



AUSTRALIAN SPORTS ACADEMY

SIS 50213

DIPLOMA OF FITNESS



International Sports Academy (S) Pte Ltd
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DESCRIPTION

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.

JOB ROLES

The following is an indicative job role for this qualification:

- Specialised exercise trainer
- Personal Trainer / Fitness Trainer
- Fitness Trainer / Instructor
- Allied Educator with MOE
- Sports Administrator
- Gym and Operation Executive
- Gym Membership Executive
- Sports/Events Executive
- Sports Trainer in Rehabilitation Centers

COURSE DURATION

The delivery for SIS50213 Diploma of Fitness will take place over 12 months, full-time, and 18 months, part-time.

Course Title: (FULL-TIME)	DIPLOMA OF FITNESS
Total No. of Months:	12
Total No. of Days Per Week:	5
Total No. of Hours Per Day:	3.0
Course Title: (PART-TIME)	DIPLOMA OF FITNESS
Total No. of Months:	18
Total No. of Days Per Week:	3.0
Total No. of Hours Per Day:	3.0
<u>Total Contact Hours</u> <u>(FULL-TIME/PART TIME)</u>	782

NOTE:

The number of hours listed above are subject to change. Students will be eligible for the certification so long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.



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ENTRY REQUIREMENTS

Minimum Age : 16

Minimum Academic Qualification : 1 GCE A level Pass at E and above; or
Australian Qualification Framework Certificate IV

English Language Proficiency : All prospective students are required to take the Language, Literacy and Numeracy Test administered by Australian Sports Academy.

Other Requirements : 1 year work experience in a related industry (after completing Certificate IV in Fitness from Australia Sports Academy)

PACKAGING RULES

Entry Units to be completed:

Entry Unit	Unit Description
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
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
HLTAID003	Provide first aid (EX)

13 Compulsory Units to be completed:

Entry Unit	Unit Description
HLTAID006	Provide advanced first aid
SISFFIT523A	Deliver prescribed exercise to clients with cardiorespiratory conditions
SISFFIT524A	Deliver prescribed exercise to clients with metabolic conditions
SISFFIT525A	Advise on injury prevention and management
SISFFIT526A	Deliver prescribed exercise to clients with musculoskeletal conditions
SISFFIT527A	Undertake health promotion activities to decrease risk factors and prevent chronic disease
SISFFIT528A	Apply research findings to exercise management strategies
SISXCCS404A	Address client needs
SISXIND405A	Conduct projects
SISSSCO513	Plan and implement high-performance training and recovery programs
SISSTTC301A	Instruct strength and conditioning techniques
SISSTTC402A	Develop strength and conditioning programs
SISXIND406A	Manage projects



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UNIT DESCRIPTIONS

SISFFIT301A – Provide fitness orientation and health screening

This unit describes the performance outcomes, skills and knowledge required to identify clients' general fitness requirements through the use of a screening form and advise clients on appropriate fitness facilities and services.

SISFFIT302A – Provide quality service in the fitness industry

This unit describes the performance outcomes, interpersonal, communication and customer service skills and knowledge required to work in the fitness industry. It requires the ability to use appropriate communication techniques, maintain high personal presentation standards, establish rapport with clients, determine and address client needs and expectations and deal with complaints.

This unit describes fundamental communication and customer service skills for those working within the fitness industry and applies to the full range of industry sectors and environments. The fitness service could be for one-on-one or small group and service provision could be face-to face, via electronic means or over the telephone.

This unit underpins effective performance for all skills involving client interaction at all levels.

SISFFIT303A – Develop and apply an awareness of specific populations to exercise delivery

This unit covers the skills and knowledge to provide appropriate advice to specific population clients on participation in fitness appraisals and fitness activities. It covers the pathology of the more common disease states and conditions encountered within the fitness industry and the limiting effects of the condition on exercise performance and functional capacity.

SISFFIT304A – Instruct and monitor fitness programs

This unit describes the performance outcomes, skills and knowledge required to develop, instruct, supervise and evaluate fitness programs for a range of fitness clients, including older adults and older adolescents.

SISFFIT305A – Apply anatomy and in physiology principles a fitness context

This unit describes the skills and knowledge required to apply an understanding of human body structure and systems and terminology as they relate to exercise instruction. It applies to fitness professionals who may operate with some level of autonomy or under limited supervision and incorporates the self directed application of knowledge and skills.

SISFFIT306A – Provide healthy eating information to clients in accordance with recommended guidelines

This unit describes the performance outcomes, skills and knowledge required to undertake a risk-management process in relation to an activity and in accordance with an organisation's risk-management policies and procedures. In this context, the risk-analysis process is conducted using structured analysis methodology according to the current Australian and New Zealand standard.

This unit applies to exercise instructors who work in facilities that provide a range of exercise programs to general populations who present with no major health conditions.

This unit is applicable to those working in fitness venues, gyms or other exercise environments.

SISFFIT307A – Undertake client health assessment

This unit describes the performance outcomes, skills and knowledge required to review client screening information, discuss fitness goals with the client, and conduct a basic fitness appraisal in preparation for an exercise program.

SISFFIT308A – Plan and deliver gym programs

This unit describes the performance outcomes, skills and knowledge required to plan, demonstrate, supervise and monitor a range of gym programs customised for clients with specific fitness requirements and respond appropriately to the changing needs of clients.

SISXOHS101A – Follow occupational health and safety policies

This unit describes the performance outcomes, skills and knowledge required to apply general Occupational Health and Safety (OHS) requirements in the workplace. It describes generic OHS responsibilities applicable to employees without managerial or supervisory responsibilities.

SISXRSK301A – Undertake risk analysis of activities

This unit describes the performance outcomes, skills and knowledge required to undertake a risk-analysis process in relation to an activity and in accordance with an organisation's risk-management policies and procedures. In this context, the risk-analysis process is conducted using structured analysis methodology according to the current Australian and New Zealand Standard.

SISFFIT415A – Work collaboratively with medical and allied health professionals

This unit describes the performance outcomes, skills and knowledge required to develop fundamental perceptual motor skills of participants. It requires the ability to plan, conduct and evaluate drills and activities for novice or beginner participants.

This unit applies to those conducting coaching sessions of less than sixty minutes duration for novice or beginner participants in a community sport setting.

SISFFIT416A – Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals

This unit describes the performance outcomes, skills and knowledge required to analyse client behaviour and motivate clients to commence and adhere to a long term exercise plan.

This unit applies to those operating as exercise trainers in fitness environments such as fitness centres, gyms or autonomously in the fitness or health industry.

SISFFIT417A – Undertake long term exercise programming

This unit describes the performance outcomes, knowledge and skills required to design, plan and program long term exercise for fitness industry clients.

This unit applies to exercise trainers who work in facilities that provide a range of exercise programs to general populations including older clients who present with no major health conditions. The unit is applicable to those employed in fitness environments such as fitness venues and those working autonomously in the fitness industry.

SISFFIT418A – Undertake appraisals of functional movement

This unit describes the performance outcomes, skills and knowledge required to undertake general postural appraisals to evaluate a client's posture, functional range of movement and muscle strength and weakness in preparation for the development of an appropriate exercise program.

This unit applies to exercise trainers who work in facilities that provide a range of exercise programs to general populations including older clients and older adolescents who present with no major health conditions. The unit is applicable to those who are employed in fitness venues or who work autonomously in the fitness industry.

SISFFIT419A – Apply exercise science principles to planning exercise

This unit describes the performance outcomes, knowledge and skills required to utilise a broad knowledge of exercise science principles in fitness training.

This unit applies to exercise trainers who work in facilities that provide a range of exercise programs to general populations including older clients who present with no major health conditions. The unit is applicable to those employed in fitness environments such as fitness venues and those working autonomously in the fitness industry.

SISFFIT420A – Plan and deliver exercise programs to support desired body composition outcomes

This unit describes the performance outcomes, knowledge and skills required to design exercise plans and programs to change body composition in clients. It requires the application of healthy eating standards and guidelines to provide accurate healthy eating information to clients and the ability to recognise and work within professional limitations.

This unit applies to exercise trainers who work in facilities that provide a range of exercise programs to general populations including older clients who present with no major health conditions. The unit is applicable to those employed in fitness environments such as fitness venues and those working autonomously in the fitness industry.

SISFFIT421A – Plan and deliver personal training

This unit describes the performance outcomes, skills and knowledge required to be able to plan, deliver monitor and adjust personal training programs for a range of clients including older clients, in both indoor and outdoor settings.

This unit applies to exercise trainers who provide a range of exercise programs to diverse populations and is applicable to those employed in fitness environments such as fitness venues or those working autonomously in the fitness industry.

BSBSMB401A – Establish legal and risk management requirements of small business

This unit describes the performance outcomes, skills and knowledge required to identify and comply with the regulatory, legal, taxation and insurance requirements, and risk management needs of small business.

HLTAID003 – Provide first aid

This unit describes the skills and knowledge required to provide a first aid response to a casualty. The unit applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

HLTAID006 – Provide advanced first aid

This unit describes the skills and knowledge required to provide an advanced first aid response, including management of the incident and other first aiders, until the arrival of medical or other assistance.

SISFFIT523A – Deliver prescribed exercise to clients with cardio respiratory conditions

This unit describes the performance outcomes, skills and knowledge required to deliver prescribed exercise programs to stable clients with cardiorespiratory conditions in collaboration with medical or allied health professionals.

This unit applies to specialised exercise trainers whose clients have been provided an exercise prescription from an accredited exercise physiologist or relevant medical or allied health professional.

The specialised exercise trainer is able to apply the understanding and skills to deliver the program and modify the program in terms of frequency, mode, intensity and volume to accommodate the progression of the client within the parameters prescribed by the accredited exercise physiologist or relevant medical or allied health professional.

They apply self-directed application of knowledge and skills related to cardiorespiratory conditions, and exercise judgment in delivering the prescribed exercise. The specialised exercise trainer demonstrates the ability to analyse the client's responses to exercise and where appropriate consult with the accredited exercise physiologist or relevant medical or allied health professional.

This unit excludes clients with serious cardiac and respiratory conditions.

SISFFIT524A – Deliver prescribed exercise to clients with metabolic conditions

This unit describes the performance outcomes, skills and knowledge required to deliver prescribed exercise programs to stable clients with metabolic conditions in collaboration with medical or allied health professionals.

This unit applies to specialised exercise trainers whose clients have been provided an exercise prescription from an accredited exercise physiologist or relevant medical or allied health professional.

The specialised exercise trainer applies the understanding and skills to deliver the program and modify the program in terms of frequency, mode, intensity and volume to accommodate the progression of the client within the parameters prescribed by the accredited exercise physiologist or relevant medical or allied health professional.

They apply self directed application of knowledge and skills related to metabolic conditions, and exercise judgment in delivering the prescribed exercise. The specialised exercise trainer demonstrates the ability to analyse the clients responses to exercise and where appropriate consult with the accredited exercise physiologist or relevant medical or allied health professional.

SISFFIT525A – Advise on injury prevention and management

This unit describes the performance outcomes, skills and knowledge required to provide information to fitness clients about exercise related injuries, their prevention and management.

This unit applies to those working in a sport, fitness and recreation environment. It applies to specialised exercise trainers who are responsible for providing fitness training programs for general populations, including older adults, with the ability to customise fitness training programs to meet the specific individualised needs of different client groups.

SISFFIT526A – Deliver prescribed exercise to clients with musculoskeletal conditions

This unit describes the performance outcomes, skills and knowledge to deliver prescribed exercise programs to stable clients with musculoskeletal conditions, in collaboration with medical or allied health professionals.

This unit applies to specialised exercise trainers, whose clients have been provided an exercise prescription from an accredited exercise physiologist or relevant medical or allied health professional.

The specialised exercise trainer applies the understanding and skills to deliver the program and modify the program in terms of frequency, mode, intensity and volume to accommodate the progression of the client within the parameters prescribed by the accredited exercise physiologist or relevant medical or allied health professional.

They apply self directed application of knowledge and skills related to musculoskeletal conditions, and exercise judgment in delivering the prescribed exercise. The specialised exercise trainer demonstrates the ability to analyse the clients responses to exercise and where appropriate consult with the accredited exercise physiologist or relevant medical or allied health professional.

SISFFIT527A – Undertake health promotion activities to decrease risk factors and prevent chronic disease

This unit describes the performance outcomes, skills and knowledge required to plan and deliver exercise to promote general health and well-being, and decrease risk factors and chronic disease. The unit outlines appropriate exercise levels within the context of public health recommendations on physical activity.

This unit applies to specialised exercise trainers operating within fitness or health environments such as fitness centres, community and workplace settings, health clubs, gyms or autonomously in the fitness or health industry.

SISFFIT528A – Apply research findings to exercise management strategies

This unit of competency describes the skills and knowledge required to source and evaluate evidence based research information and apply findings to the prescription of exercise management strategies to support the long and short term goals of clients with various identified medical conditions or musculoskeletal needs.

This unit applies to specialised exercise trainers operating within fitness or health environments such as fitness centres, health clubs, gyms or autonomously in the fitness or health industry.

SISXCCS404A – Address client needs

This unit describes the performance outcomes, skills and knowledge required to manage ongoing and sometimes complex relationships with clients. The unit focuses on exploring with the client which possible outcomes best promote client satisfaction. The unit requires the learner to be familiar with service-provision options that can be negotiated with the client and customised to meet the client's needs.

This unit applies to those working in a client service-delivery role in sport, recreation or fitness sectors, such as community recreation, outdoor recreation and sport. It applies to those working in roles such as program developers and coordinators, competition organisers, trip leaders, after-school or holiday-care coordinators, logistics coordinators and sports trainers in work environments such as community recreation centres, fitness venues, aquatics centres and camps. The unit requires the learner to be familiar with service-provision options that can be negotiated with the client and customised to meet the client's needs.

SISXIND405A – Conduct projects

This unit describes the performance outcomes, skills and knowledge required to prepare for and conduct projects in specific activity areas, It also involves undertaking contingency planning to enable the achievement of project outcomes.

This unit applies to those working autonomously and within supervisory roles in a sport, fitness and recreation environment, including those in roles such as recreation officers, program managers, logistics coordinators, sports trainers, coaches, development officers, personal trainers and outdoor leaders. These roles may be performed in a wide range of sport, fitness and recreation environments. The unit focuses on the application of project management skills and the requirement to meet time lines, quality standards, legislative obligations, budgetary limits and other requirements set for the project.

SISSCO513 – Plan and implement high-performance training and recovery programs

This unit describes the performance outcomes, skills and knowledge required to apply sport-specific knowledge to implement a high-performance training program designed to refine the skills and performance of individuals participating at a high level.

This unit applies to coaches working with individuals or teams at a minimum of state representative level.

SISSSTC301A – Instruct strength and conditioning techniques

This unit describes the performance outcomes, knowledge and skills required to use drills, exercises and activities to instruct strength and conditioning techniques to individual athletes or groups of athletes according to their sport-specific needs, or those undertaking fitness programs to achieve personal fitness goals.

This unit applies to coaches working with individuals or teams. It also applies to fitness instructors who provide a range of fitness programs and services to individuals or groups. The unit is applicable to those working with sporting groups, in fitness centres, gyms or autonomously in the fitness industry

SISSSTC402A – Develop strength and conditioning programs

This unit describes the performance outcomes, knowledge and skills required to develop, implement and evaluate a strength and conditioning program. It focuses on the skills needed to develop a program which meets the needs of individual athletes or groups of athletes according to their sport-specific needs or those undertaking fitness programs to achieve personal fitness goals.

This unit applies to coaches working with individuals or teams. It also applies to fitness instructors who provide a range of fitness programs and services to individuals or groups. The unit is applicable to those working with sporting groups, in fitness centres, gyms or autonomously in the fitness industry.

SISXIND406A – Manage projects

This unit describes the performance outcomes, skills and knowledge required to scope, implement, monitor and evaluate project-management plans and outcomes in specific activity areas, ensuring all resources are available to achieve project goals and that the project complies with legislative and organisational requirements.

This unit applies to those working autonomously and within supervisory roles in a sport, recreation or fitness environment. This includes those in leadership and guidance roles, such as competition managers, program developers, operations managers and adventure guides. These roles may be performed in a range of sport and recreation environments, such as leisure centres, training venues, indoor activity centres or as part of outdoor recreation activities.

DELIVERY METHODS

The course will be delivered using one or more of the following methods:

- Classroom;
- Theory; or
- Practical.

ASSESSMENT METHODS

Assessment methods can include one or more of the following:

- Questions and answers;
- Panel of workplace presenters/personal trainers;
- Simulation;
- Role plays;
- Written and/or oral examinations;
- Projects and case studies;
- Observation;
- Third party report; or
- Practical demonstration and assessment.

CREDIT TRANSFER

The organisation recognises qualifications issued by the Australian Qualification framework and statements of attainment which are issued by any other Registered Training Organisation.

Students may be entitled to a credit transfer in the following circumstances:

- Completed units of competency from a relevant National Training Package.
- Approved units of competency from a National Training Product.
- Successful RPL application



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RECOGNITION OF PRIOR LEARNING

Recognition of Prior Learning (RPL) is a process where a candidate may be granted credit or partial credit towards a qualification in recognition of skills and knowledge gained through work experience and/or formal training. For additional information relating to RPL for this course, please contact our admissions team.

ACCREDITATION

This course has been developed under the Australian Quality Framework (AQF) and is recognised in Australia. Qualifications granted by Australian Sports Academy are accredited by the Australian Government; Department of Education, Employment and Workplace Relations.

QUALIFICATION FEE (LOCAL Students)

FEES STRUCTURE		
Fees Breakdown	Total Payable (S\$) (with GST)	
Application Fee (Non-Refundable)	190.50	
Course fee	9,416.00	
Course material fee	642.00	
Examination fee	1819.00	
TOTAL FEES PAYABLE	11,877.00	
NO. OF INSTALMENTS	Full Time:	6
	Part Time:	9
INSTALMENT AMOUNT	Full Time:	\$ 1,979.50
	Part Time: (6 Instalments)	\$ 1,319.65
	Part Time: (3 Instalments)	\$1,319.70

QUALIFICATION FEE (INTERNATIONAL Students)

FEES STRUCTURE		
Fees Breakdown	Total Payable (S\$) (with GST)	
Application Fee (Non-Refundable)	345.50	
Medical Insurance Fee	96.30	
Fees for Banker's Guarantee (Non-Refundable)	To be determined	
Course fee	9,416.00	
Course material fee	642.00	
Examination fee	1,819.00	
TOTAL FEES PAYABLE	11,877.00	
NO. OF INSTALMENTS	Full Time:	2
INSTALMENT AMOUNT	Full Time:	\$ 5,938.50

MISCELLANEOUS FEE (Applicable for both LOCAL and INTERNATIONAL Students)

MISCELLANEOUS FEES	
Purpose of Fee	Amount (with GST S\$)
Deferment Fee (if applicable)	235.40
Re-Assessment per unit	214.00
Re-Module per unit	856.00
Penalty for late payment (each week of late payment)	10.70
Printing cost per Sheet	0.20
Replacement of student ID	21.40
Medical Insurance (if applicable)	96.30
ISA T-shirt	30.00

Note: Miscellaneous Fees refer to any optional fees which the students pay only when applicable.



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About ISA

The International Sports Academy (ISA) was officially opened in 2005 and has been appointed as the sole partner in Singapore by the United States Sports Academy (USSA), to provide quality academic sports certifications and diplomas. The ISA was founded in order to meet the growing need for sports education in Singapore. With the growing interest in sports to promote a healthier lifestyle and a means of social cohesion, the sporting industry has grown substantially over the past years. The ISA provides the much needed knowledge and skills required to empower individuals with the right tools to achieve success in the sporting industry today.

Our Mission

Preparing the next generation of sports leaders for the industry of tomorrow.

Our Vision

To become the region's leader in sports education, providing the tools to empower individuals with both knowledge and skills required to achieve success in the sporting world.

Our Values

PASSION | PURPOSE | PROGRESS

Our Culture

An environment where our passion for sports meets the love of learning.

Where success is not quantified by just the end result, but rather by the calibre of the pursuit.