

AUSTRALIAN COLLEGE OF  
**SPORT & FITNESS**

SYDNEY

MELBOURNE

PERTH

BRISBANE



**YOUR  
CAREER  
STARTS  
HERE!**

FITNESS &  
PERSONAL  
TRAINING

YOGA  
TEACHING

MASSAGE  
THERAPY

SPORTS  
MANAGEMENT

# AUSTRALIAN COLLEGE OF **SPORT & FITNESS**

ACSF is a part of Australian Learning Group (ALG). ALG is a registered training organisation that has been offering high-quality vocational education and training to both domestic and international students for over 15 years. ALG offers a range of accredited certificate and diploma level courses in Health and Community services related fields of study from campuses in Sydney, Melbourne, Brisbane and Perth.

## ✓ **Nationally Recognised Qualifications**

## ✓ **International Recognition**

## ✓ **Exciting Practical Classes**

## **ENJOY FUN CLASSES**

As a student, you will enjoy an industry leading approach to your fitness education. All courses combine practical experience with a good grounding in core fitness and massage principles.

Our courses focus on preparing students with the skills and knowledge to work in the sport and fitness industry. Whether you want to become a gym instructor, personal trainer, massage therapist or a sports marketer, your career starts here!



# COURSES OVERVIEW



## THE COLLEGE OFFERS A RANGE OF PROFESSIONAL QUALIFICATIONS

Kick start your professional career as a:

- Fitness Instructor
- Personal Trainer
- Sports and Recreation Manager
- Massage Therapist
- Yoga Teacher

All programs offer classes that are fun and dynamic. You can also expect plenty of practical learning.

## INTERNATIONAL RECOGNITION

All our fitness qualifications are recognised by leading Australian professional associations and international fitness registers. Examples include Fitness Australia, ICREPs and EREPs.

For more information on the countries where you can transfer your qualifications and gain recognition, please visit [acsf.edu.au/international-recognition](http://acsf.edu.au/international-recognition) or the respective association website.

## SAMPLE TIMETABLE AND INTAKES DATES

	Day 1	Day 2	
<b>Session 1 - AM</b>	Practical/Theory	Practical/Theory	
<b>Session 2 - PM</b>	Theory/Practical	Theory/Practical	
+ 6.5 hours of home study per week on average			
NB - Massage courses also include Student Clinic sessions			
<b>4 intakes per year for all courses</b>			
January	April	July	October

## STUDY PATHWAYS

With a wide range of study pathways to choose from, let us custom make a program suitable for you!

All of our courses can be combined for longer program durations. Diversify your skills as a fitness professional by adding qualifications to suit your desired interest or career prospects. Just ask us how!



# FITNESS

Courses	Code	CRICOS	Duration
Certificate III in Fitness	SIS30315	089271G	Full Time (9 Months)
Certificate IV in Fitness <sup>1</sup>	SIS40215	089272G	Full Time (9 Months)

NB - For detailed course information and requirements please visit our website

<sup>1</sup> This course is not direct entry and has pre-requisites

## Certificate III in Fitness

The Certificate III in Fitness is your first step into the fitness industry. This national qualification allows you to be a Fitness Instructor, Gym Instructor and Group Instructor. You will learn to assess, train and supervise clients in fitness centres and gyms.

Topics include:

- Fitness screen and assess new clients
- Monitor a client's fitness level and development
- Provide fitness inductions and instructions
- Provide fitness training to a group of clients
- Provide advice on all forms of exercise and exercise equipment
- Anatomy and physiology and the basics of exercise science
- Principles of healthy eating
- Exercise for special populations clients such as older adults

### Job Outcomes

- Group Instructor
- Gym Instructor
- Fitness Instructor



## Certificate IV in Fitness



If you want to be a Personal Trainer, you will need to undertake the Certificate IV in Fitness. This national qualification allows you to train and develop your own clients in an unsupervised setting.

Topics include:

- Exercise science
- Advanced client screening and assessment procedures
- Planning and developing exercise programs for clients
- Special populations clients such as teenagers and children
- Small business planning and marketing
- Undertake functional range of movement and muscle testing
- Develop a broad variety of exercise programs

### Job Outcomes

- Personal Trainer
- Gym Instructor
- Fitness Instructor

# SPORT MANAGEMENT

Courses	Code	CRICOS	Duration
Diploma of Sport and Recreation Management - General Program	SIS50115	090570J	Full Time (12 Months)
Diploma of Sport and Recreation Management - Fitness Program	SIS50115	090570J	Full Time (12 Months)

NB - For detailed course information and requirements please visit our website

## Diploma of Sport & Recreation Management



The Diploma of Sport & Recreation Management develops graduates to apply the skills and knowledge to work in the sport and recreation industry in a management or organizational capacity.

The **General Program** complements existing technical qualifications such as fitness or massage by developing the skills to take a management role within an organization. This could be within a range of settings including health centres, fitness centres and gyms, outdoor sporting grounds or community recreation centres.

The **Fitness Program** is for students who want to gain management skills whilst further enhancing their expertise in the fitness industry.

### Job Outcomes

- Competition Manager
- Executive Officer
- Facility Manager
- Centre Manager
- Assistant Centre Manager
- Volunteer Coordinator
- Sports Program Officer
- Operations Officer



*Coming to Australia was a big challenge for me, and I wanted to give it a try.*

***ACSF gave me all the support that I needed, the theory classes were easy to follow and the practical classes gave me the chance to train with people from all over the world that later on became my friends.***

*- Paulo, Fitness Student*

# YOGA TEACHING

Courses	Code	CRICOS	Duration
Certificate IV in Yoga Teaching	10696NAT	098603G	Full Time (12 Months)
Diploma of Yoga Teaching <sup>1</sup>	10697NAT	098602G	Full Time (12 Months)

NB - For detailed course information and requirements please visit our website

<sup>1</sup> This course is not direct entry and has pre-requisites

## Certificate IV in Yoga Teaching

This course is the entry level qualification to launch your career as a Yoga Teacher. Yoga teaching involves instructing students in yoga asanas, class development, safety in yoga sequencing and postures.

In addition to the fundamentals of yoga teaching topics, the course covers important areas like philosophy, western and yogic anatomy, yogic history and small business management.

You will also be promoting physical fitness, emotional wellbeing and helping students gain insight on their mind/body connection. Graduates of the course may find themselves working as a yoga teacher in a variety of teaching situations including: studios, private teaching or studio management.

### Learning Areas

- Pre-classical Yoga
- Classical Yoga
- Anatomy
- Post Classical Yoga
- Business Management



## Diploma of Yoga Teaching



For students who wish to deepen their knowledge of yoga and become a more specialised yoga teacher, this qualification is the perfect way to achieve your goals.

In addition to studying more advanced yoga postures, the course covers important areas like adjustments, advanced sequencing, pranayama (breath work) and meditation as well as yoga to clients with special needs.

You will deepen your yoga skills and knowledge, learning specialised skills to work with individuals at various life stages and those with special needs and chronic conditions.

### Learning Areas

- Yoga for Life Stages
- Philosophy
- Meditation Techniques
- Yoga Assessments
- Pranayama Techniques
- Health and Chronic Disease



*The teachers at ACSF are amazing! They have a lot of experience to share with the students. I was not sure if I could ever become a yoga teacher, but I am so grateful for ACSF **as I am sure I have now chosen the right path.***

*- Andressa, Yoga Student*

# MASSAGE THERAPY

Courses	Code	CRICOS	Duration
Certificate IV in Massage Therapy	HLT42015	089269B	Full Time (9 Months)
Diploma of Remedial Massage	HLT52015	089270J	Full Time (24 Months)

NB - For detailed course information and requirements please visit our website

## Certificate IV in Massage Therapy

The Certificate IV in Massage Therapy is the national qualification that allows you to work as a professional massage therapist in Australia. It will provide you with skills in therapeutic relaxation massage including basic health assessment and treatment.

Topics Include:

- Massage Foundations
- Massage Techniques
- Provide First Aid
- Health Science
- Safe Work Practices
- The Massage Business
- Professional Practice
- Student Clinic

### Job Outcomes

Massage therapist providing general health maintenance treatments. Opportunity to be self-employed or work within a larger health service.



### “HANDS-ON” STUDENT CLINIC EXPERIENCE

The student clinic is a platform where both Certificate and Diploma student massage therapists perform their supervised clinical training as part of the requirement in their professional qualification.

Over the years, our student clinic has helped soothe the aches and pains of many clients. As part of the clinical training, our student massage therapist will aim to understand the issues that clients may have and provide them with the most suitable treatments based on their skill set.

### BOOK A MASSAGE WITH US TODAY!

Our talented students would love to see you! So experience for yourself exactly what a student clinic session is all about!

Bookings are available in all 4 of our Australian College of Sport & Fitness Campuses, Australia wide.

You can choose to have an hour or two hour general massage session at our student clinic.

To book now, simply head to:  
[acsf.edu.au/studentclinicmassage](https://acsf.edu.au/studentclinicmassage)



# MASSAGE THERAPY

## Diploma of Remedial Massage



This qualification is recommended for practitioners looking to upgrade their skills and education qualifications. The Diploma of Remedial Massage offers more advanced massage techniques.

Topics include:

- Massage Foundations
- Massage Techniques
- Provide First Aid
- Health Science
- Safe Work Practices
- The Massage Business
- Professional Practice
- Student Clinic
- Sports Massage
- Remedial Massage Techniques
- Nutrition
- Advanced Health Science
- Specialisation modules

### Job Outcomes

Remedial massage therapist providing remedial massage treatment to clients with specific needs such as injury management, rehabilitation, palliative care, aged care, women and children. Opportunity to be self-employed or work within a larger health service.

**Graduates of the massage courses are loyal and committed therapist who have joined us here at Bondi Junction Massage and Float Centre. They are always keen to perform the skills they have learned from their study and we are always looking to welcome more!**

- Carol, Bondi Junction Massage and Float Centre



*I completed my Certificate III and IV in Fitness with ACSF. It has been a wonderful experience with teachers that are up to date and was excellent for those like me who are passionate in helping others.*

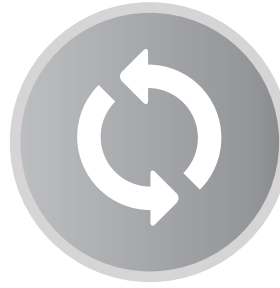
*- Mohammad, Fitness Student*

# COURSE FEES



## Once-off joining fee

Applies to new students only. No additional fees for course materials and resources.



## Flexible payment options<sup>1</sup>

Freedom to choose and switch between 'Pay-by-Month' and 'Pay-by-Term' for the start of each term.



## Four intakes per year

January | April | July | October  
Available at all campuses nationally.



## Course Packaging welcome

Add courses to continue your professional journey. Some packaging options allow you to save time and money with course credits.

JOINING FEE | \$595

Tuition Fee Options

Course	Code	Duration	Campus	Pay-by-Month	Pay-by-Term
Certificate III in FITNESS	SIS30315	3 Terms (37 Weeks)	SYD, MEL, BNE, PER	\$695 x 9 (\$6,255)	\$1,890 x 3 (\$5,670)
Certificate IV in FITNESS <sup>2</sup>	SIS40215	3 Terms (37 Weeks)	SYD, MEL, BNE, PER	\$695 x 9 (\$6,255)	\$1,890 x 3 (\$5,670)
Diploma of SPORT AND RECREATION MANAGEMENT (GENERAL)	SIS50115	4 Terms (52 Weeks)	SYD, MEL, BNE, PER	\$795 x 12 (\$9,540)	\$2,190 x 4 (\$8,760)
Diploma of SPORT AND RECREATION MANAGEMENT (FITNESS)	SIS50115	4 Terms (52 Weeks)	SYD, MEL, BNE, PER	\$795 x 12 (\$9,540)	\$2,190 x 4 (\$8,760)
Certificate IV in MASSAGE THERAPY	HLT42015	3 Terms (37 Weeks)	SYD, MEL, BNE, PER	\$795 x 9 (\$7,155)	\$2,190 x 3 (\$6,570)
Diploma of REMEDIAL MASSAGE	HLT52015	8 Terms (104 Weeks)	SYD, MEL, BNE, PER	\$795 x 24 (\$19,080)	\$2,190 x 8 (\$17,520)
Certificate IV in YOGA TEACHING	10696NAT	4 Terms (52 Weeks)	SYD, MEL, BNE	\$795 x 12 (\$9,540)	\$2,190 x 4 (\$8,760)
Diploma of YOGA TEACHING <sup>2</sup>	<b>ENROLLING BNE T1 2021</b> 10697NAT	4 Terms (52 Weeks)	SYD, MEL, <b>BNE</b>	\$795 x 12 (\$9,540)	\$2,190 x 4 (\$8,760)

NB - Course Price current at time of publishing. Please refer to the Course Price List available online for most up-to-date pricing

## ENTRY REQUIREMENTS

All courses at the college are taught in English. Applicants will need to show evidence of suitable English proficiency for the course they have chosen.

- Students must be at least 18 years of age.
- Students must have a minimum English language level of IELTS 5.5 or equivalent (SIS50115, HLT52015 and 10697NAT require IELTS 6.0 or equivalent).
- For a detailed overview of the English proficiency requirements please visit [alg.edu.au/english](http://alg.edu.au/english)

<sup>1</sup> Switching between payment methods will always occur at the current course tuition pricing at the time the request to switch is made, which may be greater than historical course tuition pricing on original Letter of Offer.

<sup>2</sup> This course is not direct entry and has pre-requisites

# WHY AUSTRALIAN COLLEGE OF SPORT & FITNESS ?



- ✓ **Nationally Recognised Qualifications**
- ✓ **International Recognition**
- ✓ **Exciting Practical Classes**

## HOW TO APPLY

Visit [alg.edu.au/apply](http://alg.edu.au/apply)

## NEW STUDENT ENQUIRIES

[admissions@alg.edu.au](mailto:admissions@alg.edu.au) 1300 254 000



For more information visit

# ACSF.edu.au

### Sydney

Level 1, 333 Kent Street

+612 9112 4500

[sydney@alg.edu.au](mailto:sydney@alg.edu.au)

### Melbourne

Level 6, 601 Bourke Street

+613 8687 0648

[melbourne@alg.edu.au](mailto:melbourne@alg.edu.au)

### Brisbane

Level 4, 243 Edward Street

+617 3188 3778

[brisbane@alg.edu.au](mailto:brisbane@alg.edu.au)

### Perth

Lords Recreation Centre  
5 Wembley Court

+618 9388 3153

[perth@alg.edu.au](mailto:perth@alg.edu.au)

The information in this publication was correct at time of printing however is subject to change.