

Name of Course: Certificate III in Fitness SIS30313 (Domestic)							
Delivery location: Brisbane, Melbourne, Sydney, Perth							
Delivery mode: On Campus and Online							
Intakes: 12 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1st Jan to 31st December 2016							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
Trimester 1							
Foundations of Exercise Science SISFFIT305A Apply anatomy and physiology principles in a fitness context (\$524.00)	FES310	0.083	25-Jan-16	19-Feb-16	24-Apr-16	\$524.00	\$262.00
Client Screening and Customer Relations SISFFIT301A Provide fitness orientation and health screening (\$87.00) SISFFIT307A Undertake client health assessment (\$87.00) SISFFIT302A Provide quality service in the fitness industry (\$130.00) SISXIND101A Work effectively in sport and recreation environments (\$87.00) SISXOHS101A Follow occupational health and safety policy (\$46.00) SISXRSK301A Undertake risk analysis of activities (\$87.00)	CSR311	0.083	25-Jan-16	19-Feb-16	24-Apr-16	\$524.00	\$43.50 \$43.50 \$65.00 \$43.50 \$23.00 \$43.50
Planning and Instructing Exercise SISFFIT308A Plan and deliver gym programs (\$150.00) SISFFIT304A Instruct and monitor fitness programs (\$110.00) SISXFAC207 Maintain sport, fitness and recreation equipment for activities (\$25.00) SISFFIT312A Plan and deliver an endurance training program (\$65.00) SISSTC301A Instruct strength and conditioning technique (\$174.00)	PIE312	0.083	25-Jan-16	19-Feb-16	24-Apr-16	\$524.00	\$75.00 \$55.00 \$12.50 \$32.50 \$87.00

Exercise of Specific Populations SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery (\$262.00)	ESP313	0.041	25-Jan-16	19-Feb-16	24-Apr-16	\$262.00	\$131.00
Nutrition and Healthy Eating Guidelines SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines (\$262.00) <i>HLTAID003 –first aid *Core Unit completed externally</i>	NHG314	0.041	25-Jan-16	19-Feb-16	24-Apr-16	\$262.00	\$131.00
Course Total and EFTL Course Total		0.331				\$2,096.00	

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Name of Course: Certificate IV in Fitness SIS40210 (Domestic)							
Delivery location: Brisbane, Melbourne, Sydney, Perth							
Delivery mode: On Campus and Online							
Intakes: 12 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1st Jan to 31st December 2016							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
Trimester 1							
Applied Exercise Science SISFFIT419A – Apply exercise science principles to planning exercise.	FIT411	0.041	25-Jan-16	19-Feb-16	24-Apr-16	\$398.00	\$199.00
Advanced Client Screening SISFFIT415A – Work collaboratively with medical and allied health professionals. (\$165.50) SISFFIT416A – Apply motivational psychology to provide guidance on exercise behavior and change to meet health and fitness goals. (\$232.00) SISFFIT418A – Undertake appraisals of functional movement. (\$165.50) SISFFIT420A – Plan and deliver exercise programs to support desired body composition outcomes. (\$232.00)	FIT412	0.083	25-Jan-16	19-Feb-16	24-Apr-16	\$795.00	\$82.75 \$116.00 \$82.75 \$116.00
Advanced Exercise Programming and Prescription SISFFIT417A – Undertake long term exercise programming. (\$199.00) SISSTC402A – Develop strength and conditioning programs. (\$199.00) SISFFIT421A – Plan and deliver personal training. (\$397.00)	FIT413	0.083	25-Jan-16	19-Feb-16	24-Apr-16	\$795.00	\$99.50 \$99.50 \$198.50
Exercise for Older Adults SISFFIT314A – Plan and deliver exercise to older clients with managed conditions. (\$398.00)	FIT414	0.041	25-Jan-16	19-Feb-16	24-Apr-16	\$398.00	\$199.00
Personal Training Business Essentials	FIT415	0.083	25-Jan-16	19-Feb-16	24-Apr-16	\$795.00	\$66.00

BSBSMB401A – Establish legal and risk management requirements of small business (\$132.00)								\$66.00
BSBSMB403A – Market the small business (\$132.00)								\$82.50
BSBSMB404A – Undertake small business planning (\$165.00)								\$66.00
BSBSBM405B – Monitor and manage small business operations (\$132.00)								\$34.50
SISXIND406A – Manage projects (\$69.00)								\$82.50
ICAICT203A – Operate application software packages (\$165.00)								
CoursTotal and EFTSL Course Total		0.331						\$3,181.00

Name of Course: Diploma of Fitness (SIS50213)							
Delivery location: Brisbane, Melbourne and Sydney							
Delivery mode: Online and On Campus							
Intakes: 6 intakes per year (pending course viability, campus and mode of delivery)							
Effective 1st Jan to 31st December 2016							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
Trimester 1							
Musculoskeletal Exercise Prescription	MEP510	0.222	25-Jan-16	19-Feb-16	24-Apr-16	\$1655.00	
SISFFIT525A Advise on injury prevention and management (\$690.00)							\$345.00
SISFFIT526A Deliver prescribed exercise to clients with musculoskeletal conditions (\$965.00)							\$482.50
Prescribed Exercise for Older Clients	PEO511	0.111	25-Jan-16	19-Feb-16	24-Apr-16	\$825.00	
SISFFIT531A Deliver prescribed exercise to older clients with chronic conditions (\$825.00)							\$412.50
Trimester 1 EFTSLTotal		0.333					
Trimester 2							
Prescribed Exercise for Clinical Conditions	PEC520	0.222	16-May-16	10-Jun-16	14-Aug-16	\$1655.00	

SISFFIT523A Deliver prescribed exercise to clients with cardiorespiratory conditions (\$760.00)							\$380.00
SISFFIT524A Deliver prescribed exercise to clients with metabolic conditions (\$895.00)							\$447.50
Prescribed Exercise for Rehabilitation	PER521	0.111	16-May-16	10-Jun-16	14-Aug-16	\$825.00	
SISFFIT529A Deliver prescribed exercise to clients with a disability or neurological impairment (\$825.00)							\$412.50
Trimester 2 EFTSLTotal		0.333					

Trimester 3								
Health Promotion and Case Management SISFFIT527A Undertake health promotion activities to decrease risk factors and prevent chronic disease (\$665.00) SISXIND405A Conduct projects (\$165,00) SISXCCS404A Address client needs (\$165.00) SISXIND507A Manage education initiatives (\$500.00) SISFFIT528A Apply research findings to exercise management strategies (\$500.00)	HPM530	0.278	5-Sept-16	30-Sept-16	4-Dec-16	\$1995.00	\$332.50 \$82.50 \$82.50 \$250.00 \$250.00	
Advanced Strength and Conditioning SISSSCO513 Plan and Implement High Performance Training and Recovery Programs (\$495.00) HLTAID006 – Provide advanced first aid *Core Unit completed externally	ASC531	0.055	5-Sept-16	30-Sept-16	4-Dec-16	\$495.00	\$247.00	
Trimester 3 EFTSLTotal		0.333						
Course Total and EFTSL Course Total		0.999					\$7,450.00	

Name of Course: Diploma of Nutrition and Dietetics for Personal Trainers – 10454NAT							
Delivery location: N/A							
Delivery mode: Online							
Intakes: 6 intakes per year (pending course viability)							
Effective 1st Jan to 31st December 2016							
Unit of Study	Unit of Study Code	EFTSL	Comm Date	Census Date	Comp Date	Tuition Fee	RPL VET
Trimester 1							
Nutrition and Dietetic Services HLTNA301D – Provide assistance to nutrition and dietetic services (\$222.50)	NDS510	0.055	25-Jan-16	19-Feb-16	24-Apr-16	\$445.00	\$111.25

HLTNA302D – Plan and evaluate meals and menus to meet recommended dietary guidelines (\$222.50)							\$111.25
Nutrition and Dietary Plans HLTNA303D – Plan and modify meals according to nutrition and dietary plans (\$222.50) HLTNA304D – Plan meals and menus to meet cultural and religious needs (\$222.50)	NDP511	0.055	25-Jan-16	19-Feb-16	24-Apr-16	\$445.00	\$111.25 \$111.25
Communication for Building Relationships CHCCOM403A – Use targeted communication skills to build relationships (\$660.00) HLTHIR301C – Communicate and Work Effectively in Health (\$230.00)	CBR512	0.111	25-Jan-16	19-Feb-16	24-Apr-16	\$890.00	\$330.00 \$115.00
Coaching and Motivation CHCORG529B – Provide coaching and motivation (\$890.00)	CAM513	0.111	25-Jan-16	19-Feb-16	24-Apr-16	\$890.00	\$445.00
Trimester 1 EFTSL Total		0.332					
Trimester 2							
Design an Athletes Diet SISSCOP309A – Design an athlete’s diet (\$445.00)	DAD520	0.055	16-May-16	10-Jun-16	14-Aug-16	\$445.00	\$222.50
Nutrition Education for Athletes SISSCO307– Provide nutrition information to athletes (\$445.00)	NEA521	0.055	16-May-16	10-Jun-16	14-Aug-16	\$445.00	\$222.50
Manage Workplace Priorities BSBWOR501B – Manage personal work priorities and professional development (\$890.00)	MWP522	0.111	16-May-16	10-Jun-16	14-Aug-16	\$890.00	\$445.00
Effective Workplace Communication BSBFLM303C – Contribute to effective workplace relationships (\$605.00) HLTCOM408D – – Use specific terminology to communicate effectively (\$285.00)	EWC523	0.111	16-May-16	10-Jun-16	14-Aug-16	\$890.00	\$302.50 \$142.50
Trimester 2 EFTSL Total		0.332					

Trimester 3		I					
Leadership in Health Practice HLTHIR505D – Provide leadership in promoting effective work practices in health (\$445.00)	LHP530	0.055	5-Sept-16	30-Sept-16	4-Dec-16	\$445.00	\$222.50
Nutritional Diagnostic Framework HLTNUT603B - Apply a nutritional medicine diagnostic framework (\$660.00) HLTNUT610B – Provide basic dietary advice (\$660.00)	NDF531	0.166	5-Sept-16	30-Sept-16	4-Dec-16	\$1320.00	\$330.00 \$330.00
Work Intensively with Clients CHCCW503A – Work intensively with clients (\$890.00)	WIC532	0.111	5-Sept-16	30-Sept-16	4-Dec-16	\$890.00	\$445.00
Trimester 3 EFTSL Total		0.332					
Course Total and EFTSL Course Total		0.996				\$7,995.00	