



Australian College
Empowering Everyone



Course Brochure

Fitness, Health and Sport

www.australiancollege.edu.au

Why should you choose to study with Australian College?



✓ Flexible Learning

- Self paced
- Access your training wherever and whenever suits your lifestyle

✓ Unparalleled Support

- Full access to your virtual campus 24/7
- Unlimited trainer, assessor and student services support throughout your studies

✓ Payment Plans To Suit You

- Flexible, cost-effective, interest free, payment options
- Price-match opportunity available

✓ More Opportunities For You

- Thousands of our students have already graduated with nationally recognised qualifications
- Begin an exciting career with some of the best-known companies in Australia or Internationally
- Own and operate your own business
- Up skill and climb the corporate ladder
- Learn something different and take your hobby to the next level

Join our graduates enjoying successful, exciting careers across many industries.

Our Courses


Use our key to help you identify where you're at and which course would be suitable for you.

Certificate level	Description
Certificate II	VET education for high school students.
Certificate III	First job or entry into the workforce.
Certificate IV	Already employed in an entry level job and looking to expand your knowledge, move up the corporate ladder.
Diploma	Already working and looking to move into a frontline management role, more senior position, or area of specialisation.

Accredited Courses

SIS30321 Certificate III in Fitness

COURSE SUMMARY

Course Code:	SIS30321	Flexible duration:	Up to 18 months
Qualification gained:	Certificate III in Fitness	Study load:	Self-paced
Training Package:	SIS Sport, Fitness and Recreation Training Package	Start date:	Start anytime
Nationally recognised:			

Weekly Duration: A minimum of 20hrs/week of structured learning and 8-10 hrs of assessment preparation is recommended for each unit of competency

Delivery Methods: This course is delivered using an asynchronous study methodology, utilising mainly online delivery (eLearning) of training materials supported with emails and phone calls with the trainer and assessor, on request.

Delivery mode: Self-paced completed online in your own time, at your own pace. We provide our students ongoing support throughout the course duration via telephone, emails. It is recommended that students have access to a real sport, fitness and/or recreation work environment to be able to practice their skills while learning and completing assessment tasks which may require specific software and equipment.

*Note: It is the Student's responsibility to organise their own access to a real work specific environment for the course

Assessment method: Knowledge/Theory-based Short Answer Questions, Case-Studies, Audio/Video (role-plays), Projects, Third Party Reports, Practical activities and observations.

Please note that practical demonstrations and roleplays will have to be video recorded and submitted via Australian College LMS or e-Campus.

Course units:	SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise	Core
	SISFFIT052 Provide healthy eating information	Core
	SISFFIT032 Complete pre-exercise screening and service orientation	Core
	SISFFIT033 Complete client fitness assessments	Core
	BSBOPS304 Deliver and monitor a service to customers	Core
	BSBPEF301 Organise personal work priorities	Core
	HLTWH001 Participate in workplace health and safety	Core
	BSBXTW301 Work in a team	Elective
	CHCDIV001 Work with diverse people	Elective
	SISXCAI010 Develop strength and conditioning programs	Elective
	SISFFIT035 Plan group exercise sessions	Core
	SISFFIT036 Instruct group exercise sessions	Core
	SISFFIT040 Develop and instruct gym-based exercise programs for individual clients	Core
	SISXCAI009 Instruct strength and conditioning techniques	Elective
	HLTAID011** Provide first aid	Core

*Note: Students are required to complete the 'HLTAID011 Provide First Aid' unit with another training provider. Upon completion, students are required to provide Australian College with a copy of the Statement of Attainment achieved to be recorded for credit transfer towards this qualification.

Note: All the above listed units of competency must be completed to receive the SIS30321 Certificate III in Fitness full qualification.

Course Completion: This qualification consists of 15 units (11 core units and 4 elective units). Students obtaining a 'competent' result for all units of competency will achieve the SIS30321 Certificate III in Fitness certificate. A Statement of Attainment will be issued to students who complete less than the required units for the full qualification.

*Note: Australian College does not guarantee successful completion of the course nor guarantees a particular employment outcome on completion of the qualification.

Career opportunities: Group exercise instructor, aqua instructor, gym instructor or exercise instructor.

COURSE DESCRIPTION/SUMMARY

This qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgement to solve routine issues within the parameters of clearly defined organisational policies and procedures.

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community services.

WORK PLACEMENT* (Experience)

This qualification does not require mandatory work placement.

However, Australian College recommend students to have access to real sport and fitness work environment for them to practice and complete tasks using specific software and equipment, such as:

- One set of dumbbells (5 – 25kg)
 - Two barbells and collars
 - A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
 - A minimum of one squat racks
 - A minimum of two suspension trainers
 - A range of medicine/slam balls
 - Resistance bands of varying tensions
 - A minimum of one bench
 - One tape measure
 - One blood pressure monitor
 - One exercise mat
 - One set of kettlebells (8 – 24kg)
 - At least one cable based resistance machines (e.g. seated row, lat pulldown, chest press)
 - Access to a sport, fitness or recreation workplace
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ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the qualification delivered by this course.

However, Australian College has certain admission criteria for this course. Prospective students must:

- be a minimum of 15 years old to be able to work and practice in a school education environment;
- provide parent/legal guardian consent, if students are under the age of 18 years at the time of enrolment;
- obtain their Unique Student Identifier (USI) and provide it to Australian College;
- complete the pre-enrolment process including the pre-enrolment Language, Literacy and Numeracy test;
- Agree to comply with Australian College policies and procedures as published on the website and outlined in the Student Handbook

Students must have access to and be able to operate:

- An internet-enabled PC/Laptop or similar running a current operating system (E.g Windows 10 or Mac OSX)
 - An audio/video recording device (such as a mobile phone) for the purpose of preparing audio/video assessment recordings
 - Microsoft Office (or compatible software)
 - Current web browser (e.g., Chrome)
 - Adobe Acrobat Reader or another PDF document viewer
 - Valid email address
 - Access to a sport, fitness or recreation workplace
-

QUALIFICATION PATHWAYS

On successful completion of this qualification, students may choose to undertake further studies in the qualifications listed below or a qualification in a related field:

- SIS40221 Certificate IV in Fitness
- SIS40321 Certificate IV in Sport Coaching
- SIS50321 Diploma of Sport

TARGET GROUP


Prospective students would see this course as a stepping-stone in their career development, regardless of their current role. It may be a job requirement or a request from and supported by their employer. For some prospective students, undertaking this course may also be at their own initiative, aligning with their personal or professional career objectives.

Prospective students may be:

- Potential students who want to develop skills and knowledge to be able to work and build on a career within the Australian sport, fitness and recreation sector.
- Employees who have previously worked in this area but don't have formal recognised qualifications.

SIS40221 Certificate IV in Fitness

COURSE SUMMARY

Course Code:	SIS40221	Flexible duration:	Up to 18 months
Qualification gained:	Certificate IV in Fitness	Study load:	Self-paced
Training Package:	SIS Sport, Fitness and Recreation Training Package	Start date:	Start anytime
Nationally recognised:			

Weekly Duration: A minimum of 20hrs/week of structured learning and 8-10 hrs of assessment preparation is recommended for each unit of competency

Delivery Methods: This course is delivered using an asynchronous study methodology, utilising mainly online delivery (eLearning) of training materials supported with emails and phone calls with the trainer and assessor, on request.

Delivery mode: Self-paced completed online in your own time, at your own pace. We provide our students ongoing support throughout the course duration via telephone, emails. It is recommended that students have access to a real sport, fitness and/or recreation work environment to be able to practice their skills while learning and completing assessment tasks which may require specific software and equipment.

*Note: It is the Student's responsibility to organise their own access to a real work specific environment for the course.

Assessment method: Knowledge/Theory-based Short Answer Questions, Case-Studies, Audio/Video (role-plays), Projects, Third Party Reports, Practical activities and observations.

Please note that practical demonstrations and roleplays will have to be video recorded and submitted via Australian College LMS or e-Campus.

Course units:	SISFFIT049 Use exercise science principles in fitness instruction	Core
	SISFFIT053 Support healthy eating for individual fitness clients	Core
	SISFFIT050 Support exercise behaviour change	Core
	SISFFIT051 Establish and maintain professional practice for fitness instruction	Core
	CHCCOM006 Establish and manage client relationships	Core
	BSBPEF301 Organise personal work priorities	Elective
	BSBESB402 Establish legal and risk management requirements of new business ventures	Elective
	BSBXTW301 Work as a team	Elective
	BSBOPS403 Apply business risk management processes	Elective
	BSBESB401 Research and develop business plans	Elective
	SISFFIT041 Develop personalised exercise programs	Core
	SISFFIT042 Instruct personalised exercise sessions	Core
	SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	Core
	SISFFIT044 Develop and instruct personalised exercise programs for older clients	Core
	SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients	Core
	SISXCAI009 Instruct strength and conditioning techniques	Elective
	SISXCAI010 Develop strength and conditioning programs	Elective

Note: This qualification has pre-requisite units. All of the above listed units of competency must be completed to receive the SIS40221 Certificate IV in Fitness full qualification.

Course Completion: This qualification consists of 17 units (10 core units and 7 elective units). Students obtaining a 'competent' result for all units of competency will achieve the SIS40221 Certificate IV in Fitness certificate. A Statement of Attainment will be issued to students who complete less than the required units for the full qualification.

*Note: Australian College does not guarantee successful completion of the course nor guarantees a particular employment outcome on completion of the qualification

Career opportunities: Personal trainer, fitness studio manager, group fitness instructor. They may also be involved in team leadership or supervisory roles.

COURSE DESCRIPTION/SUMMARY

This qualification reflects the role of personal trainers who develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals. Personal trainers work independently using highly developed fitness skills and knowledge in both routine and unpredictable situations. They use well-developed communication and collaboration skills to interact with clients and health professionals to improve client fitness outcomes.

This qualification provides a pathway to work as an employed or self-employed personal trainer in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations. Personal trainers may offer services to individuals and groups, and may provide online training services. In some employment contexts, personal trainers may be involved in team leadership or supervisory activities.

WORK PLACEMENT* (Experience)

This qualification does not require mandatory work placement. However, Australian College recommend students to have access to real sport and fitness work environment for them to practice and complete tasks using specific software and equipment, such as:

- One set of dumbbells (5 – 25kg)
 - Two barbells and collars
 - A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
 - A minimum of one squat racks
 - A minimum of two suspension trainers
 - A range of medicine/slam balls
 - Resistance bands of varying tensions
 - A minimum of one bench
 - One tape measure
 - One blood pressure monitor
 - One exercise mat
 - One set of kettlebells (8 – 24kg)
 - At least one cable based resistance machine (e.g. seated row, lat pulldown, chest press)
 - Access to an outdoor area where activity can be performed
 - Access to a range of equipment: step, ledge, park bench, small weights, water bottles, dumbbells, etc.
 - Five clients
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ENTRY 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

In addition to the above, Australian College has certain admission criteria for this course. Prospective students must:

- be a minimum of 16 years old to be able to work and practice in a sport and fitness work environment;
- provide parent/legal guardian consent, if students are under the age of 18 years at the time of enrolment;
- obtain their Unique Student Identifier (USI) and provide it to Australian College;
- complete the pre-enrolment process including the pre-enrolment Language, Literacy and Numeracy test;
- Agree to comply with Australian College policies and procedures as published on the website and outlined in the Student Handbook

Students must have access to and be able to operate:

- An internet-enabled PC/Laptop or similar running a current operating system (E.g Windows 10 or Mac OSX)
- An audio/video recording device (such as a mobile phone) for the purpose of preparing audio/video assessment recordings
- Microsoft Office (or compatible software)
- Current web browser (e.g., Chrome)
- Adobe Acrobat Reader or another PDF document viewer
- Valid email address
- A sport, fitness or recreation workplace

QUALIFICATION PATHWAYS

On successful completion of this qualification, students may choose to undertake further studies in the qualifications listed below or a qualification in a related field:

- SIS40321 Certificate IV in Sport Coaching
- SIS50321 Diploma of Sport

TARGET GROUP


Prospective students would see this course as a stepping-stone in their career development, regardless of their current role. It may be a job requirement or a request from and supported by their employer. For some prospective students, undertaking this course may also be due to their own initiative, aligning with their personal or professional career objectives.

Prospective students may be:

- Individuals who want to develop skills and knowledge to be able to work and build on a career within the Australian sport, fitness and recreation sector;
- Employees who have previously worked in this area but don't have formal recognised qualifications

SIS30321 + SIS40221 Certificate III in Fitness + Certificate IV in Fitness

COURSE SUMMARY

Course Code:	SIS30321 + SIS40221	Flexible duration:	Up to 30 months
Qualification gained:	Certificate III and Certificate IV in Fitness	Study load:	Self-paced
Training Package:	SIS Sport, Fitness and Recreation Training Package	Start date:	Start anytime
Nationally recognised:			

Weekly Duration: A minimum of 20hrs/week of structured learning and 8-10 hrs of assessment preparation is recommended for each unit of competency

Delivery Methods: This course is delivered using an asynchronous study methodology, utilising mainly online delivery (eLearning) of training materials supported with emails and phone calls with the trainer and assessor, on request.

Delivery mode: Self-paced completed online in your own time, at your own pace. We provide our students ongoing support throughout the course duration via telephone, emails. It is recommended that students have access to a real sport, fitness and/or recreation work environment to be able to practice their skills while learning and completing assessment tasks which may require specific software and equipment.

*Note: It is the Student's responsibility to organise their own access to a real work specific environment for the course.

Assessment method: Knowledge/Theory-based Short Answer Questions, Case-Studies, Audio/Video (role-plays), Projects, Third Party Reports, Practical activities and observations.

Please note that practical demonstrations and roleplays will have to be video recorded and submitted via Australian College LMS or e-Campus.

Course units:

SIS30321 Certificate III in Fitness

SISFFIT047* Use anatomy and physiology knowledge to support safe and effective exercise	Core
SISFFIT052* Provide healthy eating information	Core
SISFFIT032* Complete pre-exercise screening and service orientation	Core
SISFFIT033* Complete client fitness assessments	Core
BSBOPS304 Deliver and monitor a service to customers	Core
BSBPEF301** Organise personal work priorities	Core
HLTWHS001* Participate in workplace health and safety	Core
BSBXTW301** Work in a team	Elective
CHCDIV001 Work with diverse people	Elective

SISXCAI010** Develop strength and conditioning programs	Elective
SISFFIT035* Plan group exercise sessions	Core
SISFFIT036* Instruct group exercise sessions	Core
SISFFIT040* Develop and instruct gym-based exercise programs for individual clients	Core
SISXCAI009** Instruct strength and conditioning techniques	Elective
HLTAID011*/*** Provide first aid	Core

SIS40221 Certificate IV in Fitness

SISFFIT049 Use exercise science principles in fitness instruction	Core
SISFFIT053 Support healthy eating for individual fitness clients	Core
SISFFIT050 Support exercise behaviour change	Core
SISFFIT051 Establish and maintain professional practice for fitness instruction CHCCOM006	Core
Establish and manage client relationships	Core
BSBPEF301** Organise personal work priorities	Elective
BSBESB402 Establish legal and risk management requirements of new business ventures	Elective
BSBXTW301** Work as a team	Elective
BSBOPS403 Apply business risk management processes	Elective
BSBESB401 Research and develop business plans	Elective
SISFFIT041 Develop personalised exercise programs	Core
SISFFIT042 Instruct personalised exercise sessions	Core
SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	Core
SISFFIT044 Develop and instruct personalised exercise programs for older clients	Core
SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients	Core
SISXCAI009** Instruct strength and conditioning techniques	Elective
SISXCAI010** Develop strength and conditioning programs	Elective

*All units marked with * are pre-requisite units for the SIS40221 Certificate IV in Fitness.

**All units marked with ** are covered in both qualifications.

*** Students are required to complete the 'HLTAID011 Provide First Aid' unit with another training provider. Upon completion, students are required to provide Australian College with a copy of the Statement of Attainment achieved to be recorded for credit transfer towards this qualification.

Note: All of the above listed units of competency must be completed to receive the SIS30321 Certificate III in Fitness and the SIS40221 Certificate IV in Fitness full qualifications.

Course Completion:

The dual qualification in fitness consists of 27 units of competency.

Students obtaining a 'competent' result for all units of competency will achieve the **SIS30321 Certificate III in Fitness** and the **SIS40221 Certificate IV in Fitness** certificates. A Statement of Attainment will be issued to students who complete less than the required units for the full qualification.

*Note: Australian College does not guarantee successful completion of the course nor guarantees a particular employment outcome on completion of the qualification.

Career opportunities:

Group exercise instructor, aqua instructor, gym instructor, exercise instructor, personal trainer, fitness studio manager, group fitness instructor. They may also be involved in team leadership or supervisory roles.

COURSE DESCRIPTION/SUMMARY

The **SIS30321 Certificate III in Fitness** qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgement to solve routine issues within the parameters of clearly defined organisational policies and procedure

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community services.

On completion of the **SIS30321 Certificate III in Fitness**, students will continue with the **SIS40221 Certificate IV in Fitness**.

The **SIS40221 Certificate IV in Fitness** has pre-requisites a number of units that are completed throughout the **SIS30321 Certificate III in Fitness**.

The **SIS40221 Certificate IV in Fitness** qualification reflects the role of personal trainers who develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals. Personal trainers work independently using highly developed fitness skills and knowledge in both routine and unpredictable situations. They use well-developed communication and collaboration skills to interact with clients and health professionals to improve client fitness outcomes.

This qualification provides a pathway to work as an employed or self-employed personal trainer in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations. Personal trainers may offer services to individuals and groups, and may provide online training services. In some employment contexts, personal trainers. May be involved in team leadership or supervisory activities.

WORK PLACEMENT* (Experience)

This qualification does not require mandatory work placement. However, Australian College recommend students to have access to real sport and fitness work environment for them to practice and complete tasks using specific software and equipment, such as:

- One set of dumbbells (5 – 25kg)
- Two barbells and collars
- A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
- A minimum of one squat racks
- A minimum of two suspension trainers
- A range of medicine/slam balls
- Resistance bands of varying tension
- A minimum of one bench
- One tape measure
- One blood pressure monitor
- One exercise mat
- One set of kettlebells (8 – 24kg) At least one cable based resistance machine (e.g. seated row, lat pulldown, chest press)
- Access to an outdoor area where activity can be performed
- Access to a sport, fitness or recreation workplace
- Access to a range of equipment: step, ledge, park bench, small weights, water bottles, dumbbells, etc.
- Five clients

ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the **SIS30321 Certificate in Fitness**.

Entry to **SIS40221 Certificate IV in Fitness** 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

In addition to the above, Australian College has certain admission criteria for this course. Prospective students must:

- be a minimum of 15 years old to be able to work and practice in a school education environment;
- provide parent/legal guardian consent, if students are under the age of 18 years at the time of enrolment;
- obtain their Unique Student Identifier (USI) and provide it to Australian College;
- complete the pre-enrolment process including the pre-enrolment Language, Literacy and Numeracy test;
- Agree to comply with Australian College policies and procedures as published on the website and outlined in the Student Handbook

Students must have access to and be able to operate:

- An internet-enabled PC/Laptop or similar running a current operating system (E.g Windows 10 or Mac OSX)
- An audio/video recording device (such as a mobile phone) for the purpose of preparing audio/video assessment recordings
- Microsoft Office (or compatible software)
- Current web browser (e.g., Chrome)
- Adobe Acrobat Reader or another PDF document viewer
- Valid email address
- Access to a sport, fitness or recreation workplace

QUALIFICATION PATHWAYS

On successful completion of this qualification, students may choose to undertake further studies in a qualifications of their choice building further on a potential career for the future. Below are listed some Certificate IV and Diploma level qualifications that students may choose to continue their studies:

- SIS40321 Certificate IV in Sport Coaching
- SIS50321 Diploma of Sport

TARGET GROUP

Prospective students would see this course as a stepping-stone in their career development, regardless of their current role. It may be a job requirement or a request from and supported by their employer. For some prospective students, undertaking this course may also be at their own initiative, aligning with their personal or professional career objectives.

Prospective students may be:

- potential students who want to develop skills and knowledge to be able to work and build on a career in the sport, fitness and recreation industry;
- employees who have previously worked in this area but don't have formal recognised qualifications;
- mature aged workers who want to upskill and improve their employment opportunities

Overseas Students Policy

These courses are not available to students on an Overseas Student Visa. As defined in the ESOS Act 2000, 'Overseas students' are not eligible to apply to enrol in this nationally recognised course, nor are they eligible for certification. Please refer to the Enrolment Terms and Conditions.

RECOGNITION OF PRIOR LEARNING (RPL) AND CREDIT TRANSFER

RPL and Credit Transfer is available for all students to consider. Students will be provided with information about RPL and Credit Transfer prior to enrolment. Australian College will recognise the AQF qualifications and statements of attainment issued by other RTO's, upon verification with the issuing organisation.

For more information on RPL and Credit Transfer email us at admin@australiancollege.edu.au.

NSW GOVERNMENT FUNDING

This course is funded by the NSW government under the Smart and Skilled program. For more information and if you qualify for funding, please visit our website at: <https://www.australiancollege.edu.au/smart-and-skilled-funding/>.

WHERE CAN I FIND MORE INFORMATION

It is important to us that prospective students have all the information needed to ensure this is the right course for them and we are the right training provider for them.

Please, visit our website at www.australiancollege.edu.au/ and read our Student Handbook, our policies and procedures for more information needed to make that all-important decision.

Professional Courses

GRAZ Australian College Certificate in Health (Nutrition, Weight Loss Management and Consulting)

COURSE SUMMARY

Course Code:	GRAZ	Flexible duration:	Up to 12 months
Qualification gained:	Australian College Certificate in Health (Nutrition, Weight Loss Management and Consulting)	Study load:	Self-paced
		Start date:	Start anytime
Study mode:	Flexible delivery (including online with some projects/activities and/or skills-based training).		
Delivery methods:	This course is delivered using an asynchronous study methodology, utilising online delivery (eLearning) of training materials supported with emails and phone calls with the trainer and assessor, on request.		
Assessment method:	Assessments may vary according to each subject, but overall may include the following: <ul style="list-style-type: none">• Knowledge/Theory-based short answer questions• Projects		
Course Modules:	Module 1 – Nutrition and Weight Loss Planning		
	Reading 1 – How Weight Loss Works: For You and Your Client		
	Introduction to Weight Loss		
	The Portion Approach to Weight Loss		
	How Your Digestion Works		
	The Five Types of Food		
	Foods That Help with Weight Loss		
	The Six Essential Elements		
	How Much Weight Can You Lose?		
	Weighing and Measuring Yourself		
	Your Course Program, Tools and Supplements		
	Explaining Terminology		
	Reading 2 – Nutrients, Supplements and Foods		
	Food- Glorious Food!		
	Technology, Marketing and Politics		
	Essential Vitamins and Minerals for Wight Loss		
	Digestion and Circulation		
	Low Fat and De-Fibred Foods		
	Meal Replacements – Do They Work?		
	Weight Loss Supplements – Miracle or Myth?		
	Fluid Retention		
	Reading 3 – Meal Planning and Weight Loss		
	Choosing Foods and Planning Meals		
	Energy Balance Through the Day		
	Understanding Portions		
	Article – Chewing the Fat		
	Guide to Food Additives		
	Organising and Preparing Meals		
	Socialising and Eating Out		
	Meal Planning with Grazing Diet		

Module 2 – Exercise and Consulting

Reading 1 – Weight Loss, Body Composition and Cellulite

Changing Your Life
More Weight Loss with Activity
Fluid Retention Workout
Adding Physical Exercise
Different Exercise Options
Adding Weight Resistance Exercise
Non-Exercise Alternatives
Beating the Plateau Effect
What is Cellulite?

Reading 2 – Weight Loss Management and Becoming a Weight Loss Consultant

Body Image
The Body Principle
Food Cycling
101 Weight Loss Tips
Staying Motivated
Activity – Be Careful, You Might Get To Like It!
Maintaining Your Weight after Weight Loss
Starting a Weight Loss Consulting Business
Marketing Yourself

ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the qualification delivered by this course.

The student must have access to and have:

- Access to a computer with word processing, PDF reader capabilities and an internet connection
- A good command of written English
- Ability to allocate appropriate study hours per week

HWB Australian College Diploma of Health and Wellbeing

COURSE SUMMARY

Course Code: HWB

Qualification gained: Australian College Diploma of Health and Wellbeing

Study mode: Flexible delivery (including online with some projects/activities and/or skills-based training).

Delivery methods: This course is delivered using an asynchronous study methodology, utilising online delivery (eLearning) of training materials supported with emails and phone calls with the trainer and assessor, on request.

Assessment method: Assessments may vary according to each subject, but overall may include the following:

- Knowledge/Theory-based short answer questions
- Projects

Course Modules: Module 1

Reading 1 – Nutrition and Our Bodies

Assessing our relationship with food
The food groups
Essential nutrients for a healthy, happy body
Identifying your body type
Taking care of our gut health
Optimising The Body's Performance Through Good Nutritional Choices

Reading 2 – Making Great Nutrition Choices

Exploring nutritional plans
Cooking to maximise nutritional value
Planning meals to support positive eating habits
Incorporating supplements into your nutritional plan
100 tips for maintaining a healthy weight
Breaking down the terminology

Flexible duration: Up to 12 months

Study load: Self-paced

Start date: Start anytime

Module 2

Reading 1 – Exploring the World of Exercise

The benefits of physical exercise
Busting exercise myths
Finding your ideal form of exercise
Develop your exercise goals and set up your activity plan
The benefits of walking

Reading 2 – Planning and Implementation

Structuring your activity
The benefits of stretching
Basic equipment worth the investment
Muscle maintenance
Perfect posture

Module 3

Reading 1 – A Mindful Life

What is mindfulness
Stress management and prevention
Strengthening emotional intelligence
Exploring meditation Working with breath to increase wellbeing

Reading 2 – Thrive

Optimising your sleep
Creating daily habits for holistic wellbeing
Challenge yourself
Fuel your passions
Nurturing a positive mindset

ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the qualification delivered by this course.

The student must have access to and have:

- Access to a computer with word processing, PDF reader capabilities and an internet connection
- A good command of written English
- Ability to allocate appropriate study hours per week

Document Review: November 2023



Australian College
Empowering Everyone

If you have any questions about the College, our courses, or need help with enrolment, please contact us.



Unit 7 70 Croydon Street
Cronulla NSW 2230 Australia



General enquiries:
enquiry@australiancollege.edu.au



Office hours:
Mon-Fri 9am-5pm



Payment enquiries:
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