

<b>Name of Course:</b> Certificate III in Fitness SIS30315 (Domestic)							
<b>Delivery location:</b> Sydney and Melbourne							
<b>Delivery mode:</b> On Campus Day, On Campus Weekend							
<b>Intakes:</b> 14 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1 <sup>st</sup> January 2019 to 31 <sup>st</sup> December 2019							
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 (\$298.75)	AFP310	0.041	21/01/2019	28/01/2019	22/04/2019	\$298.75	\$149.38
			2/02/2019	9/02/2019	4/05/2019		
			25/02/2019	4/03/2019	27/05/2019		
			1/04/2019	8/04/2019	1/07/2019		
			13/04/2019	20/04/2019	13/07/2019		
			6/05/2019	13/05/2019	5/08/2019		
			8/06/2019	15/06/2019	7/09/2019		
			15/07/2019	22/07/2019	14/10/2019		
			28/07/2019	4/08/2019	27/10/2019		
			19/08/2019	26/08/2019	18/11/2019		
21/09/2019	28/09/2019	21/12/2019					
28/10/2019	4/11/2019	27/01/2020					
18/11/2019	25/11/2019	17/02/2020					
<b>Healthy Eating Guidelines</b> SISFFIT005 Provide healthy eating information (\$298.75) HLTAID003 –Provide first aid (delivered separately – additional cost)	HEG311	0.041	21/01/2019	28/01/2019	22/04/2019	\$298.75	\$149.38
			2/02/2019	9/02/2019	4/05/2019		
			25/02/2019	4/03/2019	27/05/2019		
			1/04/2019	8/04/2019	1/07/2019		
			13/04/2019	20/04/2019	13/07/2019		
			6/05/2019	13/05/2019	5/08/2019		
			8/06/2019	15/06/2019	7/09/2019		
15/07/2019	22/07/2019	14/10/2019					

			28/07/2019 19/08/2019 21/09/2019 28/10/2019 18/11/2019	4/08/2019 26/08/2019 28/09/2019 4/11/2019 25/11/2019	27/10/2019 18/11/2019 21/12/2019 27/01/2020 17/02/2020		
<b>Fitness Screening &amp; WHS</b> SISFFIT001 Provide health and fitness orientation (\$54.50) SISFFIT006 Conduct fitness appraisals (\$108.60) SISXCCS001 Provide quality service (\$90.50) SISXIND001 Work effectively in sport, fitness and recreation environments (\$90.50) BSBRSK401 Identify risk and apply risk management processes (\$181.00) HLTWHS001 Participate in workplace health and safety (\$72.40)	FSW312	0.083	21/01/2019 2/02/2019 25/02/2019 1/04/2019 13/04/2019 6/05/2019 8/06/2019 15/07/2019 28/07/2019 19/08/2019 21/09/2019 28/10/2019 18/11/2019	28/01/2019 9/02/2019 4/03/2019 8/04/2019 20/04/2019 13/05/2019 15/06/2019 22/07/2019 4/08/2019 26/08/2019 28/09/2019 4/11/2019 25/11/2019	22/04/2019 4/05/2019 27/05/2019 1/07/2019 13/07/2019 5/08/2019 7/09/2019 14/10/2019 27/10/2019 18/11/2019 21/12/2019 27/01/2020 17/02/2020	\$597.50	\$27.25 \$54.30 \$45.25 \$45.25 \$90.50 \$36.20
<b>Exercise Instruction &amp; Programming</b> SISFFIT003 Instruct fitness programs (\$171.00) SISFFIT007 Instruct group exercise sessions (\$273.00) SISFFIT011 Instruct approved community fitness programs (\$136.40) SISXFAC001 Maintain equipment for activities (\$17.10)	EIP313	0.083	21/01/2019 2/02/2019 25/02/2019 1/04/2019 13/04/2019 6/05/2019 8/06/2019 15/07/2019 28/07/2019 19/08/2019 21/09/2019 28/10/2019 18/11/2019	28/01/2019 9/02/2019 4/03/2019 8/04/2019 20/04/2019 13/05/2019 15/06/2019 22/07/2019 4/08/2019 26/08/2019 28/09/2019 4/11/2019 25/11/2019	22/04/2019 4/05/2019 27/05/2019 1/07/2019 13/07/2019 5/08/2019 7/09/2019 14/10/2019 27/10/2019 18/11/2019 21/12/2019 27/01/2020 17/02/2020	\$597.50	\$85.50 \$136.50 \$68.20 \$8.55
<b>Programming for Specific Populations</b>	PSP314	0.083	21/01/2019 2/02/2019	28/01/2019 9/02/2019	22/04/2019 4/05/2019	\$597.50	\$31.30 \$109.85

SISXDIS001 Facilitate inclusion for people with a disability (\$62.80).			25/02/2019	4/03/2019	27/05/2019		\$157.50
SISFFIT014 Instruct exercise to older clients (\$219.70)			1/04/2019	8/04/2019	1/07/2019		
SISFFIT002 Recognise and apply exercise considerations for specific populations (\$315.00)			13/04/2019	20/04/2019	13/07/2019		
			6/05/2019	13/05/2019	5/08/2019		
			8/06/2019	15/06/2019	7/09/2019		
			15/07/2019	22/07/2019	14/10/2019		
			28/07/2019	4/08/2019	27/10/2019		
			19/08/2019	26/08/2019	18/11/2019		
			21/09/2019	28/09/2019	21/12/2019		
			28/10/2019	4/11/2019	27/01/2020		
			18/11/2019	25/11/2019	17/02/2020		
<b>Course Total and EFTSL Course Total</b>	<b>0.331</b>				<b>\$2390</b>		

Name of Course: Certificate IV in Fitness SIS40215 (Domestic)							
Delivery location: Sydney and Melbourne							
Delivery mode: On Campus Day, On Campus Weekend							
Intakes: 11 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1 <sup>st</sup> January 2019 to 31 <sup>st</sup> December 2019							
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. (\$29.75) SISFFIT026 Support healthy eating through the Eat for Health Program (\$112.00)	ASP410A	0.083	6/02/2019	13/02/2019	7/08/2019	\$423.75	\$56.00
			23/02/2019	2/3/2019	24/08/2019		
			23/04/2019	30/04/2019	22/10/2019		
			18/05/2019	25/05/2019	16/11/2019		
			5/06/2019	12/06/2019	4/12/2019		
			17/07/2019	24/07/2019	15/01/2020		
			21/07/2019	28/07/2019	19/01/2020		
<b>Personal Training Essentials</b> SISFFIT017 Instruct long-term exercise programs (\$67.65) SISFFIT024 Instruct endurance programs (\$67.65) SISXCAI005 Conduct individualised long-term training programs. (\$73.95) SISFFIT020 Instruct exercise programs for body composition goals (\$61.50)	PTE411A	0.083	6/02/2019	13/02/2019	7/08/2019	\$423.75	\$33.83
			23/02/2019	2/3/2019	24/08/2019		
			23/04/2019	30/04/2019	22/10/2019		
			18/05/2019	25/05/2019	16/11/2019		
			5/06/2019	12/06/2019	4/12/2019		
			17/07/2019	24/07/2019	15/01/2020		
			21/07/2019	28/07/2019	19/01/2020		
4/09/2019	11/09/2019	4/03/2020					

SISFFIT021 Instruct personal training programs (\$86.00) SISFFIT019 Incorporate exercise science principles into fitness programming (\$67.00)			14/09/2019 23/10/2019 3/11/2019	21/09/2019 30/10/2019 10/11/2019	14/03/2019 22/04/2020 3/05/2019		
<b>Group Personal Training</b> SISFFIT023 Instruct group personal training programs (\$228.00) SISXRES001 Conduct sustainable work practices in open space (\$195.75)	<b>GPT412</b>	0.083	6/02/2019 23/02/2019 23/04/2019 18/05/2019 5/06/2019 17/07/2019 21/07/2019 4/09/2019 14/09/2019 23/10/2019 3/11/2019	13/02/2019 2/3/2019 30/04/2019 25/05/2019 12/06/2019 24/07/2019 28/07/2019 11/09/2019 21/09/2019 30/10/2019 10/11/2019	7/08/2019 24/08/2019 22/10/2019 16/11/2019 4/12/2019 15/01/2020 19/01/2020 4/03/2020 14/03/2019 22/04/2020 3/05/2019	\$423.75	\$114.00 \$98.88
<b>Exercise for Young People</b> SISFFIT013 Instruct exercise to young people aged 13-17 years (\$293.36) SISXCCS003 Address client needs (\$32.60) SISSSPT303A Conduct basic warm up and cool down programs (\$97.79)	<b>EYP413</b>	0.083	6/02/2019 23/02/2019 23/04/2019 18/05/2019 5/06/2019 17/07/2019 21/07/2019 4/09/2019 14/09/2019 23/10/2019 3/11/2019	13/02/2019 2/3/2019 30/04/2019 25/05/2019 12/06/2019 24/07/2019 28/07/2019 11/09/2019 21/09/2019 30/10/2019 10/11/2019	7/08/2019 24/08/2019 22/10/2019 16/11/2019 4/12/2019 15/01/2020 19/01/2020 4/03/2020 14/03/2019 22/04/2020 3/05/2019	\$423.75	\$146.68 \$16.30 \$48.90
<b>Trimester 2</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)	<b>ASP410B</b>	0.083	6/02/2019 23/02/2019 23/04/2019 18/05/2019 5/06/2019 17/07/2019	13/02/2019 2/3/2019 30/04/2019 25/05/2019 12/06/2019 24/07/2019	7/08/2019 24/08/2019 22/10/2019 16/11/2019 4/12/2019 15/01/2020	\$423.75	\$56.00 \$42.50 \$42.50 \$14.85 \$56.00

SISFFIT018 Promote functional movement capacity (\$85.00)			21/07/2019 4/09/2019	28/07/2019 11/09/2019	19/01/2020 4/03/2020		
SISFFIT025 Recognise the dangers of providing nutrition advice to clients. (\$29.75)			14/09/2019 23/10/2019	21/09/2019 30/10/2019	14/03/2019 22/04/2020		
SISFFIT026 Support healthy eating through the Eat for Health Program (\$112.00)			3/11/2019	10/11/2019	3/05/2019		
<b>Personal Training Essentials</b>	<b>PTE411B</b>	0.083	6/02/2019	13/02/2019	7/08/2019	\$423.75	\$33.83
SISFFIT017 Instruct long-term exercise programs (\$67.65)			23/02/2019 23/04/2019	2/3/2019 30/04/2019	24/08/2019 22/10/2019		\$33.83 \$36.98
SISFFIT024 Instruct endurance programs (\$67.65)			18/05/2019	25/05/2019	16/11/2019		\$30.75
SISXCAI005 Conduct individualised long-term training programs. (\$73.95)			5/06/2019 17/07/2019	12/06/2019 24/07/2019	4/12/2019 15/01/2020		\$43.00 \$33.50
SISFFIT020 Instruct exercise programs for body composition goals (\$61.50)			21/07/2019 4/09/2019	28/07/2019 11/09/2019	19/01/2020 4/03/2020		
SISFFIT021 Instruct personal training programs (\$86.00)			14/09/2019 23/10/2019	21/09/2019 30/10/2019	14/03/2019 22/04/2020		
SISFFIT019 Incorporate exercise science principles into fitness programming (\$67.00)			3/11/2019	10/11/2019	3/05/2019		
<b>Business Essentials for Personal Training</b>	<b>BPT414</b>	0.166	6/02/2019	13/02/2019	7/08/2019	\$847.50	\$124.00
BSBSMB401 Establish legal and risk management requirements of small business (\$248.00)			23/02/2019 23/04/2019	2/3/2019 30/04/2019	24/08/2019 22/10/2019		\$103.78 \$103.78
BSBSMB403 Market the small business (\$206.75)			18/05/2019	25/05/2019	16/11/2019		\$93.00
BSBSMB404 Undertake small business planning (\$206.75)			5/06/2019 17/07/2019	12/06/2019 24/07/2019	4/12/2019 15/01/2020		
BSBSMB405 Monitor and manage small business operations (186.00)			21/07/2019 4/09/2019	28/07/2019 11/09/2019	19/01/2020 4/03/2020		
			14/09/2019 23/10/2019	21/09/2019 30/10/2019	14/03/2019 22/04/2020		
			3/11/2019	10/11/2019	3/05/2019		
<b>CoursTotal and EFTSL Course Total</b>		<b>0.662</b>				<b>\$3390</b>	