

Course Information - 2017

Sage Fitness Coach Program

This program is delivered full-time and encompasses the following courses:

- 10067NAT Diploma of Fitness Coaching
- SIS40210* Certificate IV in Fitness
- Fitness Fundamentals*

The Diploma of Fitness Coaching (10067NAT) is unique to Sage, and prepares students to work as Fitness Coaches. A Fitness Coach demonstrates the skills and knowledge required to design, facilitate and adapt long-term exercise programs and nutritional plans to improve the movement performance of a range of clients. Fitness Coaches work with clients on a regular, long-term basis to assist and empower them to set and achieve long term training goals to improve their overall wellness and quality of life.

Applications are accepted throughout the year, and all applicants are required to participate in a selection interview to determine their eligibility for enrolment. This program has entry requirements. Sage has programs commencing every month across its campuses, and students can elect to study during the day on weekdays, or in the evenings and at weekends.

The program is delivered in a blended mode with on-campus sessions and online lessons, and the typical student completes the program in 1-2 years. Students generally complete around 15 contact hours per week for classes, and can attend additional tutorial sessions. Students should also set aside up to 15 hours per week for personal study time. Assessment types vary, but can include practical demonstrations, projects, written questions, case studies and workplace hours.

Through program attendance and participation, completion of all program activities including a minimum of 120 hours of industry work placement and successful completion of all assessments tasks, students will attain the following:

Diploma of Fitness Coaching (10067NAT)

FCCASS501A	Provide advanced fitness assessments	SISFFIT421A	Plan and deliver personal training
FCCNUT502A	Provide nutrition coaching	SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery
FCCPRO503A	Provide advanced fitness programs	BSBWOR501	Manage personal work priorities and professional development
FCCCOA504A	Provide fitness coaching	BSBMKG510	Plan e-marketing communications
HLTAID006	Provide advanced first aid	BSBSMB402	Plan small business finances
SISFFIT525A	Advise on injury prevention and management	BSBSLS407	Identify and plan sales prospects
SISFFIT528A	Apply research findings to exercise management strategies		
SISFFIT415A	Work collaboratively with medical and allied health professionals		

Qualification Status: Current

Certificate IV in Fitness (SIS40210*)

*This version of the qualification is superseded and will be replaced. Any enrolment will be transferred to its replacement version by 14 March 2017. Details of its replacement will be available shortly.

+ The Fitness Fundamentals Course consists of the Certificate IV in Fitness entry requirements. Students entering the program holding any or all of the Certificate IV in Fitness entry requirements are eligible to apply for credit. Details of these requirements are available from a career advisor.

This course information flyer is subject to change.

1300 664 664
sagefitness.edu.au

Our campus locations:

City Campus
Level 22, 120 Spencer Street
Melbourne VIC 3000

Elsternwick Campus
233 Glen Huntly Road
Elsternwick VIC 3185

Oakleigh Campus
77 Atherton Road
Oakleigh VIC 3166

Geelong Campus
10 Moorabool Street
Geelong VIC 3220

Sydney Campus
Level 5, 55 Market Street
Oakleigh VIC 3166

Brisbane Campus
369 Ann Street
Brisbane QLD 4000