FITNESS

Keen on furthering your career in the health and fitness industry with a specialisation in exercise training? The Diploma of Fitness is the ideal qualification for fitness professionals looking to advance their career and gain expertise as specialised fitness and exercise trainers.

The qualification gives you a range of skills and knowledge to work with specific clients and create customised plans to improve their health. You will learn to:

- Create personalised exercise programs for clients and monitor progress
- Collaborate with medical or allied health professionals to make recommendations
- Apply knowledge of physiology, anatomy and pathology
- Work with specific clients including older clients and those with respiratory, metabolic or musculoskeletal conditions
- Market a small business

A Pathway To Degree Study

This course can also be used as a pathway for learners wishing to continue their studies at undergraduate level.

Course Structure

20 weeks Full-Time Online

Prerequisites

This qualification is designed for those existing fitness professionals that have considerable experience in exercise delivery. Entry to this qualification is open to those who have achieved the following units of competency and have significant vocational experience in the fitness industry:

- SISFFIT415A Work collaboratively with medical and allied health professionals
- SISFFIT416A Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
- SISFFIT417A Undertake long term exercise programming
- SISFFIT418A Undertake appraisals of functional movement
- SISFFIT419A Apply exercise science principles to planning exercise
- SISFFIT420A Plan and deliver exercise programs to support desired body composition outcomes
- SISFFIT421A Plan and deliver personal training
- BSBSMB401A Establish legal and risk management requirements of small business.

Note: Online students will need to complete Advanced First Aid with a registered first aid provider and provide a transcript of their result.

While the nature and duration of the individual’s vocational experience may vary according to the fitness business activity undertaken, evidence of the programming and delivery of a diverse range of fitness services to clients is required.

Candidates should also have the ability to speak and write in English to at least IELTS 5.5 (IELTS Academic Test preferred) or equivalent

This course is delivered by Study Group Australia Pty Limited (RTO Code: 5806), trading as Australian College of Physical Education Academy.
Online Learning Features

Study when it suits you - with no set class timetable you can study when and where you want, tailoring your education to suit your lifestyle, family and any paid work commitments.

Personal support - you’ll be guided through your studies with an interactive and web-based educational experience. You get the same high level of support as an on-campus student, maximising your chances of success;

Structured learning - regular timed intakes means you can look forward to a structured learning environment - this ensures continuous progression with all the benefits of flexible Online Learning.

Full access to course materials & resources - get full access to detailed course materials, student email, forums, live chat, recorded lectures, quizzes and assessments, links to external resources materials and videos.

Course Outline

The Diploma of Fitness consists of 13 Units of Competency, as identified in the Sport, Fitness and Recreation Training Package. All units must be successfully completed to attain the diploma. Below is an outline of the subjects included. For a full breakdown of all Units of Competency please contact our Education Managers.

Subject

| Special Populations – Cardiorespiratory Conditions |
| Special Populations – Metabolic Conditions |
| Special Populations – Older Clients |
| Special Populations – Musculoskeletal Conditions |
| Sports Trainer |
| Health Promotions |
| Managing Projects |
| Meeting Client Needs |
| Small Business Marketing |
| Exercise Management |
| First Aid – Advanced |
| Strength and Conditioning |

Course Fees and Payment Options

The diploma has a total course fee of $5,990. VET FEE-HELP is available for this course allowing you to study now, pay later. For further details on VET FEE-HELP and for the full fee schedule please visit www.upskilled.edu.au/vet-fee-help.

How to Apply

Whether you’re inquiring as an individual, or as a manager acting on behalf of one or more employees, the easiest way to apply is to contact Upskilled:

- Select from more than 80 nationally accredited certificate and diploma courses
- Complete an application form at www.upskilled.edu.au
- Submit the form and an Upskilled Education Manager will contact you.