



SIS50215 DIPLOMA OF FITNESS

CRICOS CODE: 094030E

COURSE OVERVIEW

This qualification reflects the role of individuals who perform a range of activities and functions within the fitness industry. These individuals have substantial depth of knowledge to plan, conduct and evaluate advanced exercise programs using principles of program design, and progressed anatomy and physiology knowledge to support delivery of functional, effective and safe exercise programs.

They have specialist skills to independently implement current approaches supported by evidence, and establish strategies for the prevention of recurrence of injury with guidance from medical or allied health professionals where appropriate.

The qualification does not provide the skills and knowledge for an individual to provide advice or exercise instruction to high risk clients, other than to refer the client to an appropriate medical or allied health professional.

This qualification provides a pathway to work in a diversity of fitness industry businesses including fitness centres, gyms, aquatic facilities, community facilities and in open spaces, where risk management (through risk assessment and hazard control processes) does not already exist.

Individuals who specialise in Fitness Service Coordination develop collaborative programs across various health and wellness sectors. They have knowledge of relevant local and national health networks, and the skills to build and maintain stakeholder relationships.

Individuals who specialise in Management manage and support a team of fitness professionals. This involves mentoring staff on business skills and technical skills. These individuals have skills and knowledge in marketing and sales; business analysis; time and financial management; recruiting and retaining personal trainers.

JOB OPPORTUNITIES

Job roles and titles upon completion of this qualification:

- Specialised fitness trainer
- Personal trainer of clientele with specific requirements
- Childhood fitness trainer
- Strength and conditioning coach
- Personal training coordinator

ENTRY REQUIREMENTS

- International students must be 18 years of age or over.
- Students are required to successfully complete the Language Literacy and Numeracy test and achieve Level 3 in the Australian Core Skills Framework across reading, writing, learning, oral communication and numeracy skill. Prospective students who provides an AQF Certificate III or above in any discipline will be deemed as meeting the English language entry requirements. Prospective international students who provide an IELTS of 5.5 or its equivalent will be deemed as meeting the English language entry requirements.
- Satisfactorily complete a pre-training review interview to determine student's suitability for the chosen course.
- Entry to this qualification is open to individuals who hold a current first aid and CPR certificate:
 1. Have achieved a Certificate IV in Fitness; and
 2. Have at least 1 year post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness

INTAKES

Please contact ASA for course intake information.

COURSE FEES

AUD \$20,250

(Course fees include a \$250 non-refundable application fee)

COURSE DURATION

Training will be delivered 2.5 days per week for 20 hours over a period of 52 weeks.

DELIVERY MODES

For prospective international students, the course will be delivered face-to-face.

STUDY PATHWAYS

This qualification has pathways for further study in University study within the exercise science/human movement or physical education fields and or events field.



STAY IN THE GAME

MAKE SPORT YOUR CAREER



COURSE OUTLINE (UNITS OF COMPETENCY)

TOTAL NUMBER OF UNITS = 18

- 5 core units
- 13 elective units

CORE UNITS

SISFFIT027	Conduct health promotion activities
SISFFIT028	Apply evidence-based practice to exercise programs
SISFFIT029	Apply anatomy and physiology to advanced personal training
SISFFIT030	Instruct advanced exercise programs
SISFFIT031	Implement injury prevention strategies

Please select one of the following elective streams

FITNESS SERVICE COORDINATION

BSBFIM501	Manage budgets and financial plans
BSBPMG522	Undertake project work
BSBRSK501	Manage risk
CHCCCS007	Develop and implement service programs
CHCCOM002	Use communication skills to build relationships
CHCMGT003	Lead the work team
CHCPRP001	Develop and maintain networks and collaborative partnerships
CHCPRP003	Reflect on and improve own professional practice
HLTAID006	Provide advanced first aid
HLTPOP402C	Assess readiness for and effect behaviour change
BSBWOR501	Manage personal work priorities and professional development
SISCCRD001	Facilitate community recreation initiatives
SISXIND007	Develop and implement participation strategies

MANAGEMENT

BSBFIM501	Manage budgets and financial plans
BSBHRM405	Support the recruitment, selection and induction of staff
BSBMGT502	Manage people performance
BSBMKG514	Implement and monitor marketing activities
BSBPMG522	Undertake project work
BSBRSK501	Manage risk
CHCCOM002	Use communication to build relationships
CHCPRP003	Reflect on and improve own professional practice
HLTAID006	Provide advanced first aid
HLTPOP402C	Assess readiness for and effect behaviour change
BSBWOR501	Manage personal work priorities and professional development
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ASSESSMENT ARRANGEMENT

To be assessed as competent, learners need to provide satisfactory evidence to all the assessment requirements relating to their knowledge and skills relevant to the unit of competence. Assessment methods may include:

- Written activities
- Practical / role plays
- Observations

HOW TO ENROL

Applying to ASA is easy. You can submit your enrolment application at any time by email to info@asaonline.edu.au. Call the Gold Coast Campus on **+61 1300 656 693** or Sydney Campus on **+61 1300 082 832**.

Once we receive your enrolment form, we will send you a Letter of Offer including all the enrolment conditions. When you accept it and return a signed copy along with payment, we will secure your place in your chosen course.

Recognition of Prior Learning (RPL) and Credit Transfer is offered at the time of enrolment. For additional information relating to RPL or Credit Transfer for this course, please contact us.

Enrol Now



Gold Coast (QLD)

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Sydney (NSW)

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