Making Fitness Your Future

www.selcfitness.edu.au
Our Mission
Making Fitness your future
SELC Sport and Fitness Career College (SSFCC) offers the opportunity for students to gain a recognised qualification enabling them to work professionally in the fitness industry.

It is our mission to combine the passion of future fitness professionals, with the expertise and knowledge of empathetic trainers, in a unique health orientated environment.

Studying at SELC Sport and Fitness Career College will open your eyes to the wide variety of options offered in the world of health and fitness. We help you establish yourself as a professional in the industry by keeping you up to date with the latest exercise trends, giving you plenty of ‘hands on’ experience, and encouraging you to have a deeper understanding of fitness.

Our philosophy is simple. Everything you study at SSFCC is designed to help you become more knowledgeable, skilful, versatile and successful.

Quite simply … we aim to make fitness your future!

Facilities
SELC Sport and Fitness Career College provides
- A fully equipped Fitness Instruction Training Room – “F.I.T” Room
- Dedicated theory rooms
- Computer labs for research and assignment work
- A library resource centre

The Fitness Instruction Training Room
The F.I.T Room is our purpose-built practical training environment, which provides an ‘industry realistic setting’ to maximise learning outcomes for our future fitness instructors. All students must follow the F.I.T Room Code of Conduct.

The F.I.T Room has a range of industry standard cardiovascular, strength training, free weight and fitness testing equipment to assist students to gain the best practical understanding of the subjects taught.

Aqua training facility
SSFCC uses the following venues to deliver and assess our aqua-related subjects:
- UNSW Fitness and Aquatic Centre (Olympic sized pool)
- Swimming pools and natural confined shallow water venues selected by partner organisation Surf Life Saving NSW.

What we offer
<table>
<thead>
<tr>
<th>Certificate</th>
<th>Duration</th>
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<tbody>
<tr>
<td>SIS30310 Certificate III in Fitness</td>
<td>26 weeks</td>
</tr>
<tr>
<td>SIS40210 Certificate IV in Fitness</td>
<td>40 weeks</td>
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</tbody>
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World Famous Location
Bondi, Australia is famous as a vibrant and healthy area. SSFCC is located a short bus ride from Bondi beach. With plenty of gyms, exercise studios, parks and beautiful beaches, what better location is there to gain a qualification in fitness?
SIS30310 CERTIFICATE III IN FITNESS

CRICOS CODE: 079396M

COURSE INFORMATION

Do you want to become a group fitness instructor?

SIS30310 Certificate III in Fitness delivered by SEJC Sport & Fitness

Career College provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. The elective grouping of this qualification is suitable for people interested in group exercise programs.

ENTRY REQUIREMENTS

All international students must be at least 18 years of age and provide evidence of the following entry requirements:

1. Academic: year 12 or equivalent and above;
2. English language: IELTS 5.5 or equivalent and above

Prospective students who provide an AQF Certificate III in Fitness provide evidence of the following entry requirements:

1. Academic: year 12 or equivalent and above;
2. English language: IELTS 5.5 or equivalent and above

TYPICAL WORKING CONDITIONS

Students will only be allowed to enter the Fitness Instruction Training room if wearing the SSFCC fitness uniform with suitable gym training shoes as if wearing the SSFCC fitness uniform.

COURSE CONTENT

SIS30310 Certificate III in Fitness focuses on providing the practical skills and knowledge for a graduate to provide professional fitness group exercise instruction in a confident, contemporary and dynamic way.

To achieve the Certificate III in Fitness, 15 units of competency must be completed:

- **10 core units**
- **5 elective units**

**These are:**

- Working in a Sport/Fitness Environment
- Risk Analysis, Occupational Health & Safety and First Aid
- Anatomy and Physiology for Fitness
- Nutrition for Fitness
- Fitness Orientation and Health Screening / Health Assessment
- Undertake client health assessment
- Fitness Programs & Equipment
- Specialisation – Group Exercise
- Customer Service
- Water Based Fitness
- Gym Programs

**Unit of Competency** | **Core or Elective**
--- | ---
SISXIND101A | core
SISXOHS101A | core
SISXFAC207 | core
SISXFIT302A | core
SISXFIT303A | core
SISXFIT304A | core
SISXFIT306A | core
SISXFIT307A | core
SISXFIT308A | core
SISXFIT310A | elective
SISXIND101A | core

**ASSESSMENT REQUIREMENTS**

The assessment tasks have been designed to test, in a practical and realistic manner, the skills and knowledge that make up a Group Exercise Instructor. Every unit of competency has an average of two-three assessment tasks, ranging from practical tasks, such as demonstrations or simulations and role plays, to written tasks, such as reports, question and answers, case studies, and in some cases project work involving real fitness clients.

Some practical assessments will need to be completed within a real industry environment. In this case, SEJC Sport and Fitness Career College will monitor your progress and make sure that your supervisor can sign off for each assessment task completed.

REAL INDUSTRY EXPERIENCE

Integrated into the Certificate III in Fitness is ‘real industry experience’ undertaken with SSFCC partner industry organisations. Whilst SSFCC has the practical facilities to deliver and assess the Certificate III in Fitness, exposure to real industry environments makes the learning experience industry relevant. We believe there is no replacement for real world experience!

The idea of the real industry experience is to enhance students’ learning experience and make SSFCC graduates, as future fitness instructors, more knowledgeable, skillful, versatile and successful.

Through real industry experience with partner organisations, SSFCC will keep students up-to-date with the latest trends and encourage a deeper understanding of fitness.

EXIT POINT/AWARD

SIS30310 Certificate III in Fitness (AQF = 3)

This qualification is recognised nationally under the Australian Qualifications Framework (AQF)

Each module has a different focus and theme with an appropriate balance of practical, theoretical and real industry exposure. Delivery and assessment will be conducted in the Fitness Instruction Training (F.I.T) room, theory room and computer labs.

TRAINING REQUIREMENTS

The Certificate III in Fitness is delivered 20 hours per week full time over 26 weeks (20 weeks delivery / 6 weeks holiday). The course includes face to face institution-based training using theoretical material for underpinning knowledge and practical sessions in the F.I.T Room involving the use of fitness equipment to improve skills. The timetable is as follows:

- 2 x 4 hours per week theory and practical learning (8.30 am – 5.45 pm)
- 1 x 4 hours per week supervised study (8.30 am – 12.45 pm)

CRICOS CODE: 079396M

Module C: Specialisation - Group Exercise

- Gym Programs
- Water Based Fitness
- Customer Service
- Fitness for specific markets & populations
- Maintenance and sport recreation equipment for activities
- Plan and deliver group exercise sessions
- Develop and apply an awareness of specific populations
- Plan and deliver water based fitness**

** SISXIND101A Apply first aid”
** SSFCC will keep students up-to-date with the latest trends and encourage a deeper understanding of fitness.

** SISXFIT302A Plan and deliver water based fitness will be delivered at UNSW Fitness and Aquatic Centre, The University of New South Wales, Kensington.
SIS40210 CERTIFICATE IV IN FITNESS
CRICOS CODE: 080255C

COURSE DESCRIPTION

Do you want to become a personal trainer? SIS40210 Certificate IV in Fitness enables you to be competent in a range of activities and functions within the fitness industry, including working independently in fitness centres, gyms, pools, community facilities or in some cases, open outdoor spaces. Students graduating with this level of competency will be expected to train individual clients (including older clients, children and special population groups). This course is your pathway to becoming a personal trainer.

SSFCC’s Certificate IV in Fitness has been customised with an exciting collaboration between Surf Life Saving NSW and SSFCC, to offer the Aqua Trainer Specialisation. In addition to learning the skills and methodologies to help you become a personal trainer, you will also be provided with a unique opportunity from SSFCC to learn the skills and knowledge required for a career as an Aqua Trainer, learning from the experienced trainers at Surf Life Saving NSW.

ENTRY REQUIREMENTS

All international students must be at least 18 years of age and provide evidence of the following entry requirements:
1. 1. Academic: year 12 or equivalent and above; and
2. English language: IELTS 5.5 or equivalent and above

CPR certificate and who have achieved the following units of competency:
- SISFFIT419A Undertake exercise programming
- SISFFIT420A Undertake long term exercise programming
- SISFFIT421A Undertake appraisal of functional movement
- SISFFIT422A Undertake physiotherapy principles

To achieve the Certificate IV in Fitness, 15 units of competency must be completed:
- 10 core units
- 5 elective units

The delivery and assessment of this program has been clustered into three thematic-based learning modules, comprising dynamic theory and practical sessions.

These are:

<table>
<thead>
<tr>
<th>Module A</th>
<th>Module B</th>
<th>Module C</th>
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<tbody>
<tr>
<td>Module A</td>
<td>Module B</td>
<td>Module C</td>
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<tr>
<td>Personal Trainer</td>
<td>Personal Trainer</td>
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<td>Professional Collaboration</td>
<td>Exercise Science Principles</td>
<td>Motivational Psychology</td>
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<tr>
<td>SISFFIT420A</td>
<td>SISFFIT417A</td>
<td>SISFFIT418A</td>
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<tr>
<td>Plan and deliver exercises programs to support desired body composition outcomes</td>
<td>Undertake long term exercise programming</td>
<td>Apply exercise science principles to planning exercise programmes</td>
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<tr>
<td>SISFFIT419A</td>
<td>SISFFIT419A</td>
<td>SISFFIT421A</td>
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<tr>
<td>Undertake appraisal of functional movement</td>
<td>Undertake appraisal of functional movement</td>
<td>Undertake legal and risk management requirements of small business</td>
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<tr>
<td>SISBFM404A</td>
<td>BSBSMB403A</td>
<td>BSBSMB404A</td>
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<tr>
<td>Market the small business</td>
<td>Undertake small business planning</td>
<td>Undertake small business planning</td>
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<tr>
<td>SISCAQU307A</td>
<td>BSBSMB403A</td>
<td>BSBSMB404A</td>
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<tr>
<td>Perform basic water rescue</td>
<td>Perform basic water rescue</td>
<td>Perform basic water rescue</td>
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<tr>
<td>SISCAQU307A</td>
<td>BSBSMB403A</td>
<td>BSBSMB404A</td>
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<tr>
<td>Perform advanced water rescue*</td>
<td>Perform advanced water rescue*</td>
<td>Perform advanced water rescue*</td>
</tr>
<tr>
<td>BSBSMB403A</td>
<td>BSBSMB404A</td>
<td>BSBSMB404A</td>
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<tr>
<td>Implement inclusive aquatic activities for specific population groups*</td>
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SWIMMING SKILL TESTING AND PROFICIENCY

As the ‘Aqua Trainer’ electives have been included in the SIS40210 Certificate IV in Fitness, SSFCC must ensure that all students who have enrolled are assessed for swimming ability to guarantee that their safety and wellbeing is a priority. The Swimming Skill Testing and Proficiency* is delivered and assessed by Surf Life Saving NSW during orientation week. This is designed not to disadvantage the students but to protect their physical safety. The swimming level required is determined for students to complete a 400 metre swim in nine (9) minutes or less, unaided (goggles/mask permitted), in a swimming pool of not less than 25 metres, or over a measured open water course which will be observed prior to the student undertaking any water training or assessment activities.

The ‘Aqua Trainer’ electives have been included in the SIS40210 Certificate IV in Fitness, SSFCC must ensure that all students who have enrolled are assessed for swimming ability to guarantee that their safety and wellbeing is a priority. The Swimming Skill Testing and Proficiency* is delivered and assessed by Surf Life Saving NSW during orientation week. This is designed not to disadvantage the students but to protect their physical safety. The swimming level required is determined for students to complete a 400 metre swim in nine (9) minutes or less, unaided (goggles/mask permitted), in a swimming pool of not less than 25 metres, or over a measured open water course which will be observed prior to the student undertaking any water training or assessment activities.

DELIVERY AND ASSESSMENT

Delivery and assessment will be conducted in the SSFCC FIT Room, theory room and computer labs, and in the case of Module C, appropriate aquatic environments selected by Surf Life Saving NSW.

TRAINING REQUIREMENTS

SIS40210 Certificate IV in Fitness is delivered 20 hours per week full time over 30 weeks (30 weeks delivery / 10 weeks holiday). The course includes face to face institution based training using theory based material for underpinning knowledge and practical sessions in the FIT Room and appropriate aquatic environments provided by Surf Life Saving NSW. The timetable is as follows:
- 2 x 8 hours per week theory and practical learning (8.30 am – 5.45 pm)
- 1 x 4 hours per week supervised study (1.30- 5.45 pm)

* SISCAQU307A Perform basic water rescue, SISCAQU308A Perform advanced water rescue, and SISFFIT422A Implement inclusive aquatic activities for specific population groups will be delivered and assessed by SSFCC Partner Organisation - Surf Life Saving NSW.
SSFC’S INDUSTRY PARTNER ORGANISATIONS

SSFCC has arrangements in place to work with the following industry partners to deliver & assess SIS30310 Certificate III in Fitness and SIS40210 Certificate IV in Fitness:

Surf Life Saving NSW: To deliver and assess...
» HLTFA311A Apply First Aid (Certificate III in Fitness)
» SISCAQU020A Perform basic water rescues, SISCAQU037A Perform advanced water rescues, SISFFIT422A Implement inclusive aquatic activities for specific population groups (Certificate IV in Fitness)
» SIS40210 Certificate IV in Fitness students for swimming ability via The Swimming Skill Testing and Proficiency during orientation week

UNSW Fitness & Aquatic Centre: Use of facility for SSFCC to deliver and assess SISFIT310A Plan and Deliver Water Based Fitness - facility use (Certificate III in Fitness)

Bondi Gym: Real industry experience – primary partner for male & female students to undertake assessment, where applicable, in real industry environment (Certificate III in Fitness)

City Tattersalls Women’s Fitness Centre: Real industry experience for female students to undertake assessment in real industry environment (Certificate III in Fitness)

INDUSTRY RECOGNITION

The Certificate III in Fitness and Certificate IV in Fitness qualifications are recognised by Fitness Australia, the national association for fitness, as the qualification for those working with low-risk clients as a group exercise fitness instructor (Certificate III in Fitness) and those working as an Exercise or Personal Trainer within fitness clubs, gyms, sports centres, community recreation organisations and other venues (Certificate IV in Fitness).

» Graduates of Certificate III in Fitness from SSFCC will be eligible to become a Registered Exercise Professional (REP) with Fitness Australia.

» Graduates of Certificate IV in Fitness from SSFCC will be eligible to register with Fitness Australia in the category of an ‘Exercise Trainer’.

RESOURCES

The following resources will be provided by SSFCC at orientation, and are included in your resource fee.

» 2 x SELC Sport and Fitness Career College Polo Shirts - White (purchased from SSFCC and included in resource fees)
» Textbook & additional learning materials

Making fitness your future

Contact Details:

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