AUSTRALIAN COLLEGE OF SPORT & FITNESS
SYDNEY MELBOURNE PERTH BRISBANE

YOUR FITNESS CAREER STARTS HERE!

Massage Courses available
International Students Welcome
Award Winning Education
Welcome to the

AUSTRALIAN COLLEGE OF SPORT & FITNESS

Our College is part of an education group that has been providing award winning education for over 30 years. We are a nationally accredited training provider with our qualifications being recognised by leading industry associations world wide.

ENJOY FUN CLASSES
As a student, you will enjoy an industry leading approach to your fitness education. All courses combine practical experience with a good grounding in the core fitness principles.

LAUNCH YOUR FITNESS CAREER
Our courses focus on preparing students with the skills and knowledge to work in the sport and fitness industry. Whether you want to become a gym instructor, personal trainer, massage therapist or a sports marketer, your career starts here!
Some of the topics you will learn include:
- Fitness Screening and Assessments
- Provide Fitness Training to a Group or a Single Client
- Principles of Good Nutrition

**MASSAGE QUALIFICATIONS**

Become a Massage Therapist under the guidance of experienced practitioners who will make sure that you will become the best therapist you can be.

Massage and be massaged in your practical classes and study topics that include:
- Massage Foundations
- Health Sciences
- Nutrition
- Massage Techniques

**SPORT MANAGEMENT QUALIFICATIONS**

Become a Sport Manager, Sport Marketer or a Gym Manager. Learn all you need to know about the Sport and Recreation industry in real world scenarios, case studies and business plans. You can even combine sport management subjects with practical fitness classes.

Some of the topics you might study are:
- Marketing the Sport and Recreation Organisation
- Human Resources Management
- Advanced Personal Training
- Business Planning
- Injury Prevention

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**THE COLLEGE OFFERS A RANGE OF PROFESSIONAL QUALIFICATIONS**

- Fitness Qualifications
- Sports Management Qualifications
- Massage Qualifications
- Dance Teaching Qualifications

All programs offer classes that are fun and dynamic. You can also expect plenty of practical learning.

Study pathways are also available to extend your knowledge and career options. The College offers several study plans to suit your interests.

**FITNESS QUALIFICATIONS**

Become a Fitness Instructor, Group Instructor or a Personal Trainer. Our courses combine a great theoretical foundation with fun practical classes. Get smart, stay fit!
Fitness Qualifications

The Australian College of Sport and Fitness delivers the following nationally recognised qualifications:

- **Certificate III in Fitness (SIS30315)** – This qualification is the first step in your fitness career and equips you to be a Gym Instructor, Fitness Instructor and Group Fitness Instructor.

- **Certificate IV in Fitness (SIS40215)** – If you want to be a Personal Trainer, you will need to undertake The Certificate IV in Fitness. This national qualification allows you to train and develop your own clients in an unsupervised setting.

If you want to become a Personal Trainer immediately, or if you are already in the industry as a Fitness Instructor and want to train your own clients as a qualified Personal Trainer, then it’s time to undertake your Certificate IV in Fitness course.

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Job Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate III in Fitness</td>
<td>Full Time 9 Months</td>
<td>Fitness Instructor, Gym Instructor, Group Instructor</td>
</tr>
<tr>
<td>SIS30315</td>
<td>3 x 10 week terms + holiday periods</td>
<td></td>
</tr>
<tr>
<td>Certificate IV in Fitness</td>
<td>Full Time 9 Months</td>
<td>Personal Trainer</td>
</tr>
<tr>
<td>SIS40215</td>
<td>3 x 10 week terms + holiday periods</td>
<td></td>
</tr>
</tbody>
</table>

For a detailed course overview, please visit acsf.edu.au/explore-courses
The Certificate III in Fitness is your first step into the fitness industry. This national qualification allows you to be a Fitness Instructor, Gym Instructor and Group Instructor. You will learn to assess, train and supervise clients in fitness centres and gyms.

Topics include:
- Fitness Screen and assess new clients
- Monitor a client’s fitness level and development
- Provide fitness training to a single client
- Provide fitness training to a group of clients
- Provide good advice on all forms of exercise and exercise equipment
- Anatomy and Physiology and the basics of Exercise Science
- Principles of healthy eating
- Exercise for Special Populations clients such as older adults

Job outcomes
This qualification equips you to be a:
- Fitness Instructor
- Gym Instructor
- Group Instructor

Certificate IV in Fitness
If you want to be a Personal Trainer, you will need to undertake the Certificate IV in Fitness. This national qualification allows you to train and develop your own clients in an unsupervised setting.

Topics include:
- Exercise Science
- Advanced Client Screening and assessment procedures
- Planning and developing exercise programs for clients
- Special Populations Clients such as teenagers and children
- Small business planning and marketing
- Undertake functional range of movement and muscle testing
- Develop a broad variety of exercise programs

Job outcomes
This qualification equips you to be a Personal Trainer. It provides you with the skills and knowledge to train individual clients on a one-on-one basis. Unlike the Certificate III in Fitness, the Certificate IV in Fitness allows you to operate in unsupervised environments. Your clients can also include older adults and children.

Course Entry Requirement
| Certificate III in Fitness | No Requirements |
| Certificate IV in Fitness | Certificate III in Fitness |

For a detailed course overview, please visit acsf.edu.au/explore-courses
The Diploma of Sport & Recreation Management – General Program develops graduates to apply the skills and knowledge to work in the sport and recreation industry in a management or organizational capacity.

The qualification complements existing technical qualifications such as fitness or massage by developing the skills to take a management role with an organization. This could be within a range of settings including health centres, fitness centres and gyms, outdoor sporting grounds or community recreation centres.

Diploma of Sport & Recreation Management – Fitness Program

The Diploma of Sport & Recreation Management – Fitness Program is for students who want to gain management skills whilst further enhancing their expertise in the fitness industry.
The Australian College of Sport and Fitness delivers the following nationally recognised qualifications:

<table>
<thead>
<tr>
<th>Course</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Certificate IV in Massage Therapy - HLT42015</td>
<td>Full Time 9 Months (3 x 10 week terms + holiday periods)</td>
</tr>
<tr>
<td>Diploma of Remedial Massage - HLT52015</td>
<td>Full Time 24 Months* (8 x 10 week terms + holiday periods) *direct entry allowed - All modules of Certificate IV in Massage Therapy included</td>
</tr>
</tbody>
</table>

For a detailed course overview, please visit acsf.edu.au/explore-courses

Certificate IV in Massage Therapy

The Certificate IV in Massage Therapy is the national qualification that allows you to work as a professional massage therapist in Australia. It will provide you with skills in therapeutic relaxation massage including basic health assessment and treatment.

**Massage Foundations**
In Massage Foundations students will learn a full body Swedish massage sequence. The module enables total beginners as well as students with some knowledge of massage to reach a clinical standard within a short amount of time.

**Massage Techniques**
In Massage Techniques, Students will build further on their range of massage skills and learn Deep Tissue massage techniques. These techniques will focus on treating conditions such as headaches, sciatic pain, rotator cuff injuries etc. Students will have the opportunity to practice the massage techniques on the classroom as well as receive massages in return.

**Health Science**
This module provides the knowledge of the structure and function of the systems of the body and how each system relates to the body as a whole. By understanding each system of the body the massage therapist can better plan the massage treatment for their client.

**Safe Work Practices**
In this module you will learn about the importance of infection control guidelines, hazard identification procedures and strategies for prevention of manual handling injuries. Workplace Health & Safety requirements according to legislation and codes of practice are examined.

**The Massage Business**
This module teaches students the skills required to provide administration for massage therapy practice. It looks at the introductory skills and knowledge required to work effectively in a healthcare setting. This includes managing interactions with patients, clients, staff, visitors, suppliers and others to meet established work requirements.

**Professional Practice**
This module teaches students the skills and knowledge required to evaluate and enhance own practice through a process of reflection and ongoing professional development. It applies to remedial massage therapists to take pro-active responsibility for their own professional development.

**Student Clinic - Certificate IV in Massage Therapy**
As part of the program students get to experience a real life massage clinic where they can gain hands on practical massage experience as well as client consultation. This will guarantee that you are job ready once your qualification is completed.
Diploma of Remedial Massage

This qualification is recommended for practitioners looking to upgrade their skills and education qualifications. The Diploma of Remedial Massage offers more advanced massage techniques.

The Diploma of Remedial Massage shares modules 1-7 of the Certificate IV in Massage program and the addition of:

<table>
<thead>
<tr>
<th>Modules</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Massage Foundations</td>
</tr>
<tr>
<td>2a Massage Techniques A</td>
</tr>
<tr>
<td>2b Massage Techniques B</td>
</tr>
<tr>
<td>3 Provide First Aid</td>
</tr>
<tr>
<td>4 Health Science</td>
</tr>
<tr>
<td>5 Safe Work Practices</td>
</tr>
<tr>
<td>6 The Massage Business</td>
</tr>
<tr>
<td>7 Professional Practice</td>
</tr>
<tr>
<td>8 Student Clinic - Diploma of Massage</td>
</tr>
<tr>
<td>9 Sports Massage</td>
</tr>
<tr>
<td>10 Remedial Massage Techniques A</td>
</tr>
<tr>
<td>11 Remedial Massage Techniques B</td>
</tr>
<tr>
<td>12 Remedial Massage Techniques C</td>
</tr>
<tr>
<td>13 Nutrition</td>
</tr>
<tr>
<td>14 Advanced Health Science</td>
</tr>
<tr>
<td>15-20 Specialisation Modalities*</td>
</tr>
</tbody>
</table>

Sport Massage

In Sports Massage, Students will build further on their range of massage skills and learn Sports massage techniques. Not just limited to athletes, these techniques will focus on treatments for client recovery, performance and rehabilitation.

Remedial Massage Techniques A,B,C

In Remedial Massage Techniques modules, Students will learn to prepare for and provide remedial massage treatments based on the outcomes of an existing health assessment and treatment plan. This can include treatments for a wide variety of clients including those presenting with soft tissue dysfunction, musculoskeletal imbalance or restrictions in range of motion (ROM).

Nutrition

This module teaches the student to interpret and use basic information about nutritional principles and healthy diet. It applies to working with your clients within the limits of the Australian dietary guidelines and to make referrals to other health professionals or accredited practising dietitians when those limits are exceeded.

Advanced Health Science

This module builds furthers the students foundation knowledge of Health Science and the knowledge of the structure and function of the systems of the body and how each system relates to the body as a whole. It introduces pathophysiology and learning of the disordered physiological processes associated with disease or injury.

Student Clinic – Diploma of Remedial Massage

As part of the program students get to experience a real life massage clinic where they can gain hands on practical remedial massage experience as well as client consultation. This will guarantee that you are job ready once your qualification is completed.

*Specialisation Modalities

Helping our graduates to set themselves apart from other therapists in the industry, the specialisation modalities allow students to learn a variety of specialty massages. These modalities are subject to change and currently include:

- Deep Tissue
- Pregnancy
- Aromatherapy
- Reflexology
- Rehabilitation
- Lymphatic Drainage
All our fitness qualifications are recognised by leading Australian professional associations. These include Fitness Australia and Physical Activity Australia.

To gain international recognition, students must register with Fitness Australia, which is affiliated with over 40 national fitness associations across the world. This enables students to work as a fitness professional within these countries. The following international associations provide clear pathway for exercise professionals considering moving countries:

International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org)

European Register of Exercise Professionals (EREPs) - [www.ereps.eu.com](http://www.ereps.eu.com)

For more information on the countries where you can transfer your qualifications and gain recognition, as well as exact requirements for registration and portability, including qualification and standards mapping, please visit the respective association websites.

*Based on information provided by ICREPs and EREPs on Jan 2015.*
**Study Pathways**

Students can be industry job-ready in just nine months with our entry level fitness qualification. However, with the many additional courses and university pathways available, students can choose to further their knowledge and career options with study pathways. With a range of study pathways to choose from, let us custom make a program suitable for you.

**Combine Courses**

All of our courses can be combined for longer program durations. Diversify your skills as a fitness professional by adding massage or dance teaching qualifications.

**Some of our possible pathways are**

### Fitness Specialist Pathway

Complete our Fitness Pathway to become a fitness specialist with the knowledge to run and grow your own business or become a top performer for a sport and recreation organisation.

<table>
<thead>
<tr>
<th>Certificate III in Fitness</th>
<th>+</th>
<th>Certificate IV in Fitness</th>
<th>+</th>
<th>Diploma of Sport and Recreation Management – Fitness Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Months</td>
<td>+</td>
<td>9 Months</td>
<td>+</td>
<td>12 Months</td>
</tr>
</tbody>
</table>

= 2.5 Years

### Health & Fitness Entrepreneur Pathway

Complement your fitness courses with our Diploma of Remedial Massage to offer your clients additional services. Finish your studies with our Diploma of Sport and Recreation Management to get the skills that allow you to make your business thrive.

<table>
<thead>
<tr>
<th>Certificate III in Fitness</th>
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<th>Diploma of Remedial Massage</th>
<th>+</th>
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</tr>
</thead>
<tbody>
<tr>
<td>9 Months</td>
<td>+</td>
<td>9 Months</td>
<td>+</td>
<td>24 Months</td>
<td>+</td>
<td>12 Months</td>
</tr>
</tbody>
</table>

= 4.5 Years
Arranging accommodation
The main options you have for accommodation during your stay are the following:

- Home stay
- Temporary accommodation e.g. hotels or hostels
- Long stay hostels for students
- Shared accommodation
- Houses and apartments

More information about these types of accommodation and approximate costs can be found in the International Student Handbook.

Cost of living
All students will require a minimum of approximately AU $18,610 per year to cover living expenses. Your living expenses will include things such as accommodation, food, transport and general expenses. You will need to also consider costs for airfares, tuition fees and Overseas Student Health Cover (OSHC).

Career opportunities
Career opportunities are very strong in the fitness and health industry. There is a growing need, world-wide, for qualified health and fitness practitioners to service the increasing consumer demand for health care. Past graduates have proven to be competent, ethical and safe health care professionals and are working throughout Australia and overseas in a range of fields. We have placed over 150 graduates a year into jobs relating to the fitness and health industry.
Sydney Campus
Sydney is one of the most liveable cities in the world! It is the most vibrant and exciting city in Australia. Sydney is a modern and friendly city, famous for its outdoor culture. With a great night-life and beautiful beaches Sydney has something to offer for everyone.

Our Sydney campus is located in the very heart of Sydney, close to major shopping outlets and facilities.

Level 1, 333 Kent Street
Sydney NSW 2000
P: +612 9112 4599
E: Sydney@alg.edu.au

Melbourne Campus
Melbourne is a creative, exciting and ever changing city with surprises to be discovered in every basement, rooftop and lane way. Whether it is cultural, sporting attractions or fashion, you will find it all here. Melbourne has been crowned the world’s most liveable city for the third time in a row.

Our two Melbourne campuses are:

BOUVERIE CAMPUS
Melbourne University Sport,
Level 1, 183 Bouverie Street
Carlton VIC 3053
P: +613 8687 0648
E: Melbourne@alg.edu.au

BOURKE CAMPUS
Level 6,
601 Bourke Street
Melbourne VIC 3000
P: +613 8687 0648
E: Melbourne@alg.edu.au

Perth Campus
Perth has everything to offer during your stay. Firstly, you have the fantastic beaches, parks and famous wildlife to explore. Perth also has a vibrant city lifestyle. Perth offers one of the highest standards of living in the world, and yet is more affordable than the UK and the USA.

You will even enjoy a 40% discount on all public transport, and buses within the central business districts of Perth.

Lords Recreation Centre, 5 Wembley Court
Perth WA 6008
P: +618 9388 3153
E: Perth@alg.edu.au

Brisbane Campus
You will enjoy life in Brisbane as it has beautiful weather all year round. Brisbane is known for its thriving arts and music scene. Brisbane has also been named Australia’s “hippest city” by Lonely Planet Australia!

Our vibrant new city campus is located at:

Level 4, 243 Edward Street
Brisbane City QLD 4000
P: +617 3188 3778
E: Brisbane@alg.edu.au
Course entry checklist
To apply to the Australian College of Sport and Fitness you must:

- Complete all details in the application form
- Have the required English language level for the course you are applying for
- Be 18 years of age or above
- Pay the course fees according to the fee schedule in your Letter of Offer
- Obtain and comply with your student visa.

English requirements
All courses at the School are taught in English. Applicants will need to show evidence of suitable English proficiency for the course they have chosen. Details of required English proficiency are updated on our English Proficiency Factsheet which can be found on our website: www.alg.edu.au/english

English Partner Schools
If you believe that you need further English training before starting our courses, we can help. Studying with one of our English Partner Schools does not only give you a first class language education but you also enjoy the added benefit of saving on our Enrolment fee. You can find a list of our partners here: www.alg.edu.au/docs/alg_is_pathwaylist.pdf

Overseas Student Health Cover
International students studying in Australia must have Overseas Student Health Cover as a condition of a student visa. Australia's national health system, Medicare, only covers Australian citizens and permanent residents.

Student support services
Our student advisors will help with all aspects of your study. They can assist you with career advice, study skills, advice on academic issues and course planning. They can also guide you through the application process. The School also employs a professional counsellor. Students requiring a counselling session should speak to student services for an appointment and conditions.
INTERNATIONAL STUDENTS WELCOME

The College welcomes international students from many different countries.

Our CRICOS accredited courses allow international students the opportunity to pursue an Australian qualification in fitness while enjoying everything Australia has to offer.

International students can find more details about how to apply, course timetables and English proficiency information at our website ACSF.edu.au

‘HANDS-ON’ PRACTICAL CLASSES

Our courses include elements that will provide you with important practical experience for your new career.

Fitness students will get the opportunity to practice their skills in real life gyms, guided by experienced fitness professionals. Our massage students get to work with real clients in our massage clinic, overseen by knowledgeable massage therapists.

Our goal is to make you job-ready and confident in your abilities by the time you graduate.

FITNESS SAMPLE TIMETABLE

<table>
<thead>
<tr>
<th>Session</th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - AM</td>
<td>Fitness Practical</td>
<td>Fitness Practical</td>
</tr>
<tr>
<td>2 - PM</td>
<td>Fitness Theory</td>
<td>Fitness Theory</td>
</tr>
</tbody>
</table>

+ 5 hours of home study per week on average

4 intakes each year - January/April/July/October

MASSAGE SAMPLE TIMETABLE

<table>
<thead>
<tr>
<th>Session</th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Massage Lesson</td>
<td>Massage Lesson</td>
</tr>
<tr>
<td>2</td>
<td>Massage Lesson</td>
<td></td>
</tr>
</tbody>
</table>

+ 40 hours per term of student clinic

+ 5 hours of home study per week on average

4 intakes each year - January/April/July/October

For more information visit ACSF.edu.au

- Detailed course & qualification information
- Enrolment & application information
- Timetables
- Tuition fees
- Free sample courses
- International Student Information
## HOW TO ENROL

<table>
<thead>
<tr>
<th>STEPS</th>
<th>APPLICATION PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Apply to the Australian College of Sport and Fitness</strong></td>
</tr>
<tr>
<td></td>
<td>- Select your preferred course, campus and study days</td>
</tr>
<tr>
<td></td>
<td>- Complete the online application</td>
</tr>
<tr>
<td>2</td>
<td><strong>Accept your Letter of Offer</strong></td>
</tr>
<tr>
<td></td>
<td>- Our Admissions Team will review your application and send you a Letter of Offer</td>
</tr>
<tr>
<td></td>
<td>- Follow the instructions on the Letter of Offer</td>
</tr>
<tr>
<td></td>
<td>- Please note that every Letter of Offer has an expiry date</td>
</tr>
<tr>
<td>3</td>
<td><strong>Confirmation of Enrolment (CoE)</strong></td>
</tr>
<tr>
<td></td>
<td>- Once we have received the Letter of Offer acceptance and payment, you will be issued a Confirmation of Enrolment (CoE) which you will need to apply for your student visa</td>
</tr>
</tbody>
</table>

Questions? Contact us at ACSF.edu.au

"I am very thankful that I decided to study with Australian College Sport & Fitness. I have enjoyed every aspect of the course. My teachers have always been enthusiastic and interactive with the students." Maiara Belo
YOUR MASSAGE CAREER STARTS HERE!