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 worldwide.

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!
COURSE OVERVIEW

✓ Nationally Recognised Qualifications
✓ International Recognition
✓ Classroom or Home Study
✓ International Students Welcome

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.

JUST SOME OF THE TOPICS STUDENTS WILL LEARN IN OUR PROGRAMS INCLUDE:
- Fitness Screening and assessment of new clients
- Monitoring 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
- Principles of good nutrition
- Plan exercise programs for your clients
- Monitor a client’s fitness level and development
- Postural assessment
- Sports Sponsorship Management
- Marketing the Sport and Recreation Organisation
- The Fitness Business

EXPLORE ADDITIONAL QUALIFICATIONS
Our College is part of a group that offers many more qualifications. Students can combine a variety of courses to create your own tailor made learning experience.

Additional programs you can explore include:
- Dance Teaching
- Massage Therapy
- Sport & Recreation Management
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

HOW DO YOU LEARN BEST?
Our College offers both classroom and home study learning options for students*.

Classroom programs focus on a ‘hands-on’ approach to learning. You will get plenty of practical experience as well as theory lessons that are fun and dynamic. This allows students to immediately put theory into practice. This is a great opportunity to learn fitness skills in a real life setting.

If you need more flexibility to achieve your fitness qualifications then a quality home study program is a perfect option. As a student you will enjoy a course that combines easy-to-follow course notes plus practical assignments and video submissions.

*Note: International students are required to undertake classroom programs

Sample Timetable

<table>
<thead>
<tr>
<th>Session 1 - AM</th>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<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

For more information visit
Home Study ACSF.com.au
International Students ACSF.edu.au

- Detailed course & qualification information
- Enrolment & application information
- Timetables
- Tuition fees
- Free sample courses
- International Student Information
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.

- **Diploma of Fitness (SIS50215)** – For Personal Trainers who are looking to take the next step in their career, this qualification is the ideal way to gain competence in advanced personal training as well as the business side of the fitness industry.

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Job Outcome</th>
<th>Study Mode</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>
<td>✓ Home Study, ✓ Classroom</td>
</tr>
<tr>
<td>SIS30315</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Certificate IV in Fitness</td>
<td>Full Time 9 Months</td>
<td>Personal Trainer</td>
<td>✓ Home Study, ✓ Classroom</td>
</tr>
<tr>
<td>SIS40215</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diploma of Fitness</td>
<td>Full Time 12 Months</td>
<td>Advanced Personal Trainer, Personal Trainer Manager</td>
<td>✓ Home Study</td>
</tr>
<tr>
<td>SIS50215</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Certificate III in Fitness

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

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

Diploma of Fitness

An ACSF Diploma of Fitness allows our graduates to perform a range of activities and functions within the fitness industry. The Diploma of Fitness has both advanced personal training and management focuses. Graduates of this course will have substantial depth of knowledge to plan, conduct and evaluate advanced exercise programs. They will also be able to establish injury prevention strategies with guidance from medial professionals.

Topics include:
- Advanced Personal Training
- Marketing the Sport and Recreation Organization
- Health Promotion
- Injury Prevention
- Human Resource Management
- Communications
- Accounting in the Sport and Recreation Organization
- Legislation and Compliance in the Sport and Recreation Industry

Course | Entry Requirement
--- | ---
Certificate III in Fitness | No Requirements
Certificate IV in Fitness | Certificate III in Fitness
Diploma of Fitness | Certificate IV in Fitness*

*Students also must have at least one year of experience in the fitness industry after graduating from the Certificate IV in Fitness and applying the knowledge gained in that qualification
The Diploma of Sport & Recreation Management 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Job Outcomes</th>
<th>Study Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diploma of Sport and Recreation Management</td>
<td>Full Time 12 Months</td>
<td>Sports Administrator</td>
<td>✓ Home Study</td>
</tr>
<tr>
<td>SIS50712</td>
<td>Part Time 24 Months</td>
<td>Sports Marketer</td>
<td>✓ Classroom</td>
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<tr>
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<td></td>
<td>Sports Manager</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Event Manager</td>
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**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
Massage Programs

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

- **Professional Massage Certificate**
  The Professional Massage Certificate is the perfect entry point for first time students into the massage industry. Graduates of the Professional Massage Certificate will be able to register with the Massage Association of Australia and obtain professional massage insurance prior to starting their own massage practice and massage career.

- **Certificate IV in Massage Therapy (HLT42015)**
  This 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.

- **Diploma of Remedial Massage (HLT52015)**
  This qualification is recommended for practitioners looking to upgrade their skills and education qualifications. The Diploma of Remedial Massage offers more advanced massage techniques.

### Module

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

### Course Entry Requirement Study Mode

<table>
<thead>
<tr>
<th>Course</th>
<th>Entry Requirement</th>
<th>Study Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Massage Certificate</td>
<td>No Requirements</td>
<td>✓ Home Study only</td>
</tr>
<tr>
<td>Certificate IV in Massage Therapy</td>
<td>No Requirements</td>
<td>✓ Home Study ✓ Classroom</td>
</tr>
<tr>
<td>Diploma of Remedial Massage</td>
<td>No Requirements</td>
<td>✓ Home Study ✓ Classroom</td>
</tr>
</tbody>
</table>
Our Home Study courses allow you to achieve your fitness and sport management qualifications in your own time and without the pressure of a forced timetable. The courses available for home study include:

- Certificate III in Fitness
- Certificate IV in Fitness
- Diploma of Fitness
- Diploma of Sport & Recreation Management
- Certificate IV in Massage Therapy
- Diploma of Remedial Massage

Worried about studying from home?

The College offers some great help options to support your Home Study. For an additional fee, students can arrange.

**ACSF** has some additional home study help options:

- **Classroom Drop In:** Students have the options to attend our classroom sessions and be taught face-to-face for topics of their choice
- **Private Mentoring:** With tutors located all around Australia, students can gain additional one on one, individualised coaching

**Why Home Study?**

- 100% flexible and self-paced
- Start any time
- Includes practical training & learning
- Includes industry experience
- Includes full tutor support

**Your Learning Pack**

You will have access to comprehensive set of resources to complete your course. Depending on which qualification you are completing these may include:

- Module booklets
- Course guide
- Tutor support
- Access 24/7 to our Online Learning Centre
- Practical log book
- USB stick with additional learning resources and templates
- Online Library

**STUDY from just $29 per week**
Classroom Study

Face-to-Face Learning with Industry Professionals

The College offers an exciting campus based training option for students. These classes are highly motivating and interactive, that involve hands-on instruction, demonstration and practice in highly supervised classroom and fitness centre situations.

Qualification: Certificate III in Fitness

- 30 weeks full time
- Your weekly timetable will include:
  - 10 hours of Practical Fitness Sessions
  - 10 hours of Theory Fitness Sessions
- +includes First Aid qualification

Qualification: Certificate IV in Fitness

- 30 weeks full time
- Your weekly timetable will include:
  - 10 hours of Practical Fitness Sessions
  - 10 hours of Theory Fitness Sessions

Qualification: Diploma of Sport and Recreation Management

- 40 weeks full time
- Your weekly timetable will include:
  - 4 x Classroom Sessions

Qualification: Certificate IV in Massage Therapy

- 30 weeks full time
- Your weekly timetable will include:
  - 10 hours of Practical Fitness Sessions
  - 10 hours of Theory Fitness Sessions
- +includes First Aid qualification

Qualification: Diploma of Remedial Massage

- 60 weeks full time
- Your weekly timetable will include:
  - 10 hours of Practical Fitness Sessions
  - 10 hours of Theory Fitness Sessions

Why Classroom Study?

- Structured face to face learning
- Suits students with more time
- 4 intakes per year
- Practical sessions at live fitness centres

1300 404 305
ACSF.com.au
The College supports students by offering Payment Plans on programs. These start from $29 per week after a course deposit is paid. Different Payment Plans are available for different programs. Please contact our Student Advisors for more information about Payment Plans.

Need Financial Assistance?

The College supports students by offering Payment Plans on programs. These start from $29 per week after a course deposit is paid. Different Payment Plans are available for different programs. Please contact our Student Advisors for more information about Payment Plans.

Centrelink – Austudy and Abstudy

Our fitness courses are Austudy and Abstudy approved and listed on the Centrelink database of approved courses.

FAQ

How can I become a personal trainer?
Personal Trainers require two nationally accredited qualifications – the Certificate III in Fitness and the Certificate IV in Fitness. With these two qualifications you are then able to gain membership with the leading fitness associations – Fitness Australia or Physical Activity Australia. The College offers several study programs where you can obtain these two qualifications, simultaneously. In addition, our programs ensure you gain valuable industry experience and contacts even before you graduate.

When can I start?
Any time! Most of our courses are tailor made programs to suit the student. So you can start at any time.

Can I study part time?
Absolutely! Programs can be tailor made for you and your situation. Many of our students have full time jobs and complete the program around this.

What are the job options like?
Very strong. The health and fitness industry offers many opportunities for graduates. You can find yourself in roles as diverse as private gyms, corporate fitness facilities, fitness studios or operating your own personal training business.

How long do the programs usually take?
Students have 18 months to complete each qualification, however depending on your experience and the amount of time you can dedicate to your studies, you will be able to graduate much earlier than that.

Are the fitness courses accredited?
Yes. As one of the leading institutes of fitness in Australia, our study programs lead to nationally recognised qualifications that are assessed against the Australian Quality Training Framework which is responsible for assuring the quality of the vocational education and training system. Students with these qualifications will also be able to register with Fitness Australia or Physical Activity Australia who are the leading associations for fitness professionals in Australia. Registration with Fitness Australia is the benchmark for fitness industry standards across Australia and internationally.

When can I get a job?
After successfully completing the program, you will be eligible to gain registration and insurance from Fitness Australia and work anywhere in Australia.
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.*
## HOW TO ENROL

<table>
<thead>
<tr>
<th>STEPS</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>Download the enrolment or application form from our website</td>
</tr>
<tr>
<td>Step 2</td>
<td>Select your preferred course, campus and study days</td>
</tr>
<tr>
<td>Step 3</td>
<td>Email your enrolment or application form to the college</td>
</tr>
<tr>
<td>Step 4</td>
<td>Our Student Advisors will contact you to confirm your enrolment or application</td>
</tr>
</tbody>
</table>

**Additional Steps for International Students**

| Step 5 | After reviewing your application you will receive a Letter of Offer. Follow the instructions on the Letter of Offer. Please note that every Letter of Offer has an expiry date |
| Step 6 | Once we have received the signed Letter of Offer and payment, you will be issued a Confirmation of Enrolment (CoE) which you will need to apply for your student visa. |

"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
WHY AUSTRALIAN COLLEGE OF SPORT & FITNESS?

✓ ENJOY FUN CLASSES
Our ‘hands-on’ approach to learning means you will gain plenty of practical experience. Our theory lessons are fun and dynamic.

✓ GREAT JOB OUTCOMES
Graduating students can expect to apply for fitness jobs such as:
- Gym Instructor
- Personal Trainer
- Sports Manager
- Massage Therapist

✓ AWARD WINNING EDUCATION AND 30 YEARS EXPERIENCE
Our colleges enjoy an excellent industry reputation for delivering quality education for over 30 years. We have been a finalist for both the Australian Council for Private Education and Training and Victorian International Education Awards.

Campus Locations
AUSTRALIA WIDE

Sydney campus
Head Office
Level 1, 225 Clarence Street,
SYDNEY, NSW 2000
International: acsf.edu.au
Home Study: acsf.com.au

Melbourne campus
Lincoln Square Fitness
Level 1, 183 Bourke Street
Carlton, VIC 3053
International: acsf.edu.au
Home Study: acsf.com.au

Perth campus
Lords Recreation Centre
3 Price Street
Subiaco, WA 6008
International: acsf.edu.au
Home Study: acsf.com.au

Brisbane campus
University of Queensland
Sport and Fitness
Building 25, Union Road
St Lucia, QLD 4067
International: acsf.edu.au
Home Study: acsf.com.au

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Australian College of Sport & Fitness
is a trading name of the Australian Learning Group
RTO 91165 CRICOS 03071E (NSW, VIC, WA, QLD)