

COMMENCING IN
APRIL 2016!



MAGPIES  **LEARNING**
Centre

HIGH PERFORMANCE FITNESS COURSE - MAGPIES LEARNING CENTRE

SportsReady Education's Certificate III in Fitness (SIS30313) & Certificate IV in Fitness (SIS40210)

SportsReady Education is launching a new High Performance Fitness Course in partnership with Australia's biggest and most professional sporting club, the Collingwood Football Club.

Leading SportsReady educators, along with presenters from Collingwood's High Performance Team, will provide students with exceptional learning experiences, and exposure to the latest developments in sports science and fitness training, delivered in a positive, supportive and fun environment.

Students will have exclusive access to Collingwood's magnificent gymnasium and sports training complex at Olympic Park; attend club training sessions and experience club operations on match days at the MCG and gain a unique understanding of the club's teaching and training philosophies.

SportsReady Education will provide all students with outstanding tuition and individual support, links to further education and traineeship opportunities, as well as career support through a network of fitness organisations.

Course presenters include Collingwood's High Performance Strength and Conditioning Coaches, Exercise Physiologists, Dietitians, Movement Specialists, Sports Scientists and leading players.

There are limited places available in this course and is conditional upon final student numbers.

Course commences in April 2016.



SPORTSREADYEDUCATION

WHERE WILL TRAINING TAKE PLACE?

Classes will be held at the following locations:

- » Magpies Learning Centre based at the Holden Centre and located at Olympic Park; and
- » AFL SportsReady's training facilities at Victoria Park, Abbotsford

Collingwood's elite training complex at Olympic Park incorporates presentation suites; Glasshouse 150 seat lecture theatre; two gymnasiums with the latest in cardio and strength equipment; altitude training room; fitness testing and sports science technology; swimming and hydrotherapy pools; boxing ring; indoor sprung floor training zone and 50m running track, netball court; lockers and showers; and the superb Olympic Park Oval.

Both locations has ample car parking and is close to public transport.

WHAT ARE MY CAREER OUTCOMES?

SportsReady Education forms part of AFL SportsReady, a national not for profit company with 20 years' experience helping young Australians find their career pathway.

With these two qualifications you can become a qualified Fitness Instructor, working in gyms conducting fitness appraisals, teaching classes and writing programs, and work as a qualified Personal Trainer in a gym or have the freedom to start your own business and train people anywhere you like.

QUALIFICATIONS

Students will complete two qualifications:

- » Certificate III in Fitness (SIS30313)
- » Certificate IV in Fitness (SIS40210)

DURATION

The program will commence in April and conclude in November.

PATHWAYS

Upon successful completion of the program (with no more than three failed subjects) students will be eligible for direct entry pathway to La Trobe University.*

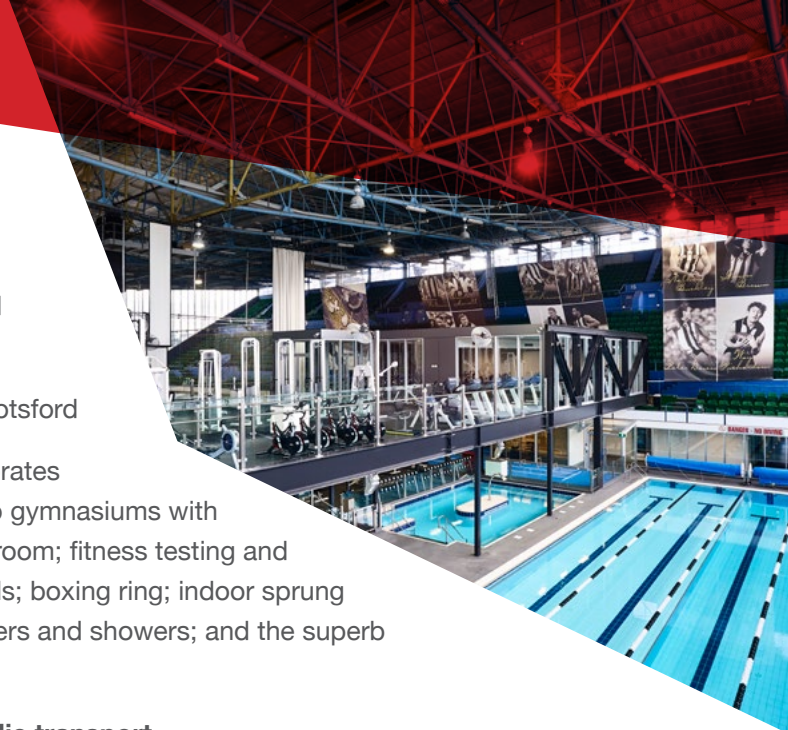
ATTENDANCE

Participants will be expected to attend classes up to three days a week and source a 70 hour work placement.

ELIGIBILITY

Applicants must be minimum 18 years old to undertake this program due to industry requirements.

* Conditions apply. Upon successful completion of a Certificate IV qualification with our Registered Training Organisation, SportsReady Education (RTOID 22394), students may be eligible for direct entry into one of our university partners. Availability and eligibility criteria vary in each state. For further information please go to www.aflsportsready.com.au.



UNITS OF STUDY*

The Certificate III in Fitness comprises of 10 core units and 5 elective units and the Certificate IV in Fitness comprises of 10 core units and 5 elective units of study. The units set out below form the basis of the qualifications.

Certificate III in Fitness		Certificate IV in Fitness	
CORE UNITS		CORE UNITS	
HLTAID003	Provide first aid	SISFFIT419A	Apply exercise science principles to planning exercise
SISFFIT301A	Provide fitness orientation and health screening	BSBSMB401A	Establish legal and risk management requirements of small business
SISFFIT302A	Provide quality service in the fitness industry	BSBSMB403A	Market the small business
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery	BSBSMB404A	Undertake small business planning
SISXFAC207	Maintain sport, fitness and recreation equipment for activities	SISFFIT415A	Work collaboratively with medical and allied health professionals
SISXOHS101A	Follow occupational health and safety policies	SISFFIT416A	Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
SISXRSK301A	Undertake risk analysis of activities	SISFFIT417A	Undertake long term exercise programming
SISFFIT305A	Apply anatomy and physiology principles in a fitness context	SISFFIT418A	Undertake appraisals of functional movement
SISXIND101A	Work effectively in sport and recreation environments	SISFFIT420A	Plan and deliver exercise programs to support desired body composition outcomes
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines	SISFFIT421A	Plan and deliver personal training
Elective Units		Elective Units	
SISFFIT304A	Instruct and monitor fitness programs	SISFFIT314A	Plan and deliver exercise to older clients with managed conditions
SISFFIT307A	Undertake client health assessment	SISSTC301A	Instruct strength and conditioning techniques
SISFFIT308A	Plan and deliver gym programs	SISSTC402A	Develop strength and conditioning programs
SISFFIT312A	Plan and deliver an endurance training program	SISFFIT312A	Plan and deliver an endurance training program
SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents	SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents

* Units are subject to change

FEES

For information regarding our fee schedule, please contact Brittany Archdeacon on 03 8413 3544 or visit our website for more information:

<http://www.aflsportsready.com.au/courses/eligibility-fees>

HOW TO APPLY

Apply online at

<http://www.aflsportsready.com.au/courses/sport-recreation>

WANT TO KNOW MORE?

Please contact Brittany Archdeacon from SportsReady Education.

Tel: (03) 8413 3544

Email: Brittany.Archdeacon@aflsportsready.com.au

Web: www.aflsportsready.com.au/courses/sport-recreation



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SportsReady Education Pty Ltd (RTOID: 22394)
is a subsidiary of AFL SportsReady

The logo for the Magpies Learning Centre features a black silhouette of a magpie bird perched on a branch, positioned above the text 'MAGPIES' in large, bold, black capital letters, and 'LEARNING Centre' in smaller, black capital letters below it.

MAGPIES
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