

Combined Cert III & Cert IV in Fitness Fast Track Program

SYDNEY CAMPUS

| Term | Week | Wk Commencing | Session Type | Duration* | Location | | |
|--------------------|---------------|---------------------|---|---------------------|---------------|----------|---|
| | | | | | Campus/Gym | External | |
| Term 1 of 2 | 1 | 30-Jan | Course Induction | Monday 2-4pm | ● | | |
| | | | Fitness Practical | 2 x 4 hours | ● | | |
| | | | | Fitness Theory | 2 x 3.5 hours | ● | |
| | | | | Fitness Tutorial | 3 hours | ● | |
| | | | | Case Study Project | 5+ hours | | ● |
| | | | | Assignment Projects | 3+ hours | | ● |
| | 2 | 6-Feb | Fitness Practical | 2 x 4 hours | ● | | |
| | | | Fitness Theory | 2 x 3.5 hours | ● | | |
| | | | Case Study Project | 5+ hours | | ● | |
| | | | Assignment Projects | 3+ hours | | ● | |
| 3 | 13-Feb | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Fitness Tutorial | 3 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 4 | 20-Feb | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 5 | 27-Feb | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Fitness Tutorial | 3 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 6 | 5-Mar | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 7 | 12-Mar | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Fitness Tutorial | 3 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 8 | 19-Mar | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 9 | 26-Mar | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| | | Case Study Project | 5+ hours | | ● | | |
| | | Assignment Projects | 3+ hours | | ● | | |
| 10 | 2-Apr | Fitness Practical | 2 x 4 hours | ● | | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | | |
| Term Break | | | Practical Placement - <i>Option 1**</i> | 30 hours | ● | | |
| Term 2 of 2 | <i>starts</i> | 19-Apr | The second Term of studies follows identical timetable structure to your first term. Term 2 commences on 19th April 2012 for 10 weeks Practical Placement - <i>Option 2** at end of second term.</i> | | | | |

* Duration for external tasks is an estimate which will be different for each student ** Students decide when to complete Practical Placement

Fitness PRACTICAL Preferences ► [] Tues & Wed AM [] Tues & Wed PM [] Thur & Fri AM [] Thur & Fri PM
 Fitness THEORY Preferences ► [] Tues & Wed AM [] Tues & Wed PM [] Thur & Fri AM [] Thur & Fri PM
 Fitness TUTORIALS Scheduled Mondays (pm) - Sydney Campus
We will attempt to match your preferences but availability may restrict first selection.

Combined Cert III and Cert IV In Fitness



PERTH CAMPUS

| Term | Week | Wk commencing | Session Type | Duration* | Location | |
|--------------------|---------------|---------------------|--|----------------|------------|----------|
| | | | | | Campus/Gym | External |
| Term 1 of 2 | 0 | 27-Jan | Course Induction | Friday 10:30am | ● | |
| | 1 | 30-Jan | Fitness Practical | 2 x 4 hours | ● | |
| | | | Fitness Theory | 2 x 3.5 hours | ● | |
| | | | Fitness Tutorial | 3 hours | ● | |
| | | | Case Study Project | 5+ hours | | ● |
| | | | Assignment Projects | 3+ hours | | ● |
| | 2 | 6-Feb | Fitness Practical | 2 x 4 hours | ● | |
| | | | Fitness Theory | 2 x 3.5 hours | ● | |
| | | | Case Study Project | 5+ hours | | ● |
| | | | Assignment Projects | 3+ hours | | ● |
| 3 | 13-Feb | Fitness Practical | 2 x 4 hours | ● | | |
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| | | Fitness Tutorial | 3 hours | | ● | |
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| | | Assignment Projects | 3+ hours | | ● | |
| 4 | 20-Feb | Fitness Practical | 2 x 4 hours | ● | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | |
| | | Case Study Project | 5+ hours | | ● | |
| | | Assignment Projects | 3+ hours | | ● | |
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| | | Case Study Project | 5+ hours | | ● | |
| | | Assignment Projects | 3+ hours | | ● | |
| 7 | 12-Mar | Fitness Practical | 2 x 4 hours | ● | | |
| | | Fitness Theory | 2 x 3.5 hours | ● | | |
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| | | Assignment Projects | 3+ hours | | ● | |
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| | | Case Study Project | 5+ hours | | ● | |
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| | | Assignment Projects | 3+ hours | | ● | |
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* Duration for external tasks is an estimate which will be different for each student ** Students decide when to complete Practical Placement

Fitness PRACTICAL Preferences ► [] Mon & Wed AM

Fitness THEORY Preferences ► [] Mon & Wed PM

Fitness TUTORIALS Scheduled Fridays (pm) - Perth Campus



FLEXIBLE LEARNING

| PROGRAM | Available | Location |
|--|---------------|----------------|
| <p>▶ ULTIMATE Fitness Trainer Program This study program combines the delivery and assessment of two nationally recognised qualifications – the Certificate III in Fitness (SIS 30310) and the Certificate IV in Fitness (SIS40210)</p> | Start Anytime | Australia Wide |
| ▶ Certificate III Fitness (SIS30310) – Distance | Start Anytime | Australia Wide |
| ▶ Certificate IV Fitness (SIS40210) – Distance | Start Anytime | Australia Wide |



add on ULTIMATE Fitness Experience Pack

CAMPUS LOCATIONS - Gym campuses are where practical placements are arranged for students for an additional fee. New gym campuses are opening all the time, so check with ACSF careers advisors. Note placements are subject to availability. If you plan to arrange your own gym placement ACSF can provide a letter of reference.

| State | Location | Gym Campus | PT Partners |
|-------|------------------|------------|-------------|
| NSW | Sydney- Central | • | • |
| | Sydney - West | • | • |
| | Newcastle Region | | • |
| | Wollongong | | • |
| | Taree | | • |
| ACT | Canberra | • | • |
| WA | Perth | • | • |
| VIC | Melbourne | • | • |
| QLD | Gold Coast | | • |

ACSF partner with leading fitness centres for practical training venues and placements

