YOUR FITNESS CAREER STARTS HERE!
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
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 SIS30315</td>
<td>Full Time 9 Months 3 x 10 week terms + holiday periods</td>
<td>Fitness Instructor, Gym Instructor, Group Instructor</td>
</tr>
<tr>
<td>Certificate IV in Fitness SIS40215</td>
<td>Full Time 9 Months 3 x 10 week terms + holiday periods</td>
<td>Personal Trainer</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Course</th>
<th>Entry Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate III in Fitness</td>
<td>No Requirements</td>
</tr>
<tr>
<td>Certificate IV in Fitness</td>
<td>Certificate III in Fitness</td>
</tr>
</tbody>
</table>
**Sport Management Programs**

**Course** | **Duration**
--- | ---
Diploma of Sport and Recreation Management - General Program SIS50115 | 4 Terms (12 Months)
Diploma of Sport and Recreation Management - Fitness Program SIS50115 | 4 Terms (12 Months)

**Diploma of Sport & Recreation Management – General Program**
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 compliments 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.

**Modules**

1. Marketing the Sport and Recreation Organisation
2. Facility Management Essentials for the Sport and Recreation Manager
3. Client Services in Sport and Recreation
4. Accounting and Financial Management for the Sport and Recreation Organisation
5. Sports Sponsorship Management
6. Human Resources Management
7. Legislation and Compliance in the Sport and Recreation Industry
8. Business Planning and Operations for the Sport and Recreation Organisation
Sport Management Programs

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.

Opportunity to gain a second BONUS Diploma of Fitness
Students who choose to undertake the Diploma of Sport & Recreation Management – Fitness Program will have the opportunity to gain a second bonus Diploma of Fitness (SIS50215) to further enhance their professional qualifications.

At the completion of the Diploma of Sport & Recreation Management – Fitness program students can request a credit transfer of their units toward their second Diploma of Fitness (SIS50215).

Students will only be required to complete the following remaining units to gain their second bonus qualification:

<table>
<thead>
<tr>
<th>Modules</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Marketing the Sport and Recreation Organisation</td>
</tr>
<tr>
<td>2 Business Planning and Operations</td>
</tr>
<tr>
<td>3 Legislation and Compliance in the Sport and Recreation Industry</td>
</tr>
<tr>
<td>4 Human Resources Management</td>
</tr>
<tr>
<td>5 Accounting and Financial Management for the Sport and Recreation Organisation</td>
</tr>
<tr>
<td>6 Advanced Personal Training Techniques</td>
</tr>
<tr>
<td>7 Health Promotion</td>
</tr>
<tr>
<td>8 Injury Prevention Management</td>
</tr>
</tbody>
</table>

CHCCOM002 Use communication to build relationships
CHCPRP003 Reflect on and improve own professional practice
HLTAID006 Provide advanced first aid*
HLTOPP402C Assess readiness for and effect behaviour change
* Provide advanced first aid will require either attendance at a Sydney campus workshop or completion via an external provider and this will be at the student’s own cost.

The College will offer these units via distance education**.
**Due to ASQA regulations, students will only be able to study these additional units once they are not on a student visa anymore.

The additional fees for these units are currently a) First aid $245 (Sydney campus only) or externally through another provider and b) Distance education of remaining units is $695. Fees subject to change.

Note, the Diploma of Fitness (SIS50215) require 12 months post Certificate IV in Fitness vocational experience as a pre-requisite. This requirement will be met through participation in the 12 month Diploma of Sport & Recreation – Fitness Program with this College.
The Australian College of Sport and Fitness delivers the following nationally recognised qualifications:

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate IV in Massage Therapy</td>
<td>9 Months</td>
</tr>
<tr>
<td>Diploma of Remedial Massage – General Program</td>
<td>18 Months</td>
</tr>
<tr>
<td>Diploma of Remedial Massage – Specialisation Program</td>
<td>24 Months</td>
</tr>
</tbody>
</table>

**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:

**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 further 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 Program**
The Diploma of Remedial Massage – Specialisation Program offers you all the great training of the Diploma, with the addition of electives that match your area of interest. Some of the electives you may be learning are:

- Aromatherapy
- Shiatsu
- Rehabilitation Massage
- Reflexology
- Pregnancy Massage
- Sports II Massage
- Pregnancy Massage
- Sports II Massage

**Module**

<table>
<thead>
<tr>
<th>Module</th>
<th>Module Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massage Foundations</td>
<td>1</td>
</tr>
<tr>
<td>Massage Techniques</td>
<td>2</td>
</tr>
<tr>
<td>Provide First Aid</td>
<td>3</td>
</tr>
<tr>
<td>Health Science</td>
<td>4</td>
</tr>
<tr>
<td>Safe Work Practices</td>
<td>5</td>
</tr>
<tr>
<td>The Massage Business</td>
<td>6</td>
</tr>
<tr>
<td>Professional Practice</td>
<td>7</td>
</tr>
<tr>
<td>Student Clinic</td>
<td>8</td>
</tr>
<tr>
<td>Sports Massage</td>
<td>9</td>
</tr>
<tr>
<td>Remedial Massage Techniques A (Prac &amp; Theory)</td>
<td>10</td>
</tr>
<tr>
<td>Remedial Massage Techniques B (Prac &amp; Theory)</td>
<td>11</td>
</tr>
<tr>
<td>Remedial Massage Techniques C (Prac &amp; Theory)</td>
<td>12</td>
</tr>
<tr>
<td>Nutrition</td>
<td>13</td>
</tr>
<tr>
<td>Advanced Health Science</td>
<td>14</td>
</tr>
</tbody>
</table>
All our 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>Certificate IV in Fitness</th>
<th>Diploma of Sport and Recreation Management – Fitness Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Months</td>
<td>9 Months</td>
<td>12 Months</td>
</tr>
</tbody>
</table>

= 2.5 Years

**Health & Fitness Entrepreneur Pathway**

Compliment 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>Diploma of Sport and Recreation Management – General Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Months</td>
<td>9 Months</td>
<td>18 Months</td>
<td>12 Months</td>
</tr>
</tbody>
</table>

= 4 Years
LIVING IN AUSTRALIA

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, 225 Clarence Street
Sydney NSW 2000
P: +612 9112 4599  E: Sydney@acsf.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 Melbourne campus is located within the Melbourne University Sports Centre.

Melbourne University Sport, Level 1, 183 Bouverie Street
Carlton VIC 3053
P: +613 8687 0648  E: Melbourne@acsf.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, 3 Price Street
Perth WA 6008
P: +618 9388 3153  E: Perth@acsf.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!

We just moved to a vibrant new city campus and our new address is:

Level 4, 243 Edward Street
Brisbane City QLD 4000
P: +617 3188 3778  E: Brisbane@acsf.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/docs/alg_is_englishrequirements.pdf

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 $95 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></th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1 - AM</td>
<td>Fitness Practical</td>
<td>Fitness Practical</td>
</tr>
<tr>
<td>Session 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></th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Massage Lesson</td>
<td>Massage Lesson</td>
</tr>
<tr>
<td>Session 2</td>
<td>Massage Lesson</td>
<td>Massage Lesson</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!