



HEALTH COURSE GUIDE

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**“ENTREPRENEURSHIP IS MORE
THAN JUST A BUSINESS”**





Welcome to Entrepreneur Education



Entrepreneur Education was established with one goal: to change the way education is delivered in Australia.

Our team firmly believe that each and every one of us can unlock our entrepreneurial potential and along the way, gain the skills necessary to succeed. To support this, Entrepreneur's choice of faculties; Faculty of Leadership, Design, Health, Entrepreneurship and Trade, provides a number of pathways for you to gain real world, life-skills that will transfer across a variety of industries.

Our 360° education method encourages students to communicate their ideas with other students and mentors to help bring that idea into a reality. Lifestyle is also an integral part of building motivated and empowered entrepreneurs and you can find inspiration at our campus in the heart of Surfers Paradise on the stunning East Coast of Australia.

No matter which path you choose you will enjoy Entrepreneur Education's eternal dedication to nurturing your ambition and bringing your ideas to fruition.

Because it all starts with just one idea...

- Founders of Entrepreneur Education



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HEALTH

About

Are you looking to develop your passion for fitness into an exciting career? Enjoy client interaction, great facilities and be mentored by fitness gurus who want to share their experience with you.

Join us down under for an incredible and life changing learning experience. Study at our awesome campus situated on the stunning East Coast of Australia. Enjoy the glitter strip in the heart of Surfers Paradise, Gold Coast.

Enrol now and discover the Australian way of life, enjoy beautiful sun and surf filled days and progress your career with Entrepreneur Education.

Our Courses

SIS30315 Certificate III in Fitness
CRICOS Course Code: 096773E

SIS40215 Certificate IV in Fitness
CRICOS Course Code: 096774D

“ The water rescue was so much fun and at the same time I learned how important it is, especially living on the Gold Coast. ”

SIS30315 Certificate III in Fitness

CRICOS Course Code: 096773E

Now's the chance to develop your passion for fitness into an exciting career with the Certificate III in Fitness. Get started by choosing to specialise in group, aqua or gym programs. Students will learn to conduct fitness appraisals, provide healthy eating options, provide quality service to all types of clients and incorporate anatomy and physiology principles into fitness programming. This hands-on experience will enable you to adapt for all fitness levels and learn the true meaning behind "no pain, no gain".



Start Date
Monthly



30 Weeks
Study: 21 weeks // Supervised Study: 3 weeks // Holidays: 6 weeks



Face-to-Face
14 hrs / week



Distance
6 hrs / week



Campus
Gold Coast



Potential Career Outcomes
Gym Owner // Gym Instructor // Group Exercise Co-ordinator



Entry Requirements
Please see page 10 for the full Entry Requirements

Subjects

01. Know Your Client

SISFFIT001 Provide health screening and fitness orientation // SISFFIT006 Conduct fitness appraisals

Your job is to inspire your clients to meet their fitness goals and to do this you need a few tools and techniques. In this unit you will learn how to identify client fitness requirements, administer pre-exercise health screening and plan, conduct and evaluate a fitness appraisal.

02. Never Too Old

SISFFIT002 Recognise and apply exercise considerations for specific populations // SISFFIT014 Instruct exercise to older clients

Learn how to identify fitness requirements for different groups of clients including children, older adults, clients with a disability and culturally and linguistically diverse (CALD) groups. Learn how to develop specific program plans, conduct exercise sessions and evaluate these plans to get the best out of each client.

03. Quality = Priceless

SISXCCS001 Provide quality service // SISXIND001 Work effectively in sport, fitness and recreation environments

Providing quality service will keep your clients coming back and your business profitable. In this unit you will learn to address client needs and expectations, provide quality service and resolve customer complaints. You will develop industry knowledge, learn how to identify client needs and objectives, implement customer services practices and minimise risk.

04. Know Your Body

SISFFIT004 Incorporate anatomy and physiology principles into fitness programming

Understanding human anatomy is fundamental to writing great fitness programs for your clients.

Consolidate your understanding of anatomy and physiology in this unit and learn to apply this knowledge to your own professional practice.

05. Teamwork Makes the Dream Work

SISFFIT007 Instruct group exercise sessions // SISFFIT011 Instruct approved community fitness programs // SISFFIT003 Instruct fitness programs

Working in a group setting can be really motivating and fun for some clients. In this unit you will learn the performance outcomes, knowledge and skills required to plan, instruct and evaluate a variety of fitness programs and circuit sessions. This involves programming and instruction of cardiovascular, resistance and flexibility programs for low or moderate risk clients who have completed industry endorsed pre-exercise screening and risk stratification procedures.

06. The Painful Truth

SISFFIT005 Provide healthy eating information

Maintaining a healthy diet will improve overall health outcomes for your clients. Discover the fundamentals of healthy eating, balanced nutrition and nutritional practices to enhance peak performance.

07. Spray and Wipe

HLTWHS001 Participate in workplace health and safety // BSBRSK401 Identify risk and apply risk management processes // SISXFAC001 Maintain equipment for activities

Risk management and safe work practices are essential to the success of your business. Learn about the relevant laws, legislation and regulations you need to be aware of as well as how to conduct routine maintenance on gym equipment, conduct a risk assessment and manage a risk register.

08. Green is the new black

BSBSUS201 Participate in environmentally sustainable work practices

In this day and age, it is important to reduce negative environmental impacts within the workplace. With this unit you will learn how to effectively measure current resource use, carry out improvements and make our world a better place.

09. 000

HLTAID011 Provide first aid

Being able to care for your clients and provide first aid is critically important. Learn how to respond in an emergency, apply appropriate first aid, communicate details of the incident and evaluate the incident.

SIS40215 Certificate IV in Fitness

CRICOS Course Code: 096774D

Are you on the path to becoming a specialist within the fitness industry? Step up your career or start your own business and become a personal trainer with the Certificate IV in Fitness. Learn to work with groups, one-on-one or to improve health-related components of fitness in low risk situations. Discover more about nutrition and how to collaborate with medical and allied health professionals in a fitness context. If you're personally motivated and want to see the fire in your client's eyes, then this program will bring you independence; whether that's at a fitness centre, gym, aquatic and community centres, open spaces or your own facility.



Start Date
Monthly



54 Weeks
Study: 38 weeks // Supervised Study: 4 weeks // Holidays: 12 weeks



Face-to-Face
14 hrs / week



Distance
6 hrs / week



Campus
Gold Coast



Potential Career Outcomes
Personal Trainer // Health Professional // Gym Owner/Management // Special Needs Training Specialist



Entry Requirements
Please see page 10 for the full Entry Requirements

Subjects

01. You Can Do It

SISFFIT013 Instruct exercise to young people aged 13 to 17 years // SISFFIT020 Instruct exercise programs for body composition goals

Health, fitness and movement is important at all ages. Learn how to plan, instruct and evaluate exercise for young people aged thirteen to seventeen years. In this unit you will also learn how to change or maintain your clients desired and realistic body composition goals.

02. Rip In

SISXCAI009 Instruct strength and conditioning techniques // SISXCAI010 Develop strength and conditioning programs

Learn how to build and design drills, exercises and activities to instruct strength and conditioning techniques to individual athletes or groups of athletes according to their sport-specific needs or personal fitness goals.

03. Take the 'C' Off Chips and What Do You Get?

SISFFIT025 Recognise the dangers of providing nutrition advice to clients // SISFFIT026 Support healthy eating through the Eat for Health Program

Hot chips are best in moderation. In this unit you will learn about healthy eating and the risks associated with providing clients with nutritional advice. You will conduct audits on existing food products and over two weeks you will review several case studies working through the nutritional information in line with regulation standards.

04. The Customer is Not Always Right

SISXCCS003 Address client needs

It important to be able to manage ongoing and sometimes complex relationships with your clients. In this unit you will learn the importance of being able to match services to needs and you will become familiar with service provision options that can be negotiated with your client and customised to meet their needs.

05. It's Not a Sprint; It's a Marathon

SISFFIT023 Instruct group personal training programs // SISFFIT017 Instruct long-term exercise programs // SISFFIT016 Provide motivation to positively influence exercise behaviour

This theoretical unit is related to your practical tasks. During the next 6 weeks, while completing the practical logbook, you will be required to document the theoretical underpinnings of instructing long term exercise programs, group personal training programs and providing motivation to positively influence exercise behaviour.

06. Listen to the Doc

SISFFIT015 Collaborate with medical and allied health professional in a fitness context

Learning to collaborate with medical and allied health professionals as a fitness trainer is a vital part of ensuring that your client's program is developed in their best interests. You will learn to analyse pre-screening and fitness capacity and write professional referrals to medical personnel.

09. Safety First

HLTWHS003 Maintain work health and safety // SISXRES001 Conduct sustainable work practices in open spaces

Learn how to implement and monitor work health and safety (WHS) policies, procedures and work practices as part of a small work team. You will learn to conduct research of outdoor land condition, capability, uses and practices and develop and implement strategies to achieve sustainable practices for outdoor programs and activities.

06. Understand Your Business

BSBSMB404 Undertake small business planning // BSBSMB421 Manage small business finances // BSBSMB420 Evaluate and develop small business operations

Build a successful business by developing an integrated business plan for achieving your goals and objectives. In this unit you will develop and implement operational strategies and procedures and you will also learn how to monitor and review business performance and financial management strategies.

07. Let's Move

SISFFIT021 Instruct personal training programs // SISFFIT019 Incorporate exercise science principles into fitness programming // SISFFIT018 Promote functional movement capacity

This theoretical unit is related to your Project 3 subject and practical tasks. During the next 6 weeks, while completing the practical logbook, you will learn how to plan, instruct and evaluate personal training programs for a variety of clients in both controlled and uncontrolled environments.

08. Market Small Business

BSBSMB403 Market the small business

Improve your business performance by using a clear marketing strategy integrated into a business plan. Whether you operate a small business, or you work within a larger organisation, you will learn to analyse and interpret market data and apply this to improve business performance by developing a comprehensive marketing plan.

ENTRY REQUIREMENTS

Generic Entry Requirements

You will be required to satisfy the below Entry Requirements in order to enrol. Depending on what course you are enrolling in, you may be required to satisfy further Entry Requirements specific to the course.

Academic Entry Requirement:

Students must provide evidence of successful completion of:

- Certificate IV or higher requires a minimum of Year 12 **OR** a minimum of a Certificate III level qualification or higher
- If there is no evidence of the above, the student must sit the Entrepreneur Language, Literacy and Numeracy (LLN) Test and achieve a satisfactory result

Please note: Home country evidence is accepted and must be translated

English Entry Requirement:

Students must provide evidence of successful completion of:

- Upper Intermediate Certificate or higher
- Certificate IV level or higher qualification in Australia
- IELTS 5.5-6, FCE Grade B or C, CAE 160-179, TOEFL 72-94, TOEIC 400-485 (listening), 385-450 (reading)
- Entrepreneur Education English Test, achieving at least Upper Intermediate level

Please note: All English evidence provided must be within a 2 year validity period. Either within two years before the application is made, or within two years of the visa grant

Course Resource Requirements:

The following resources are required to complete our courses:

- Computer Requirements - Students will require continual access to their own laptop computer during class and outside of class to meet distance education requirements

Please note: Students are required to purchase these items at their own expense. Depending on the course you are enrolling in, you may be required to have specific resources.

CREDIT TRANSFER

You may be eligible for Credit Transfers if you hold the same unit(s) from another provider. To be eligible; you must present your certified qualification at enrolment stage, together with the completed 'Course Credit Form'. Once assessed, you will be notified of the outcome. Should your achieved units be equivalent, your CoE/course duration will be reduced according to the amount of time needed to complete the outstanding units.

SIS40215 Certificate IV in Fitness

CRICOS Course Code: 096774D

Pre-Requisite Requirements:

Entry to this qualification is open to individuals who hold the following units of competency from the SIS30315 Certificate III in Fitness:

- HLTAID003 Provide first Aid (must be current)
- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT006 Conduct fitness appraisals
- SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service

Course Resource Requirements:

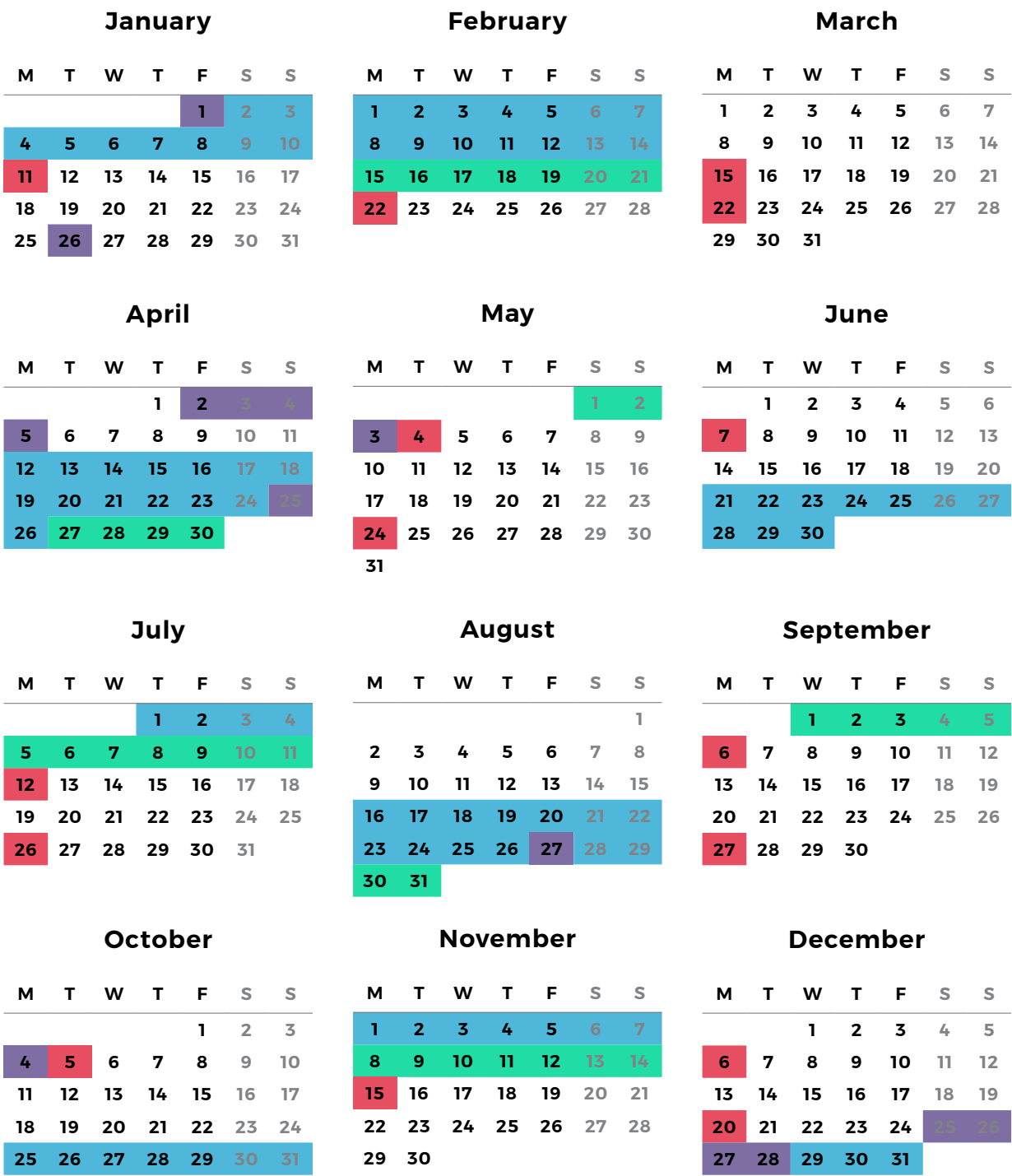
The following resources are required to complete this course:

- Computer Requirements - Students will require continual access to their own laptop computer during class and outside of class to meet distance education requirements.

Please note: students are required to purchase these items at their own expense

Academic Calendar 2021

SIS30315 CERTIFICATE III IN FITNESS (30 WEEKS)



- Holidays
- Supervised Study Week
- Public Holiday
- Preferred Start Date

Preferred Start Dates

You may commence any Monday. Students who do not start on a preferred start date will complete orientation and then commence class at the start of next unit.

Course Timetable 2021

CERTIFICATE III IN FITNESS - SIS30315

Time	Wednesday	Thursday
8:00am - 11:45am	Theory	Practical
11:45am - 12:15pm	Break	Break
12:15pm - 4:00pm	Theory	Practical

COURSE TERMINOLOGY

Theory

During this time your mentor will deliver planned training sessions which are aimed to give you critical theoretical knowledge and understanding of course concepts/content.

Practical

During this time you will demonstrate the required practical components needed to achieve your qualification. This may consist of classroom activities, gym sessions, outdoor park sessions, and the like.

DISTANCE EDUCATION

Online Course Hub (on-line learning portal)

The course hub provides you with a wide range of learning resources to guide your distance education. You will be able to access a variety of quality resources in your own time.

Facebook Group (communication and conversation group)

Your mentor will lead conversations and communicate information related to your study. You will be encouraged to share ideas and collaborate with your class peers about project work.

Academic Calendar 2021

SIS40215 CERTIFICATE IV IN FITNESS (54 WEEKS)

January							February							March						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				
April							May							June						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4						1	2		1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
							31													
July							August							September						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4							1			1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30			
							30	31												
October							November							December						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

- Holidays
- Supervised Study Week
- Public Holiday
- Preferred Start Date

Preferred Start Dates

You may commence any Monday. Students who do not start on a preferred start date will complete orientation and then commence class at the start of next unit.

Course Timetable 2021

CERTIFICATE IV IN FITNESS - SIS40215

Time	Wednesday	Friday
8:00am - 11:45am	Theory	Practical
11:45am - 12:15pm	Break	Break
12:15pm - 4:00pm	Theory	Practical

COURSE TERMINOLOGY

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