



Australian Colleges of Further Education Pty Ltd trading as  
Australian Sports Academy (ASA)  
ABN 24 106 939 388 (RTO Code: 31717,  
CRICOS Provider Code: 03327G)



## 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.

### ASA CRICOS COURSE GUIDE

# SIS50215 - Diploma of Fitness

CRICOS Code: 094030E



[asaonline.edu.au](http://asaonline.edu.au)

# SIS50215 - Diploma of Fitness

CRICOS Code: 094030E



## 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

1. Students must be 18 years of age or over.
2. 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 International students who provide an IELTS of 5.5 or its equivalent will be deemed as meeting the English language entry requirements.
3. Satisfactorily complete a pre-training review interview to determine student's suitability for the chosen course.
4. Students are required to be physically fit to carry out some tasks as required by the course.
5. Students are required to have access to a computer and internet in order to complete assessments and read information on the units of competency.
6. Entry to this qualification is open to individuals who hold a current first aid and CPR certificate:
  - Have achieved a Certificate IV in Fitness; and
  - Have at least 1 year post qualification fitness industry experience in Australia in the application of the skills and knowledge of the Certificate IV in Fitness

## Course Pre-Requisites

There are no pre-requisites for this course.

## Intakes

Please contact us for course intake information or visit:

<https://acfeonline.edu.au/academic-calendar/>

## Course Duration

**Total:** 52 weeks **Learning:** 44 weeks **Holidays:** 8 weeks

## Delivery Methods

A flexible blended environment applies, through our face-to-face, online system. Student delivery will be broken down into learning weeks, assessment weeks, holidays weeks for each qualification. Students will have trainer directed study and also self-pace is highly recommended. International students are required to do 20 hours of study per week.

## Fees

**\$AU 20,250** (includes a \$250 non-refundable application fee).

## Locations

Gold Coast	Sydney
10 Scarborough St Southport, Gold Coast Queensland 4215 +61 1300 656 693	Level 2, Queen St Auburn, Sydney New South Wales 2144 +61 1300 083 832

## How to Enrol

Applying to ASA is easy. You can submit your enrolment application any time at [asaonline.edu.au/enrol](https://asaonline.edu.au/enrol) or call the Gold Coast campus on **+61 1300 656 693** or the Sydney campus on **+61 1300 083 832**. You will be contacted by ASA to arrange a follow up appointment for a pre-training review. 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.

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## 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.

## 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

### Elective Stream 1: Fitness Service Co-ordination

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

### Elective Stream 2: 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

SISCCRD001 Facilitate community recreation initiatives

SISXIND007 Develop and implement participation strategies

## Assessments

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
- Case studies
- Projects
- Role plays/observations



NATIONALLY RECOGNISED  
TRAINING

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