

<b>Name of Course:</b> Certificate III in Fitness SIS30315 (Domestic)							
<b>Delivery location:</b> Brisbane, Melbourne, Sydney Haymarket, Perth, Sydney Olympic Park							
<b>Delivery mode:</b> On Campus and Online							
<b>Intakes:</b> 12 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1 <sup>st</sup> January 2017 to 31 <sup>st</sup> December 2017							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
<b>Trimester 1</b>							
<b>Anatomy and Physiology for Fitness</b> SISFFIT004 Incorporate anatomy and physiology principles into fitness programming (\$273.00)	AFP310	0.041	23-Jan-17	30-Jan-17	23-Apr-17	\$273.00	\$131.00
<b>Healthy Eating Guidelines</b> SISFFIT005 Provide healthy eating information (\$273.00) <i>HLTAID003 –Provide first aid *Core Unit completed externally</i>	HEG311	0.041	23-Jan-17	30-Jan-17	23-Apr-17	\$273.00	\$131.00
<b>Fitness Screening &amp; WHS</b> SISFFIT001 Provide health and fitness orientation (\$50.00) SISFFIT006 Conduct fitness appraisals (\$100.00) SISXCCS001 Provide quality service (\$83.00) SISXIND001 Work effectively in sport, fitness and recreation environments (\$83.00) BSBRK401 Identify risk and apply risk management processes. (\$167.00) HLTWHS001 Participate in workplace health and safety (\$65.00)	FSW312	0.083	23-Jan-17	30-Jan-17	23-Apr-17	\$548.00	\$25.00 \$50.00 \$41.50 \$41.50 \$83.50 \$32.50
<b>Exercise Instruction &amp; Programming</b> SISFFIT003 Instruct fitness programs (\$157.00) SISFFIT007 Instruct group exercise sessions (\$250.00) SISFFIT011 Instruct approved community fitness programs. (\$125.00) SISXFAC001 Maintain equipment for activities (\$16.00)	EIP313	0.083	23-Jan-17	30-Jan-17	23-Apr-17	\$548.00	\$78.50 \$125.00 \$62.50 \$8.00

<b>Programming for Specific Populations</b> SISXDIS001 Facilitate inclusion for people with a disability. (\$57.00) SISFFIT014 Instruct exercise to older clients (\$203.00) SISFFIT002 Recognise and apply exercise considerations for specific populations (\$288.00)	PSP314	0.083	23-Jan-17	30-Jan-17	23-Apr-17	\$548.00	\$28.50 \$101.50 \$144.00
<b>Course Total and EFTSL Course Total</b>		<b>0.331</b>				<b>\$2,190.00</b>	

<b>Name of Course:</b> Certificate IV in Fitness SIS40215 (Domestic)							
<b>Delivery location:</b> Brisbane, Melbourne, Sydney Haymarket, Perth, Sydney Olympic Park							
<b>Delivery mode:</b> On Campus and Online							
<b>Intakes:</b> 12 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1 <sup>st</sup> January 2017 to 31 <sup>st</sup> December 2017							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
<b>Trimester 1</b>							
<b>Advanced Screening &amp; Scope of Practice</b> SISFFIT015 Collaborate with medical and allied health professionals in a fitness context. (\$112.00) SISFFIT016 Provide motivation to positively influence exercise behaviour (\$85.00) SISFFIT018 Promote functional movement capacity (\$85.00) SISFFIT025 Recognise the dangers of providing nutrition advice to clients. (\$30.00) SISFFIT026 Support healthy eating through the Eat for Health Program (\$112.00)	<b>ASP410A</b>	0.083	23-Jan-17	30-Jan-17	23-Apr-17	\$424.00	\$56.00 \$42.50 \$42.50 \$15.00 \$56.00
<b>Personal Training Essentials</b> SISFFIT017 Instruct long-term exercise programs (\$34.00) SISFFIT024 Instruct endurance programs (\$34.00)	<b>PTE411A</b>	0.041	23-Jan-17	30-Jan-17	23-Apr-17	\$212.00	\$17.00 \$17.00

SISXCAI005 Conduct individualised long-term training programs. (\$35.00)							\$17.50
SISFFIT020 Instruct exercise programs for body composition goals (\$34.00)							\$17.00
SISFFIT021 Instruct personal training programs (\$41.00)							\$20.50
SISFFIT019 Incorporate exercise science principles into fitness programming (\$34.00)							\$17.00
<b>Group Personal Training</b>	<b>GPT412A</b>	0.041	23-Jan-17	30-Jan-17	23-Apr-17	\$212.00	
SISFFIT023 Instruct group personal training programs (\$114.00)							\$57.00
SISXRES001 Conduct sustainable work practices in open space (\$98.00)							\$49.00
<b>Exercise for Young People</b>	<b>EYP413A</b>	0.041	23-Jan-17	30-Jan-17	23-Apr-17	\$212.00	
SISFFIT013 Instruct exercise to young people aged 13-17 years (\$146.00)							\$73.00
SISXCCS003 Address client needs (\$17.00)							\$8.50
SISSTPT303A Conduct basic warm up and cool down programs(\$49.00)							\$24.50
<b>Business Essentials for Personal Training</b>	<b>BPT414</b>	0.125	23-Jan-17	30-Jan-17	23-Apr-17	\$636.00	
BSBSMB401 Establish legal and risk management requirements of small business (\$186.00)							\$93.00
BSBSMB403 Market the small business (\$155.00)							\$77.50
BSBSMB404 Undertake small business planning (\$155.00)							\$77.50
BSBSMB405 Monitor and manage small business operations (\$140.00)							\$70.00
<b>Trimester 2</b>							
<b>Advanced Screening &amp; Scope of Practice</b>	<b>ASP410B</b>	0.083	15-May-17	22-May-17	13-Aug-17	424.00	
SISFFIT015 Collaborate with medical and allied health professionals in a fitness context. (\$112.00)							
SISFFIT016 Provide motivation to positively influence exercise behaviour (\$85.00)							
SISFFIT018 Promote functional movement capacity (\$85.00)							
SISFFIT025 Recognise the dangers of providing nutrition advice to clients. (\$30.00)							

SISFFIT026 Support healthy eating through the Eat for Health Program (\$112.00)							
<b>Personal Training Essentials</b> SISFFIT017 Instruct long-term exercise programs (\$135.00) SISFFIT024 Instruct endurance programs (\$135.00) SISXCAI005 Conduct individualised long-term training programs. (\$147.00) SISFFIT020 Instruct exercise programs for body composition goals (\$122.00) SISFFIT021 Instruct personal training programs (\$172.00) SISFFIT019 Incorporate exercise science principles into fitness programming (\$135.00)	<b>PTE411B</b>	0.166	15-May-17	22-May-17	13-Aug-17	846.00	\$67.50 \$67.50 \$73.50 \$61.00 \$86.00 \$67.50
<b>Group Personal Training</b> SISFFIT023 Instruct group personal training programs (\$114.00) SISXRES001 Conduct sustainable work practices in open space (\$98.00)	<b>GPT412B</b>	0.041	15-May-17	22-May-17	13-Aug-17	212.00	\$57.00 \$49.00
<b>Exercise for Young People</b> SISFFIT013 Instruct exercise to young people aged 13-17 years (\$146.00) SISXCCS003 Address client needs (\$17.00) SISSPT303A Conduct basic warm up and cool down programs(\$49.00)	<b>EYP413B</b>	0.041	15-May-17	22-May-17	13-Aug-17	212.00	\$73.00 \$8.50 \$24.50
<b>CoursTotal and EFTSL Course Total</b>		<b>0.662</b>				<b>\$3,390.00</b>	

<b>Name of Course:</b> Diploma of Fitness (SIS50215)							
<b>Delivery location:</b> Brisbane, Melbourne and Sydney Haymarket							
<b>Delivery mode:</b> Online and On Campus							
<b>Intakes:</b> 6 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1 <sup>st</sup> January 2017 to 31 <sup>st</sup> December 2017							
<b>Unit of Study</b>	<b>Unit of Study Code</b>	<b>EFTSL</b>	<b>Comm Date</b>	<b>Census Date</b>	<b>Comp Date</b>	<b>Tuition Fee</b>	<b>RPL VET</b>
<b>Trimester 1</b>							
<b>Advanced Personal Training</b> SISFFIT030 Instruct advanced exercise programs (\$555.50) CHCCOM002 Use communication to build relationships (\$333.00)	APT510	0.111	23-Jan-17	17-Feb-17	23-Apr-17	\$888.50	\$277.75 \$166.50
<b>Advanced Anatomy and Physiology</b> SISFFIT029 Apply anatomy and physiology to advanced personal training (\$444.00)	AAP511	0.055	23-Jan-17	17-Feb-17	23-Apr-17	\$444.00	\$222.00
<b>Professional Development in Fitness</b> CHCPRP003 Reflect on and improve own professional practice (\$888.50)	PDF512	0.111	23-Jan-17	17-Feb-17	23-Apr-17	\$888.50	\$444.25
<b>Psychology of Personal Training</b> HLTPOP014 Assess readiness for and effect behavior change (\$444.00)	PPT513	0.055	23-Jan-17	17-Feb-17	23-Apr-17	\$444.00	\$222.00
<b>Trimester 1 EFTSLTotal</b>		<b>0.332</b>					
<b>Trimester 2</b>							
<b>Injury Prevention Strategies</b> SISFFIT031 Implement injury prevention strategies (\$444.00)	IPS520	0.055	15-May-17	09-Jun-17	13-Aug-17	\$444.00	\$222.00
<b>Health Promotion Initiatives</b> SISFFIT028 Apply evidence-based practice to exercise programs (\$407.00) SISFFIT027 Conduct health promotion activities (\$481.50)	HPI521	0.111	15-May-17	09-Jun-17	13-Aug-17	\$888.50	\$203.50 \$240.75

<b>Budgeting for Managers</b> BSBFIM501 Manage budgets and financial plans (\$444.00)	BFM522	0.055	15-May-17	09-Jun-17	13-Aug-17	\$444.00	\$222.00
<b>Undertake project work.</b> BSBRSK501 Manage risk (\$444.25) BSBPMG522 Undertake project work (\$444.25)	UPW523	0.111	15-May-17	09-Jun-17	13-Aug-17	\$888.50	\$222.10 \$222.10
<b>Trimester 2 EFTSLTotal</b>		<b>0.332</b>					

<b>Trimester 3 (Stream 1)</b>							
<b>Networking for Personal Trainers</b> CHCPRP001 Develop and maintain networks and collaborative partnerships (\$370.00) CHCCCS007 Develop and implement service programs (\$518.50)	NPT530	0.111	04-Sept-17	29-Sept-17	03-Dec-17	\$888.50	\$185.00 \$259.25
<b>Leading Fitness Teams</b> CHCMGT003 Lead the work team (\$444.00)	LFT531	0.055	04-Sept-17	29-Sept-17	03-Dec-17	\$444.00	\$222.00
<b>Training the Athletic Population</b> SISSTC301A Instruct strength and conditioning techniques (\$592.50) SISSTC402A Develop strength and conditioning programs (\$296.00)	TAP532	0.111	04-Sept-17	29-Sept-17	03-Dec-17	\$888.50	\$296.25 \$148.00
<b>Technology for Fitness</b> SISXICT001 Select and use technology for sport, fitness and recreation work (\$444.00)	TFF533	0.055	04-Sept-17	29-Sept-17	03-Dec-17	\$444.00	\$222.00
<b>Trimester 3 (Stream 1) EFTSLTotal</b>		<b>0.332</b>					

<b>Trimester 3 (Stream 2)</b>							
<b>Managing Staff Performance</b> BSBHRM405 Support the recruitment, selection and induction of staff (\$370.00) BSBMGT502 Manage people performance (\$518.50)	MSP530	0.111	04-Sept-17	29-Sept-17	03-Dec-17	\$888.50	\$185.00 \$259.25
<b>Marketing for Fitness Professionals</b> BSBMKG514 Implement and monitor marketing activities (\$444.00).	MFP531	0.055	04-Sept-17	29-Sept-17	03-Dec-17	\$444.00	\$222.00
<b>Training the Athletic Population</b> SISSTC301A Instruct strength and conditioning techniques (\$592.50) SISSTC402A Develop strength and conditioning programs (\$296.00)	TAP532	0.111	04-Sept-17	29-Sept-17	03-Dec-17	\$888.50	\$296.25 \$148.00
<b>Technology for Fitness</b> SISXICT001 Select and use technology for sport, fitness and recreation work (\$444.00)	TFF533	0.055	04-Sept-17	29-Sept-17	03-Dec-17	\$444.00	\$222.00
<b>Trimester 3 (Stream 2) EFTSLTotal</b>		<b>0.332</b>					
<b>Course Total and EFTSL Course Total</b>		<b>0.996</b>				<b>\$7,995.00</b>	

<b>Name of Course:</b> Diploma of Nutrition and Dietetics for Personal Trainers – 10454NAT							
<b>Delivery location:</b> N/A							
<b>Delivery mode:</b> Online							
<b>Intakes:</b> 6 intakes per year (pending course viability)							
Effective 1 <sup>st</sup> January 2017 to 31 <sup>st</sup> December 2017							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
<b>Trimester 1</b>							
<b>Meal and Menu Plans</b> HLTNA302D – Plan and evaluate meals and menus to meet recommended dietary guidelines (\$222.50) HLTNA304D – Plan meals and menus to meet cultural and religious needs (\$222.50)	MMP510	0.055	23-Jan-17	17-Feb-17	23-Apr-17	\$445.00	\$111.25 \$111.25
<b>Provide Nutrition Support</b> HLTNA303D – Plan and modify meals according to nutrition and dietary plans (\$222.50) HLTNA301D – Provide assistance to nutrition and dietetic services (\$222.50)	PNS511	0.055	23-Jan-17	17-Feb-17	23-Apr-17	\$445.00	\$111.25 \$111.25
<b>Communication for Building Relationships</b> CHCCOM403A – Use targeted communication skills to build relationships (\$660.00) HLTHIR301C – Communicate and work effectively in health (\$230.00)	CBR512	0.111	23-Jan-17	17-Feb-17	23-Apr-17	\$890.00	\$330.00 \$115.00
<b>Coaching and Motivation</b> CHCORG529B – Provide coaching and motivation (\$890.00)	CAM513	0.111	23-Jan-17	17-Feb-17	23-Apr-17	\$890.00	\$445.00
<b>Trimester 1 EFTSL Total</b>		<b>0.332</b>					
<b>Trimester 2</b>							
<b>Design an Athletes Diet</b> SISSCO309A – Design an athlete’s diet (\$445.00)	DAD520	0.055	15-May-17	09-Jun-17	13-Aug-17	\$445.00	\$222.50
<b>Nutrition Education for Athletes</b> SISSCO307– Provide nutrition information to athletes (\$445.00)	NEA521	0.055	15-May-17	09-Jun-17	13-Aug-17	\$445.00	\$222.50
<b>Manage Workplace Priorities</b>	MWP522	0.111	15-May-17	09-Jun-17	13-Aug-17	\$890.00	\$445.00



BSBWOR501B – Manage personal work priorities and professional development (\$890.00)							
<b>Effective Workplace Communication</b>	EWC523	0.111	15-May-17	09-Jun-17	13-Aug-17	\$890.00	
BSBFLM303C – Contribute to effective workplace relationships (\$605.00)							\$302.50
HLTCOM408D – – Use specific terminology to communicate effectively (\$285.00)							142.50
<b>Trimester 2 EFTSL Total</b>		<b>0.332</b>					

<b>Trimester 3</b>							
<b>Leadership in Health Practice</b> HLTHIR505D – Provide leadership in promoting effective work practices in health (\$445.00)	LHP530	0.055	04-Sept-17	29-Sept-17	03-Dec-17	\$445.00	\$222.50
<b>Nutritional Diagnostic Framework</b> HLTNUT603B - Apply a nutritional medicine diagnostic framework (\$660.00) HLTNUT610B – Provide basic dietary advice (\$660.00)	NDF531	0.166	04-Sept-17	29-Sept-17	03-Dec-17	\$1320.00	\$330.00 \$330.00
<b>Work Intensively with Clients</b> CHCCW503A – Work intensively with clients (\$890.00)	WIC532	0.111	04-Sept-17	29-Sept-17	03-Dec-17	\$890.00	\$445.00
<b>Trimester 3 EFTSL Total</b>		<b>0.332</b>					
<b>Course Total and EFTSL Course Total</b>		<b>0.996</b>				<b>\$7,995.00</b>	