This course is delivered full-time on-campus and encompasses the following:

- 10067NAT Diploma of Fitness Coaching
- Functional Trainer certification

The Sage Fitness Coach program 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.

The course duration is typically 1–2 years, with students generally completing around 16 contact hours per week for classes. Students should also set aside 8–16 hours per week for personal study time. Assessment types vary, but can include demonstrations, knowledge tests, observations and case studies. Students are required to complete a minimum of 120 hours of work placement.

Through exemplary program attendance and participation, completion of all activities throughout the program including work placement and successful completion of all assessment tasks, students will attain the following competencies:

Diploma of Fitness Coaching (10067NAT)

- FCCASS501A Provide advanced fitness assessments
- FCCNUT502A Provide nutrition coaching
- FCCPROS03A Provide advanced fitness programs
- FCCCOA504A Provide fitness coaching
- HLTAID006 Provide advanced first aid
- SISFFIT525A Advise on injury prevention and management
- SISFFIT528A Apply research findings to exercise management strategies
- SISFFIT415A Work collaboratively with medical and allied health professionals
- SISFFIT421A Plan and deliver personal training
- SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery
- BSBWOR501 Manage personal work priorities and professional development
- BSBMKG510 Plan e-marketing communications
- BSBMB402 Plan small business finances
- BSBLS407 Identify and plan sales prospects

Qualification Status: Current
This course is delivered to students enrolled in VCE or VCAL as part of a school based traineeship, over a period of 12-18 months (duration dependent on secondary school scheduling). Entry to this course requires attainment of SIS30313 Certificate III in Fitness or demonstrated equivalency. Students 15 years of age and over devote 13 hours per week to their school based traineeship, as they combine paid work, training and secondary schooling. This course encompasses the following qualification:

- SIS40210 Certificate IV in Fitness

Students have 6 contact hours per week for classes and undertake 7 hours of work placement each week. In addition they should set aside 3-6 hours per week for personal study time. Assessment types vary, but can include demonstrations, knowledge tests, observations, case studies, reports, projects and presentations.

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

**SIS40210 Certificate IV in Fitness**

- BSBSMB401A Establish legal and risk management requirements of small business
- BSBSMB403A Market the small business
- BSBSMB404A Undertake small business planning
- 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
- SISFFIT314A Plan and deliver exercise to older clients with managed conditions
- SISSSTC301A Instruct strength and conditioning techniques
- SISSSTC402A Develop strength and conditioning programs
- SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines
- SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery

Qualification Status: Current

+ Due to imminent qualification changes the code and title of this Certificate will change and may affect what you graduate with
This course is delivered to students enrolled in VCE or VCAL as part of a school based traineeship, over a period of 12-18 months (duration dependent on secondary school scheduling). Students 15 years of age and over devote 13 hours per week to their school based traineeship, as they combine paid work, training and secondary schooling. This course encompasses the following qualification:

- SIS30313 Certificate III in Fitness

Students have 6 contact hours per week for classes and undertake 7 hours of work placement each week. In addition they should set aside 3-6 hours per week for personal study time. Assessment types vary, but can include demonstrations, knowledge tests, observations, case studies, reports, projects and presentations.

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

**SIS30313 Certificate III in Fitness**

- HLTAID003 Provide first aid
- 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
- SISFFIT305A Apply anatomy and physiology principles in a fitness context
- SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines
- SIXFAC207 Maintain sport, fitness and recreation equipment for activities
- SIXIND101A Work effectively in sport and recreation environments
- SIXOHS101A Follow occupational health and safety policies
- SIXSRK301A Undertake risk analysis of activities
- SISFFIT304A Instruct and monitor fitness programs
- SISFFIT307A Undertake client health assessment
- SISFFIT308A Plan and deliver gym programs
- BSBLFM303C Contribute to effective workplace relationships
- SISSSTC301A Instruct strength and conditioning

Qualification Status: Current

+ Due to imminent qualification changes the code and title of this Certificate will change and may affect what you graduate with
This course is delivered to students enrolled in VCE or VCAL as part of a school based traineeship, over a period of 12-18 months (duration dependent on secondary school scheduling). Students 15 years of age and over devote 13 hours per week to their school based traineeship, as they combine paid work, training and secondary schooling. This course encompasses the following qualification:

- SIS30213 Certificate III in Community Activity Programs

Students have 6 contact hours per week for classes and undertake 7 hours of work placement each week. In addition they should set aside 3-6 hours per week for personal study time. Assessment types vary, but can include demonstrations, knowledge tests, observations, case studies, reports, projects and presentations.

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

**SIS30213 Certificate III in Community Activity Programs**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>BSBWOR301B</td>
<td>Organise personal work priorities and development</td>
</tr>
<tr>
<td>HLTAID003</td>
<td>Provide first aid</td>
</tr>
<tr>
<td>SISCCRD301A</td>
<td>Facilitate community development through recreational activities</td>
</tr>
<tr>
<td>SISCCRO302A</td>
<td>Apply legal and ethical instructional skills</td>
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<tr>
<td>SISXAI303A</td>
<td>Plan and conduct sport and recreation sessions</td>
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<tr>
<td>SISXAI306A</td>
<td>Facilitate groups</td>
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<tr>
<td>SISXCS201A</td>
<td>Provide customer service</td>
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<tr>
<td>SISXEMR201A</td>
<td>Respond to emergency situations</td>
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<tr>
<td>SISXIND101A</td>
<td>Work effectively in sport and recreation environments</td>
</tr>
<tr>
<td>SISXRES301A</td>
<td>Provide public education in the use of resources</td>
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<tr>
<td>SISXRSK301A</td>
<td>Undertake risk analysis of activities</td>
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<tr>
<td>SISFFIT311A</td>
<td>Deliver approved community fitness programs</td>
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<tr>
<td>SISXAIC101A</td>
<td>Provide equipment for activities</td>
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<tr>
<td>SISXFAC207</td>
<td>Maintain sport, fitness and recreation equipment for activities</td>
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<tr>
<td>SISCCRD304A</td>
<td>Work with key stakeholders</td>
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<tr>
<td>SIRXLS201</td>
<td>Sell products and services</td>
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<tr>
<td>SISXOHSA101A</td>
<td>Follow occupational health and safety policies</td>
</tr>
<tr>
<td>SISFFIT302A</td>
<td>Provide quality service in the fitness industry</td>
</tr>
</tbody>
</table>

Qualification Status: Current

* Due to imminent qualification changes the code and title of this Certificate will change and may affect what you graduate with

We have campuses in the following states:

Victoria    New South Wales    Queensland

1300 664 664   sagefitness.edu.au