

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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

CSF 0082/FEB19

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 our more contact Student Service of CSF.



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.

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)

COURSE DELIVERY

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

ACADEMIC YEAR / START DATES

The year is divided into 4 terms. See table 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
2019	—	—	—	20 MAY	08 JUL	12 AUG	30 SEP	04 NOV
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

QUALIFICATION	UNIT CODE	UNIT NAME
Certificate IV in Sport Coaching 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	
Choose one practical elective		
Martial Arts	SISSMAR402A /	Teach the advanced skills of martial arts
Wellness	SIXCAI004 /	Plan and conduct programs
Swimming	SISCAQU010 /	Instruct swimming strokes
Surfing	SISOSRF303A /	Perform intermediate level surfing manoeuvres (Pre-requisite: SISOSRF202A demonstrate basic surfing manoeuvres in controlled conditions)
Vocational / Employment Outcome > Coach		

QUALIFICATION	UNIT CODE	UNIT NAME
Diploma of Sport Coaching 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	
Choose one practical elective (Martial Arts or Swimming)		
Martial Arts	SISSMAR503A /	Teach the high performance skills of martial arts
Swimming	SISSWWM303A /	Teach the advanced skills of competitive swimming
Extra electives		
Wellness	SISFFIT007 /	Instruct group exercise sessions
Surfing	SISOSRF406A /	Perform advanced level surfing manoeuvres (Pre-requisite: SISOSRF202A demonstrate basic surfing manoeuvres in controlled conditions / (Pre-requisite: SISOSRF303A perform intermediate level surfing manoeuvres)
Vocational / Employment Outcome > High performance coach		

- 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