

AUSTRALIAN COLLEGE OF
SPORT & FITNESS

SYDNEY

MELBOURNE

PERTH

BRISBANE



**YOUR
CAREER
STARTS
HERE!**

**FITNESS &
PERSONAL
TRAINING**

**SPORTS
MANAGER**

**MASSAGE
THERAPIST**

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.

- ✓ **Nationally Recognised Qualifications**

- ✓ **International Recognition**

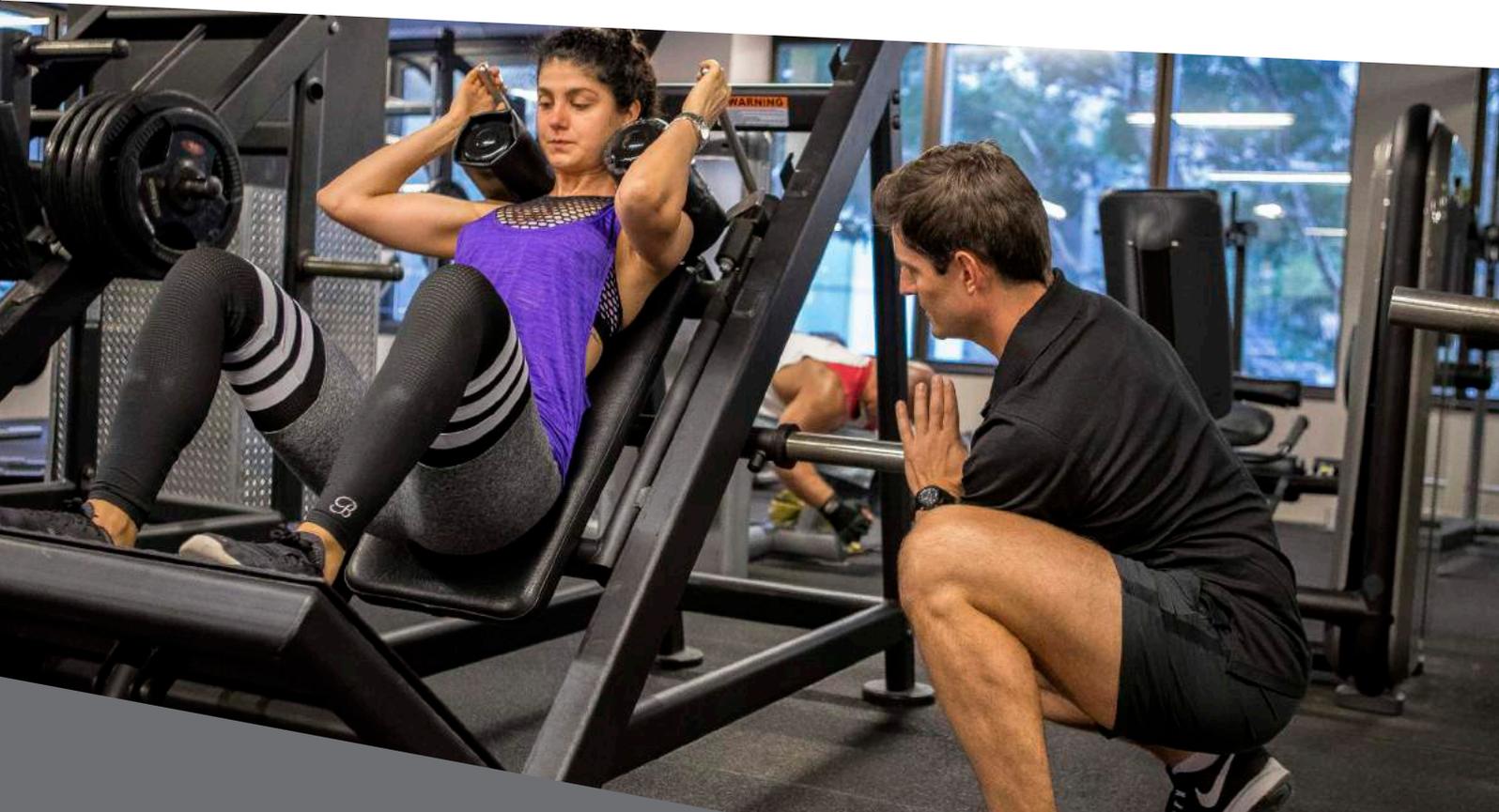
- ✓ **Classroom/Practical Training**

- ✓ **International Students Welcome**

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 core fitness and massage principles.

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!



COURSES OVERVIEW



THE COLLEGE OFFERS A RANGE OF PROFESSIONAL QUALIFICATIONS

Kick start your professional career as a:

- Fitness Instructor
- Personal Trainer
- Sports and Recreation Manager
- Massage Therapist

All programs offer classes that are fun and dynamic. You can also expect plenty of practical learning.

INTERNATIONAL RECOGNITION

All our fitness qualifications are recognised by leading Australian professional associations and international fitness registers. Examples include Fitness Australia, ICREPs and EREPs.

For more information on the countries where you can transfer your qualifications and gain recognition, please visit acsf.edu.au/international-recognition or the respective association website.



SAMPLE TIMETABLE AND INTAKES DATES

	Day 1	Day 2
Session 1 - AM	Practical/Theory	Practical/Theory
Session 2 - PM	Theory/Practical	Theory/Practical

+ 6.5 hours of home study per week on average

NB - Massage courses also include Student Clinic sessions

4 intakes per year for all courses

January	April	July	October
---------	-------	------	---------

STUDY PATHWAYS

With a wide range of study pathways to choose from, let us custom make a program suitable for you!

All of our courses can be combined for longer program durations. Diversify your skills as a fitness professional by adding qualifications to suit your desired interest or career prospects. Just ask us how!

FITNESS

Courses	Code	Duration
Certificate III in Fitness	SIS30315	Full Time (9 Months)
Certificate IV in Fitness	SIS40215	Full Time (9 Months)

NB - For detailed course information and requirements please visit our website

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 inductions and instructions
- Provide fitness training to a group of clients
- Provide 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

- Group Instructor
- Gym Instructor
- Fitness 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

- Personal Trainer
- Gym Instructor
- Fitness Instructor

SPORT MANAGEMENT

Courses	Code	Duration
Diploma of Sport & Recreation Management - General Program	SIS50115	Full Time (12 Months)
Diploma of Sport & Recreation Management - Fitness Program	SIS50115	Full Time (12 Months)

NB - For detailed course information and requirements please visit our website

Diploma of Sports & Recreation Management



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 **General Program** complements existing technical qualifications such as fitness or massage by developing the skills to take a management role within an organization. This could be within a range of settings including health centres, fitness centres and gyms, outdoor sporting grounds or community recreation centres.

The **Fitness Program** is for students who want to gain management skills whilst further enhancing their expertise in the fitness industry.

Job Outcomes

- Competition Manager
- Executive Officer
- Facility Manager
- Centre Manager
- Assistant Centre Manager
- Volunteer Coordinator
- Sports Program Officer
- Operations Officer

“Coming to Australia was a big challenge for me, and I wanted to give it a try.

ACSF gave me all the support that I needed, the theory classes were easy to follow and the practical classes gave me the chance to train with people from all over the world that later on became my friends. - Paulo, Brazil

MASSAGE

Courses	Code	Duration
Certificate IV in Massage Therapy	HLT42015	Full Time (9 Months)
Diploma of Remedial Massage	HLT52015	Full Time (24 Months)

NB - For detailed course information and requirements please visit our website

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.

Topics Include:

- Massage Foundations
- Massage Techniques
- Provide First Aid
- Health Science
- Safe Work Practices
- The Massage Business
- Professional Practice
- Student Clinic

Job Outcomes

Massage therapist providing general health maintenance treatments. Opportunity to be self-employed or work within a larger health service.



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.

Topics include:

- Massage Foundations
- Massage Techniques
- Provide First Aid
- Health Science
- Safe Work Practices
- The Massage Business
- Professional Practice
- Student Clinic
- Sports Massage
- Remedial Massage Techniques
- Nutrition
- Advanced Health Science
- Specialisation modules

Job Outcomes

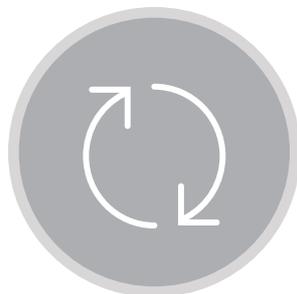
Remedial massage therapist providing remedial massage treatment to clients with specific needs such as injury management, rehabilitation, palliative care, aged care, women and children. Opportunity to be self-employed or work within a larger health service.

COURSE FEES

\$595

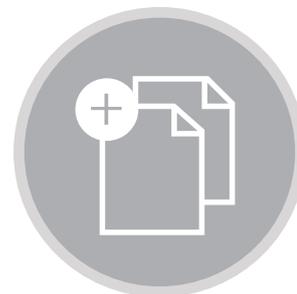
One time joining fee

The one time joining fee is for new students only. Once you join as a student, you can study as many courses as you like and only pay tuition fees.



Flexible payment options*

Freedom to choose and switch between 'pay by month' and 'pay by term' for the start of each term.



Packaging welcome

Add courses to continue your professional journey. Some packaging options allow you to save time and money with course credits

Course	Code	Duration	Campus	Tuition Fee Options	
				Pay by Month	Pay by Term
Certificate III in FITNESS	SIS30315	3 Terms (37 Weeks)	SYD, MEL, BNE, PER	\$650 x 9 (\$5,850)	\$1,790 x 3 (\$5,370)
Certificate IV in FITNESS	SIS40215	3 Terms (37 Weeks)	SYD, MEL, BNE, PER	\$650 x 9 (\$5,850)	\$1,790 x 3 (\$5,370)
Diploma of SPORT & RECREATION MANAGEMENT (GENERAL)	SIS50115	4 Terms (52 Weeks)	SYD, MEL, BNE, PER	\$725 x 12 (\$8,700)	\$1,990 x 4 (\$7,960)
Diploma of SPORT & RECREATION MANAGEMENT (FITNESS)	SIS50115	4 Terms (52 Weeks)	SYD, MEL, BNE, PER	\$725 x 12 (\$8,700)	\$1,990 x 4 (\$7,960)
Certificate IV in MASSAGE THERAPY	HLT42015	3 Terms (37 Weeks)	SYD, MEL, BNE, PER	\$725 x 9 (\$6,525)	\$1,990 x 3 (\$5,970)
Diploma of REMEDIAL MASSAGE	HLT52015	8 Terms (104 Weeks)	SYD, MEL, BNE, PER	\$725 x 24 (\$17,400)	\$1,990 x 8 (\$15,920)

NB - For a detailed course fees overview please visit our website

ENTRY REQUIREMENTS

All courses at the college are taught in English. Applicants will need to show evidence of suitable English proficiency for the course they have chosen.

- Students must be at least 18 years of age.
- Students must have a minimum English language level of IELTS 5.5 or equivalent (SIS50115 requires IELTS 6.0 or equivalent)
- For a detailed overview of the English proficiency requirements please visit alg.edu.au/english

ENGLISH PARTNERS

If you believe that you need further English training before starting our courses, we can help. Studying with one of our English Partner schools ensures first class language education. You can find a list of our partners via alg.edu.au/educational-partners

*Switching between payment methods will always occur at the current course tuition pricing at the time the request to switch is made, which may be greater than historical course tuition pricing on original Letter of Offer.

WHY

AUSTRALIAN COLLEGE OF SPORT & FITNESS

?



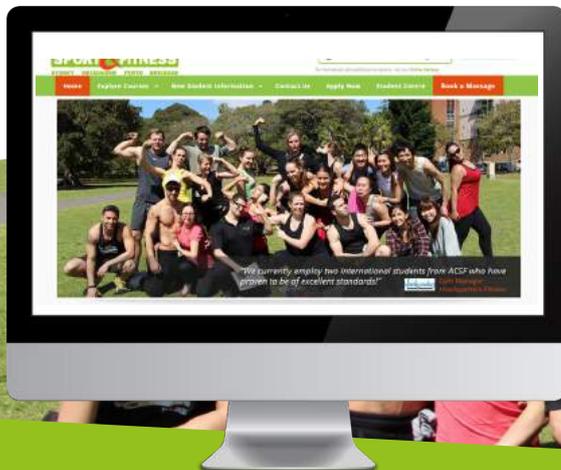
- ✓ **Nationally Recognised Qualifications**
- ✓ **International Recognition**
- ✓ **Exciting Practical Classes**
- ✓ **International Students Welcome**

HOW TO ENROL

Visit alg.edu.au/enrol

NEW STUDENT ENQUIRIES

admissions@alg.edu.au 1300 254 000



For more information visit
ACSF.edu.au

Sydney

Level 1, 333 Kent Street

+612 9112 4500

sydney@alg.edu.au

Melbourne

Level 1, 601 Bourke Street

+613 8687 0648

melbourne@alg.edu.au

Brisbane

Level 4, 243 Edward Street

+617 3188 3778

brisbane@alg.edu.au

Perth

Lords Recreation Centre
5 Wembley Court

+618 9388 3153

perth@alg.edu.au

The information in this publication was correct at time of printing however is subject to change.



Australian College of Sport & Fitness is a college of the Australian Learning Group - RTO | 91165 CRICOS | 03071E

