The College of Health & Fitness

National Provider Number: 30798

Essential for a career in the Health and Fitness Industry.

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Email: admin@thecollegeofhealthandfitness.qld.edu.au
P.O. Box 86, North Lakes, Qld, 4509

The Evergreen Centre
Level 1, 12 Discovery Drive, North Lakes 4509
www.thecollegeofhealthandfitness.qld.edu.au
The College of Health and Fitness is situated in The Evergreen Centre at North Lakes. It is a family owned and run business where personalised service ensures that your training is well and truly above the minimum industry standard. This is highlighted by the fact that the majority of our graduates find work in their chosen fields before the conclusion of their chosen course.

The College of Health and Fitness ensures that the course you are enrolled in is suitable for your chosen career and that you experience a range of training environments with “real” clients. Whether you chose to study by our classroom, flexible delivery, online or our unique one on one personalised courses you will be guided and supported by our team of professionals.

The staff at The College of Health and Fitness have many years of experience in their chosen fields and have been involved with clients from injury rehabilitation to Olympic gold medal winning athletes. We pride ourselves in being able to deliver award winning enjoyable course at affordable prices.

Some of the Awards and Achievements of The College of Health and Fitness and its owner Tony Attridge are:

1991  National Sport Research Needs/ACPHER Prize Qld Sports Science Student Award
1994  ACPHER Sport Science Research Award
1994  to current Consulted with gold medal winning State, National, International, Paralympic and Olympic athletes across a range of sports
1996  to Current Have trained athletes at every Olympic Games since 1996
2003  Contributed to The Complete Soccer Player interactive CD ROM published by GSM and endorsed by Football Australia
2006 - 2008  Finalist for the Griffith University Sessional Academic Staff of the Year
2007  Nominee for Qld Fitness Professional of the Year
2007  Co-authored the Essential Guide to Fitness for the Personal Trainer published by Pearson Education
2007  Trained the Australian Vocational Student of the Year Award prize winner Ellen Winn
2008  Nominee for the Griffith University Sessional Academic Staff of the Year
2008  Winner of the ACPHER QLD Corporate Award
2009  2 Australian Vocational Student of the Year Award prize winners
2010  Queensland Trainee Awards Nominee
2010  Trained North Queensland School Based Trainee of the Year
2011  Queensland Training Awards Nominee

Over 20 years of adult education experience teaching Health and Fitness subjects at Universities in Brisbane as well as various private Registered Training Organisations. As well as over 25 years of practical experience with the health and fitness industry.
Courses

SIS30310 Certificate III in Fitness
  Gym Instructor
  Group Instructor
  Aqua Aerobics Instructor

SIS40210 Certificate IV in Fitness
  Personal Trainer
  Older Adults Trainer
  Children’s Trainer
  Aqua Trainer

SIS50210 Diploma of Fitness

SIS20310 Certificate II in Sport and Recreation

Additonal Courses
  Level 1 Strength and Conditioning
  Beginner General Coaching Principles
  Intermediate General Coaching Principles

BSB30110 Certificate III in Business

BSB40207 Certificate IV in Business

TAE40110 Certificate IV in Training and Assessment
  Senior First Aid
  Resuscitation
  DartFish
The Certificate III in Fitness course is designed to equip you with the knowledge and skills to perform the duties of a gym, group or aqua aerobics instructor.

The Certificate III Course provides you with an extensive knowledge of exercise principles which enables you to fully understand the effect of exercise on the body and therefore to write and adapt fitness programs to suit the specific needs of individuals, groups or teams. You will be able to adapt programs to suit various environments as well as provide technical advice on equipment and exercise techniques.

The College of Health & Fitness provides you with “hands on” practical training in a fully equipped gym and/or pool for specific modules of this course.
Gym Instructor

Provides you with the knowledge to allow you to use the principles and variables of fitness that underpin planning and programming for a range of fitness outcomes.

You will learn how to develop a basic fitness plan for clients after assessing client goals, fitness level, injuries or illnesses. You will be able to write and instruct a range of basic programs for a variety of clients. You will be able to supervise a resistance training gym and carry out equipment supervision and general maintenance. You will be trained to motivate clients, monitor progress of a client and adjust programs as required.

Group Instructor

The Group Exercise Instructor course allows you to plan and instruct a group exercise class such as an aerobics or circuit class.

It gives you the knowledge and skills to prepare a class to suitable music using various equipment and techniques. It also provides you with the knowledge to assess clients’ performance and vary intensity and impact as required. You will learn to develop various visual and verbal cuing techniques as well as correct exercise techniques and safety procedures. You will learn motivational skills, establishing a client rapport and general teaching strategies.

Aqua Aerobics Instructor

This course gives you the knowledge and skills needed to plan, choreograph and instruct water based fitness classes in a water environment such as an indoor pool, outdoor pool, salt water pool or enclosed open water. It allows you to conduct classes using various pieces of equipment, music and techniques.

It gives you the knowledge which enables you to design classes to suit individual group needs such as pregnancy, strength and conditioning, older population, deep water running, children, obese etc. It provides you with the information to analyse and improve the effectiveness of a water based fitness class and observe clients’ performance and rectify technique, intensity and safety.
## SIS30310 Certificate III in Fitness

### Units of Competency

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SISFFIT301A</td>
<td>Provide fitness orientation and health screening</td>
</tr>
<tr>
<td>SISFFIT302A</td>
<td>Provide quality service in the fitness industry</td>
</tr>
<tr>
<td>SISFFIT303A</td>
<td>Develop and apply an awareness of specific populations to exercise delivery</td>
</tr>
<tr>
<td>SISFFIT305A</td>
<td>Apply anatomy and physiology principles in a fitness context</td>
</tr>
<tr>
<td>SISFFIT306A</td>
<td>Provide healthy eating information to clients in accordance with recommended guidelines</td>
</tr>
<tr>
<td>SISXFAC201A</td>
<td>Maintain sport and recreation equipment for activities</td>
</tr>
<tr>
<td>SISXIND101A</td>
<td>Work effectively in sport and recreation environments</td>
</tr>
<tr>
<td>SISXOHS101A</td>
<td>Follow occupational health and safety policies</td>
</tr>
<tr>
<td>SISXRSK301A</td>
<td>Undertake risk analysis of activities</td>
</tr>
<tr>
<td>HLTFA301B</td>
<td>Apply first aid</td>
</tr>
<tr>
<td>SISFFIT304A</td>
<td>Instruct and monitor fitness programs</td>
</tr>
<tr>
<td>SISFFIT310A</td>
<td>Plan and deliver water based fitness activities</td>
</tr>
<tr>
<td>SISFFIT309A</td>
<td>Plan and deliver group exercise sessions</td>
</tr>
<tr>
<td>SISFFIT307A</td>
<td>Undertake client health assessment</td>
</tr>
<tr>
<td>SISFFIT308A</td>
<td>Plan and deliver gym programs</td>
</tr>
</tbody>
</table>
The Certificate IV in Fitness Course is designed to compliment and further your knowledge and skills gained from the Certificate III Course and can only be commenced after successful completion of the Certificate III Course.

The Certificate IV Course will enable you to operate within a broad range of varied contexts that may be complex and non-routine. It will supply you with the knowledge and skills to operate a business within the fitness industry. You will gain knowledge on providing supervision and guidance to others in the application and planning of fitness training and activities, and learn basic workplace training.

After completing the Certificate IV in Fitness you will be qualified to obtain employment as a Personal Trainer and/or to work with older adults or special populations, including pregnant women, rehabilitation and people with disabilities.

As in the Certificate III Course The College of Health & Fitness provides “hands on” practical training in a fully equipped fitness facility, pool and various other facilities that may be used as exercise locations.
Personal Trainer

This course gives you the knowledge and skills to work as a personal trainer. After the completion of this elective you will be able to operate your own personal training business.

This course will provide you with the ability to plan for a range of fitness outcomes using both traditional and innovative equipment. You will be able to advise clients on patterns of healthy eating and conduct postural assessments.

In addition you will be able to instruct both individual and group personal training clients in a wide range of environments as well as implement effective motivational and business strategies to ensure that your business is a success.

Older Adults Trainer

This course covers the requirements to assess, plan and conduct fitness programs for older adults. This program extends upon the knowledge gained from the older adults instructor qualification. Some of the topics covered during this course are motivational strategies, music and location suitability, assessment strategies, gentle exercise programs, marketing and promotion.

Completion of this course provides you with the ability to provide fitness programs to older adults across a range of scenarios and fitness abilities. This qualification enables you to train older adults who are at a mild to moderate risk level. It will provide you with the skills and strategies to successfully incorporate this training group into your personal training business.
Childrens Trainer

The children’s trainer qualification provides you with the knowledge to be able to plan, write and implement innovative programs for children and young adolescents.

This qualification ensures that you are able to program across a range of training locations for children who are at a low to moderate risk level.

This qualification ensures that you will have extensive exposure to a range of theoretical and practical scenarios enabling you to be able to effectively market and implement both one on one and group training sessions for children.

Aqua Trainer

The aim of the aqua trainer course is to extend upon the knowledge gained throughout your Certificate IV course by applying these principles in an aquatic environment. It allows you to conduct classes and individual sessions with low to moderate risk clients.

This course also enhances the knowledge gained from the aqua instructor qualification to ensure that your aqua training capabilities are enhanced to work with clients at moderate risk. These clients may include rehabilitation clients, as well as those with mobility impairments.
Entry to this qualification is open to those who hold a current first aid qualification and current CPR certificate and who have achieved the following units of competency:

- **SISFFIT301A** Provide fitness orientation and health screening
- **SISFFIT302A** Provide quality service in the fitness industry
- **SISFFIT303A** Develop and apply an awareness of specific populations to exercise delivery
- **SISFFIT304A** Instruct and monitor fitness programs
- **SISFFIT305A** Apply anatomy and physiology principles in a fitness context
- **SISFFIT306A** Provide healthy eating information to clients in accordance with recommended guidelines
- **SISFFIT307A** Undertake client health assessment
- **SISFFIT308A** Plan and deliver gym programs
- **SISXOHS101A** Follow occupational health and safety policies
- **SISXRSK301A** Undertake risk analysis of activities
BSBSMB401A Establish legal and risk management requirements of small business
BSBSMB403A Market the small business
BSBSMB404A Undertake small business planning
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
SISSSTC301A Instruct strength and conditioning techniques
SISSSTC402A Develop strength and conditioning programs
CHCIC301D Interact effectively with children
SISFFIT313A Plan and deliver exercise to apparently healthy children and adolescents
SISFFIT314A Plan and deliver exercise to older clients with managed conditions

Additional Courses (Additional Fees Apply)
Aqua Trainer
SISCAQU202A Perform basic water rescues
SISCAQU307A Perform advanced water rescues
SISFFIT422A Implement inclusive aquatic activities for specific population groups
This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the fitness industry, including working collaboratively with medical and allied health professionals in a broad range of settings, such as fitness facilities, aquatic facilities, community facilities and in open spaces.

Those with this level of competency will be expected to provide exercise training to individual clients with specific needs, on a one-on-one or group basis, and may include older clients and children with chronic conditions.

Persons with this level of competency will have the ability to implement, evaluate and modify the exercise prescription provided by medical or allied health professionals for clients with specific conditions, within an agreed scope for progression as recommended by referring medical or allied health professionals.

Specialised exercise trainers will have the ability to monitor client progress and, in collaboration with medical or allied health professionals, utilise an evidence-based approach to deliver solutions by applying knowledge of physiology and anatomy and the pathology of specific medical conditions.
This qualification is designed for those existing fitness professionals 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 (Min. 12 Months) 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

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.
<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Unit Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>SISFFIT523A</td>
<td>Deliver prescribed exercise to clients with cardiorespiratory conditions</td>
</tr>
<tr>
<td>SISFFIT524A</td>
<td>Deliver prescribed exercise to clients with metabolic conditions</td>
</tr>
<tr>
<td>SISFFIT525A</td>
<td>Advise on injury prevention and management</td>
</tr>
<tr>
<td>SISFFIT526A</td>
<td>Deliver prescribed exercise to clients with musculoskeletal conditions</td>
</tr>
<tr>
<td>SISFFIT527A</td>
<td>Undertake health promotion activities to decrease risk factors and prevent chronic disease</td>
</tr>
<tr>
<td>SISFFIT528A</td>
<td>Apply research findings to exercise management strategies</td>
</tr>
<tr>
<td>SISXCCS404A</td>
<td>Address client needs</td>
</tr>
<tr>
<td>SISIND405A</td>
<td>Conduct projects</td>
</tr>
<tr>
<td>HLTFA402B</td>
<td>Apply advanced first aid</td>
</tr>
<tr>
<td>SISFFIT313A</td>
<td>Plan and deliver exercise for apparently healthy children and adolescents</td>
</tr>
<tr>
<td>SISFFIT314A</td>
<td>Plan and deliver exercise to older clients with managed conditions</td>
</tr>
<tr>
<td>SISSSTC301A</td>
<td>Instruct strength and conditioning techniques</td>
</tr>
<tr>
<td>SISSSTC402A</td>
<td>Develop strength and conditioning programs</td>
</tr>
</tbody>
</table>
The College of Health and Fitness offer the following courses which will allow you to gain employment in the sport and recreation industry.

At the completion of the course you will be able to Organise and complete daily work activities; Provide first aid; Deal with client feedback; Develop knowledge of the sport and recreation industry; Follow defined Occupational Health and Safety policies and procedures. As well as be able to complete one of the following areas of specialisation: General Administration and Retail. You will have a choice of electives including assist in preparing sport and recreation sessions for participants; Assist in conducting sport and recreation sessions for participants; Provide equipment for activities; Communicate in the workplace; Sell products/services to patrons. This course is a great introduction back to study or as a stepping stone to further courses.
SRO20106 Certificate II in Sport & Recreation

**Units of Competency**

<table>
<thead>
<tr>
<th>Units of Competency</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSBWOR202A</td>
<td>Organise and complete daily work activities</td>
</tr>
<tr>
<td>HLTFA301B</td>
<td>Apply first aid</td>
</tr>
<tr>
<td>SISXEMR201A</td>
<td>Respond to emergency situations</td>
</tr>
<tr>
<td>SISXIND101A</td>
<td>Work effectively in sport and recreation environments</td>
</tr>
<tr>
<td>SISXOHS101A</td>
<td>Follow occupational health and safety policies</td>
</tr>
<tr>
<td>ICAU2006B</td>
<td>Operate computing packages</td>
</tr>
<tr>
<td>ICAU1129B</td>
<td>Operate a word processing application</td>
</tr>
<tr>
<td>ICAU1130B</td>
<td>Operate a spreadsheet application</td>
</tr>
<tr>
<td>ICAU1131B</td>
<td>Operate a database application</td>
</tr>
<tr>
<td>ICAU1132B</td>
<td>Operate a presentation package</td>
</tr>
<tr>
<td>ICPMM263C</td>
<td>Access and use the Internet</td>
</tr>
</tbody>
</table>
Level 1 Strength and Conditioning Course

The Level 1 ASCA Strength and Conditioning Coaching Course provides participants with the knowledge and skills to understand, apply and design programs including basic training principles and variables to physically prepare beginner level athletes to improve their sports performance.

Students will be able to combine various training variables for sports performance. This includes being able to modify training programs to suit the psychological development of the athlete, organise, teach, supervise and provide feedback on basic speed, strength, endurance and flexibility development drills, describe common technical faults and their implications from the Level 1 Strength exercise lifts, design a basic 2-3 day/week 4-8 week periodised program for beginner level athletes using all training modalities, employ a range of field tests to assess an athlete’s physical capabilities, implement injury prevention, management and rehabilitation procedures and apply basic first aid for basic sports injuries, manage and implement a recovery program, identify and understand the effect of nutrition and commonly used drugs on sports performance.

Beginner General Principles of Coaching

The course contains five modules, covering a range of general coaching topics including; the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management and inclusive coaching practices when working with people with a disability or special population groups.

Intermediate General Principles of Coaching

This course covers the following topics: The essence of coaching, Introduction to physiology, Program management, Basic anatomy and biomechanics, Planning, Development and maturation, Sports safety, Nutrition for sport, Coaching processes, Sport psychology, Inclusive coaching, Anti-doping in sport, Skill acquisition.
This qualification reflects the role of individuals who apply a broad range of competencies in a varied work context using some discretion, judgement and relevant theoretical knowledge. They may provide technical advice and support to a team.

Job roles
Job roles and titles vary across different industry sectors. Possible job titles relevant to this qualification include:

- Customer Service Adviser
- Data Entry Operator
- General Clerk
- Payroll Officer
- Typist
- Word Processing Operator
BSBOHS301B  Apply knowledge of OHS legislation in the workplace

BSBFIA301A  Maintain financial records

BSBADM311A  Maintain business resources

BSBCMM301B  Process customer complaints

BSBITU302B  Create electronic presentations

BSBITU303A  Design and produce text documents

BSBITU306A  Design and produce business documents

BSBPR0301A  Recommend products and services

BSBWOR301B  Organise personal work priorities and development

BSBFLM303C  Contribute to effective workplace relationships

BSBFLM312C  Contribute to team effectiveness

BSBWRT301A  Write simple documents
This qualification reflects the role of individuals who use well-developed skills and a broad knowledge base in a wide variety of contexts. They apply solutions to a defined range of unpredictable problems, and analyse and evaluate information from a variety of sources. They may provide leadership and guidance to others with some limited responsibility for the output of others.

**Job roles**

- Administrator
- Project Officer

Examples of indicative job roles for candidates seeking entry based upon their vocational experience include:

- Accounts Clerk
- Customer Service Advisor
- Clerk
- E-business Practitioner
- Legal Receptionist
  - Medical Receptionist
  - Office Administration Assistant
  - Student Services Officer
  - Word Processing Operator
BSB4207 Certificate IV in Business

Units of Competency

BSBOHS407A  Monitor a safe workplace
BSBCMM401B  Make a presentation
BSBCUS402A  Address customer needs
BSBMKG413A  Promote products and services
BSBMKG414B  Undertake marketing activities
BSBRES401A  Analyse and present research information
BSBITA401A  Design databases
BSBITS401B  Maintain business technology
BSBITU401A  Design and develop complex text documents
BSBITU402A  Develop and use complex spreadsheets
This qualification reflects the roles of individuals delivering training and assessment services in the vocational education and training (VET) sector.

Achievement of this qualification or an equivalent by trainers and assessors is a requirement of the Australian Quality Training Framework Essential Standards for Registration (Standard 1 as outlined in Appendix 2 of the Users’ Guide to the Essential Standards for Registration).

This qualification, or the skill sets derived from units of competency within it, is also suitable preparation for those engaged in the delivery of training and assessment of competence in a workplace context, as a component of a structured VET program.

**Job roles**

Job roles associated with this qualification relate to the delivery of training and assessment of competence within the VET sector. Possible job titles and roles relevant to this qualification include:

- Enterprise Trainer
- Enterprise Assessor
- Registered Training Organisation (RTO) Trainer
- RTO assessor
  - Training Adviser or Training Needs Analyst
  - Vocational Education Teacher.
<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Unit Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>TAEASS401B</td>
<td>Plan assessment activities and processes</td>
</tr>
<tr>
<td>TAEASS402B</td>
<td>Assess competence</td>
</tr>
<tr>
<td>TAEASS403B</td>
<td>Participate in assessment validation</td>
</tr>
<tr>
<td>TAEDEL401A</td>
<td>Plan, organise and deliver group-based learning</td>
</tr>
<tr>
<td>TAEDEL402A</td>
<td>Plan, organise and facilitate learning in the workplace</td>
</tr>
<tr>
<td>TAEDES401A</td>
<td>Design and develop learning programs</td>
</tr>
<tr>
<td>TAEDES402A</td>
<td>Use training packages and accredited courses to meet client needs</td>
</tr>
<tr>
<td>BSBCCM401A</td>
<td>Make a presentation</td>
</tr>
<tr>
<td>BSBLED401A</td>
<td>Develop teams and individuals</td>
</tr>
<tr>
<td>BSBMKG413A</td>
<td>Promote products and services</td>
</tr>
</tbody>
</table>
The Senior first aid course covers a broad range of topics to enable participants to confidently manage emergency situations, providing care for the ill or injured until medical aid arrives. It is suitable to both people in workplaces and members of the public who want training in first aid. Most workplaces require a specific number of people to successfully complete this qualification. The qualification remains current for three years, during which time a refresher course must be completed.

This course provides the skills to recognise and then manage a casualty who is unconscious and is not breathing. CPR is a life saving technique which can sustain life until an ambulance arrives. A CPR refresher program must be undertaken every 12 months.
DartFish is a video analysis system which allows you to communicate, analyse and share information to and about your client more effectively. It improves communication with athletes by bringing them face-to-face with their own performances. You can easily integrate video during training and give your instant visual feedback. Enabling you to make it easier for them to understand the corrections and adjustments they need to make according to your comments as well as improve and accelerate their learning process.

You will also be able to use your expertise to enhance video images thanks to powerful analysis tools, while also highlighting techniques and movements by selecting key moments on the video and comparing them with reference clips. Another feature is the exclusive drawing and measurement tools enabling effective exercise analysis to occur. You can also categorize your videos with personal attributes and create an index of events (e.g. squat, running technique etc.).

The video content can be made available to anyone, anywhere, anytime, as well you are able to distribute your videos, analyses and multimedia presentations to client, fellow trainers and staff on CD, DVD or by email. You will also be able to create an online community and give video access to everyone in your organization via the DartFish web platform.

Contact The College of Health and Fitness to arrange a time for a free viewing of this powerful software development which will take your training and that of your clients to the next level.
The College of Health and Fitness conducts numerous CEC courses throughout the year. These courses are conducted as both classroom as well as by correspondence. One of the best options in acquiring your CEC points is to complete additional modules from various other courses so not only are you gaining your CEC points but you are also updating your knowledge towards another qualification.

You can contact us to help you devise an upgrade CEC training plan that suits your requirements and areas of interest.

The College of Health and Fitness is able to offer a User Choice and Fee for Service traineeship programs. The benefit of undertaking a traineeship is that you are able to get paid and work in the fitness industry as you learn. There are also significant benefits for a host employer to employ a trainee. To find out if you are eligible for a traineeship or you wish to employ a trainee please contact The College of Health and Fitness directly to discuss this exciting and mutually rewarding possibility.

Funding provided by the Department of Education, Training under the User-Choice program.

The College of Health and Fitness also stocks a range of sporting and fitness products. These products are available for purchase from our website www.thecollegeofhealthandfitness.qld.edu.au

All students who are enrolled or have previously been enrolled in any of our courses are able to obtain between 10 to 20% discount off the website listed price. To obtain this discount all you need to do is to contact The College directly and we will be able to provide you with the discounted price for the product you are after.
## Course Fees

<table>
<thead>
<tr>
<th>Course</th>
<th>Class</th>
<th>Flexible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cert III in Fitness</td>
<td>$2500</td>
<td>$2000</td>
</tr>
<tr>
<td>(includes Gym, Group, Aqua &amp; First Aid)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cert IV in Fitness</td>
<td>$3600</td>
<td>$2500</td>
</tr>
<tr>
<td>(includes P/T, Older Adults, Children &amp; Level 1 S&amp;C)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Both Certificate III and IV in Fitness courses</td>
<td>$5000</td>
<td>$4000</td>
</tr>
<tr>
<td>Diploma of Fitness</td>
<td>$4000</td>
<td>$3000</td>
</tr>
<tr>
<td>Cert III in Business</td>
<td>$2200</td>
<td>$1200</td>
</tr>
<tr>
<td>Cert IV in Business</td>
<td>$2400</td>
<td>$1400</td>
</tr>
<tr>
<td>Cert III &amp; IV in Business</td>
<td>$4000</td>
<td>$2300</td>
</tr>
<tr>
<td>Cert IV in Training &amp; Evaluation</td>
<td>$1500</td>
<td>$1000</td>
</tr>
<tr>
<td>First Aid</td>
<td>$160</td>
<td></td>
</tr>
<tr>
<td>Level 1 Strength &amp; Conditioning</td>
<td>$400</td>
<td></td>
</tr>
<tr>
<td>Recognition of prior learning</td>
<td>$660</td>
<td></td>
</tr>
<tr>
<td>Gym, Group, Aqua, P/T, Older Adults, Children (per module)</td>
<td>$500</td>
<td></td>
</tr>
<tr>
<td>Dartfish Training</td>
<td>$150 per hour</td>
<td></td>
</tr>
<tr>
<td>Beginner General Coaching Principles</td>
<td>$200</td>
<td></td>
</tr>
<tr>
<td>Intermediate General Coaching Principles</td>
<td>$300</td>
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</tbody>
</table>

The above prices include all of your workbooks, additional tutorials if required and unlimited phone, e-mail on-line and one on one support. There are significant discounts if you enrol in more than one course. Please contact The College of Health and Fitness directly to discuss these prices and to tailor a training plan specific to your needs. The College of Health and Fitness also conducts exclusive one on one courses providing you with the personal attention to achieve your dreams. Please contact us directly to discuss this option and the costs involved.
The College of Health and Fitness is able to offer the following payment options.

**Pay in full**
If you pay in full there is a discount off all courses valued over $800. Please contact The College directly to find out the discounted rate.

**Payment Plan**
The College of Health and Fitness also offer various payment plans which start with an initial deposit of $450 and monthly payment as personally arranged with the Director. These payments start from as little as $170 per month and fall due on the first day of each month unless specific alternative arrangements have been made with the Director of The College.

**Student Loans**
Do you want to take advantage of the discounts offered by paying in full? The College of Health and Fitness has an arrangement with the NAB for student deferred loan. Please contact your nearest NAB for more information.

**AUSTUDY Approved**
The College of Health and Fitness is AUSTUDY approved for all of its courses. To determine if you are eligible please visit the following website:

**Late Payments**
Students who are behind in their payments will be charged interest on the balance of their account at 12.5%. The College of Health and Fitness will peruse legal action against students who default on two or more payments without sufficient explanation.

The College of Health and Fitness reserves the right to withhold all Statements of Attainment and Certificates until all fees have been paid in full.

The College of Health and Fitness also reserves its right to vary fees, curriculum and dates of courses without notice and liability.

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**Recognition of Prior Learning/ Recognition of Current Competence**

Recognition of prior learning/current competence assessment is available to all clients. This is an option available to all students who have acquired knowledge or undertaken previous relevant learning which can be recognised against the course(s) you have inquired about or enrolled in.

The College of Health and Fitness will recognise the AQF qualifications and Statements of Attainment issued by other RTO’s. Clients wishing to be assessed in this mode can either provide sufficient evidence of competence.

Please contact The College of Health and Fitness to find out more about this option.
Workplace Health and Safety
The College of Health and Fitness has a responsibility to provide a safe and healthy environment for all course participants and instructors/lecturers. Course participants have the responsibility of not putting themselves at risk of injury or illness by undertaking activities in a safe manner and following all instructions given by The College of Health and Fitness staff and by reporting all workplace health and safety issues as soon as possible.

Recognition of Current Competencies and Recognition of Prior Learning
The College of Health and Fitness offers both recognition of current competencies and prior learning. This process enables students who have previous experience or qualifications in the industry to apply for credit of competencies.

The College of Health and Fitness recognizes and accepts qualifications and statements of attainment issued by registered training organizations across any State/Territory of Australia. Overseas applicants will need to provide a detailed resume as well as a certified copy of their academic transcripts, certificates or statements. Contact details for the overseas training organization must also be provided. If these materials are written in a language other than English they must be professionally transcribed prior to lodgment.

The College of Health and Fitness is also able to offer recognition of current competencies where documentation has been misplaced or is outdated and the applicant is currently working in the fitness industry.

Further information and costs involved in applying for these recognition options is available by contacting The College of Health and Fitness.
Your enrolment form together with your payment/deposit should be posted to:

Enrolment Processing Officer
The College Of Health and Fitness
P.O. Box 86
North Lakes 4509

All enrolments must be accompanied by a minimum payment of a $450 deposit. Full payment for modules or courses is to be received by the College no later than 3 working days prior to commencement.

Full payment of course/module needs to be received before correspondence courses can be completed unless prior arrangements have been made.

Confirmation of your enrolment should be received within 5 working days of receipt of your payment/deposit. Please contact The College of Health and Fitness immediately if this has not been received within the specified time.

A full refund will be given if courses are cancelled by The College of Health and Fitness or if course participant gives notice in writing that they will not be commencing their chosen course at least 2 days prior to scheduled course commencement.

No refunds will be given on courses that have commenced or if workbooks have been issued.

Congratulations on making the choice to enrol with The College of Health and Fitness. We assure you every effort will be made to ensure your complete satisfaction of the quality of this learning experience.
Enrolment Form

Please print clearly and fill in all fields where applicable.

1. Personal Details
Title
- Mr
- Mrs
- Miss
- Ms
- Dr
- Other
Gender
- Male
- Female
First Name
Family Name
Date of Birth (DD / MM / YYYY)
Country of Birth
Languages Spoken
Address
Contact
Home Number
Work Number
Mobile Number
Email Address
Next of Kin
Name
Relationship
Phone Number

2. Student Profile
Education:
Last Year of High School
Year Level Completed
Name of School
Employment/Experiences (paid and voluntary)
Company
Duration
Position Duties
Company
Duration
Position Duties
Medical/Disabilities:
Do you consider yourself to have a learning disadvantage, special needs, disability, impairment or long term condition?
- Yes
- No
If Yes, please indicate the areas of learning disadvantage, special needs disability, impairment or long term condition

3. Course Selection Details
Course
- Certificate III in Fitness
- Certificate IV in Fitness
- Certificate IV in TAE
- Certificate IV in Business
- Certificate III in Business
- First Aid
- CPR
- Diploma in Fitness
State Date:
Advantages of Studying at The College of Health & Fitness:

- Smaller Classes (max 20).
- Nationally Recognised Training.
- Lecturers have extensive industry experience.
- No Exams.
- Australian Quality Training Framework Compliant.
- Tailor made courses available for organisations.
- Correspondence courses available at reduced rates.
- Quoted prices include all workbooks.
- No other fees payable.