

STUDY.
WORK.
LIVE.
GOLD COAST, AUSTRALIA.



FACULTY OF

HEALTH



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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About

Get your hands dirty and prepare for work in the construction industry. Watch the masters in action and learn all the tricks and tips of the trade.

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.

HEALTH



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



Faculty of Health Courses

SIS30321 Certificate III in Fitness
CRICOS Course Code: 109353C | 30 weeks


SIS40221 Certificate IV in Fitness
CRICOS Course Code: 109354B | 54 weeks


SIS30321 Certificate III in Fitness


CRICOS Course Code: 109353C

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**
15 hrs / week

 **Distance**
5 hrs / week

 **Campus**
Gold Coast

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

 **Entry Requirements**
Please see page 13 for the full Entry Requirements

Subjects

01. Know Your Client

SISFFIT032 Complete pre-exercise screening and service orientation // SISFFIT033 Complete client fitness assessments

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. Risky Business

BSBOPS403 Apply business risk management processes

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 conduct a risk assessment and manage a risk register.

03. Teamwork

CHCDIV001 Work with diverse people // BSBXTW301 Work in a team

This unit describes the skills and knowledge required to work respectfully with people from diverse social and cultural groups and situations, including Aboriginal and/or Torres Strait Islander people.

04. Know Your Body

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

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

SISFFIT036 Instruct group exercise sessions // SISFFIT035 Plan group exercise sessions // SISFFIT040 Develop and instruct gym-based exercise programs for individual clients

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

SISFFIT052 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. Customer Service

BSBOPS304 Deliver and monitor a service to customers

In this role, individuals often exercise discretion and judgement using appropriate knowledge of customer service. They provide technical advice and support to customers over short or long-term interactions.

08. Priorities

BSBPEF301 Organise personal work priorities

This unit describes the skills and knowledge required to organise personal work schedules, to monitor and obtain feedback on work performance and to maintain required levels of competence. The unit applies to individuals who exercise discretion and judgement and apply a broad range of competencies in various work contexts.

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.

10. Sustainability

BSBSUS211 Participate in sustainable work practices

This unit describes the skills and knowledge required to measure, support and find opportunities to improve the sustainability of work practices. The unit applies to individuals, working under supervision or guidance, who are required to follow workplace procedures and instructions. These individuals work in an environmentally sustainable manner within scope of competency, authority and own level of responsibility.

11. Work Safety

HLTWHS001 Participate in workplace health and safety

This unit describes the skills and knowledge required for workers to participate in safe work practices to ensure their own health and safety, and that of others.

SIS40221 Certificate IV in Fitness

CRICOS Course Code: 109354B

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
15 hrs / week



Distance
5 hrs / week



Campus
Gold Coast



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



Entry Requirements
Please see page 14 for the full Entry Requirements

Subjects

01. Explore Fitness

BSBESB301 Investigate business opportunities

Now it's time to start your own business. You will learn to identify a business opportunity and its key components. This requires undertaking research to determine the viability of the opportunity, with reference to the legislative frameworks affecting the business.

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?

SISFFIT053 Support healthy eating for individual fitness clients

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.

04. Move It

SISFFIT034 Assess client movement and provide exercise advice

Learn how to assess client movement and provide advice so clients achieve optimal movement, safe and effective exercise techniques. Learn how to assess client movement and provide advice so clients achieve optimal movement, safe and effective exercise techniques.

05. Marketing Tactics

BSBESB404 Market new business ventures

While undertaking this unit you will analyse and interpret market data. This will hone your skills to develop and implement a marketing strategy that is integrated into the business plan in order to improve the performance of a business venture.

06. Cerebration

BSBCRT411 Apply critical thinking to work practices

Everyone thinks. It is our nature to do so. But much of our thinking, left to itself, is biased, distorted, partial, uninformed, or downright prejudiced. Learn how to use advanced-level critical thinking skills in a workplace context. This includes using methods of analysis, synthesis and evaluation.

07. Manage Your Relationships

SISFFIT051 Establish and maintain professional practice for fitness instruction // CHCCOM006 Establish and manage client relationships

Learning to communicate with other health professionals and learning to manage client relationships.

08. Create a Routine

SISFFIT041 Develop personalised exercise programs // SISFFIT042 Instruct personalised exercise sessions

This unit describes the performance outcomes, skills and knowledge required to develop exercise programs and a series of sessions tailored to individual client needs, exercise preferences and fitness goals. It requires the ability to integrate information from pre-exercise screenings, fitness assessments, and any medical guidance that may have been received for particular clients, to design suitable programs. Skills for instructing sessions are covered in a complementary unit.

09. Healthy Aging

SISFFIT044 Develop and instruct personalised exercise programs for older clients // SISFFIT050 Support exercise behaviour change

This unit describes the performance outcomes, skills and knowledge required to develop and instruct exercise programs and sessions specifically tailored for individual older clients. Support for behaviour change reflects evidence-based approaches and can be integrated into fitness assessment, program planning, instruction and evaluation.

10. Safety First

HLTWHS003 Maintain work health and safety

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.

11. Crushing Goals

SISFFIT043 Develop and instruct personalised exercise programs for body composition goals // SISFFIT049 Use exercise science principles in fitness instruction

It requires the ability to promote healthy ageing and integrate information from pre-exercise screenings, fitness assessments, and any medical guidance that may have been received for particular clients, to design suitable programs.

12. Working with Children

SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients

Program design involves effective application of exercise science and training principles. This unit has a direct relationship with, and is supported by, SISFFIT049 Use exercise science principles in fitness instruction.

World Gym

**Real gym, real equipment,
real-world experience.**

Fitness students have the advantage of gaining practical training in a renowned gym close to campus. This gives students the opportunity to put into action what they learn in the classroom.



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.



SIS40221 Certificate IV in Fitness

CRICOS Course Code: 109354B

Prerequisite Requirements:

Entry to this qualification is open to individuals who hold the following units of competency:

- HLTAID011 Provide First Aid (or a unit that supersedes this unit)
- HLTWHS001 Participate in workplace health and safety
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
- SISFFIT052 Provide healthy eating information

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.

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+ **CALENDARS
TIMETABLES**

Academic Calendar 2023

SIS30321 CERTIFICATE III IN FITNESS (30 weeks)



- 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 2023

CERTIFICATE III IN FITNESS - SIS30321

CLASS 1

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

CLASS 2

Time	Monday	Tuesday	Friday
8:00am - 11:45am	Collaborate	Workshop	Practical
11:45am - 12:15pm			Break
12:15pm - 4:00pm			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.

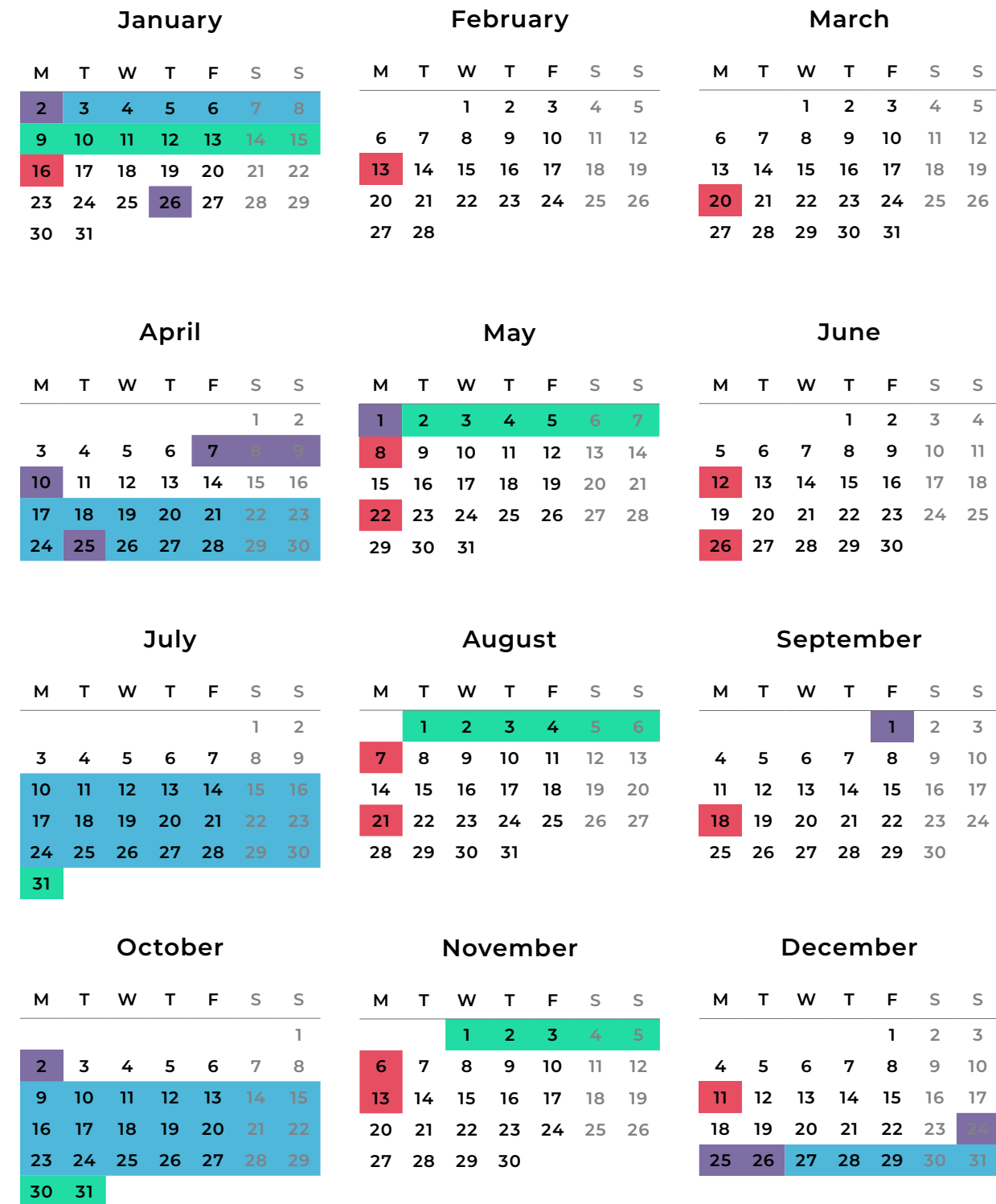
DISTANCE EDUCATION

Canvas (Learner Management System)

Canvas is your online learning portal. Within this platform, you will be able to access your course learning materials, assessment requirements, and marked submissions. You will also be able to communicate with your Mentor within this platform, outside of timetabled hours. The system is user friendly and will help keep you on track throughout your studies.

Academic Calendar 2023

SIS40221 CERTIFICATE IV IN FITNESS (54 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 2023

CERTIFICATE IV IN FITNESS - SIS40221

Time	Tuesday	Thursday	Friday
8:00am - 11:45am		Practical	
11:45am - 12:15pm		Break	
12:15pm - 4:00pm	Workshop	Practical	Collaborate

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