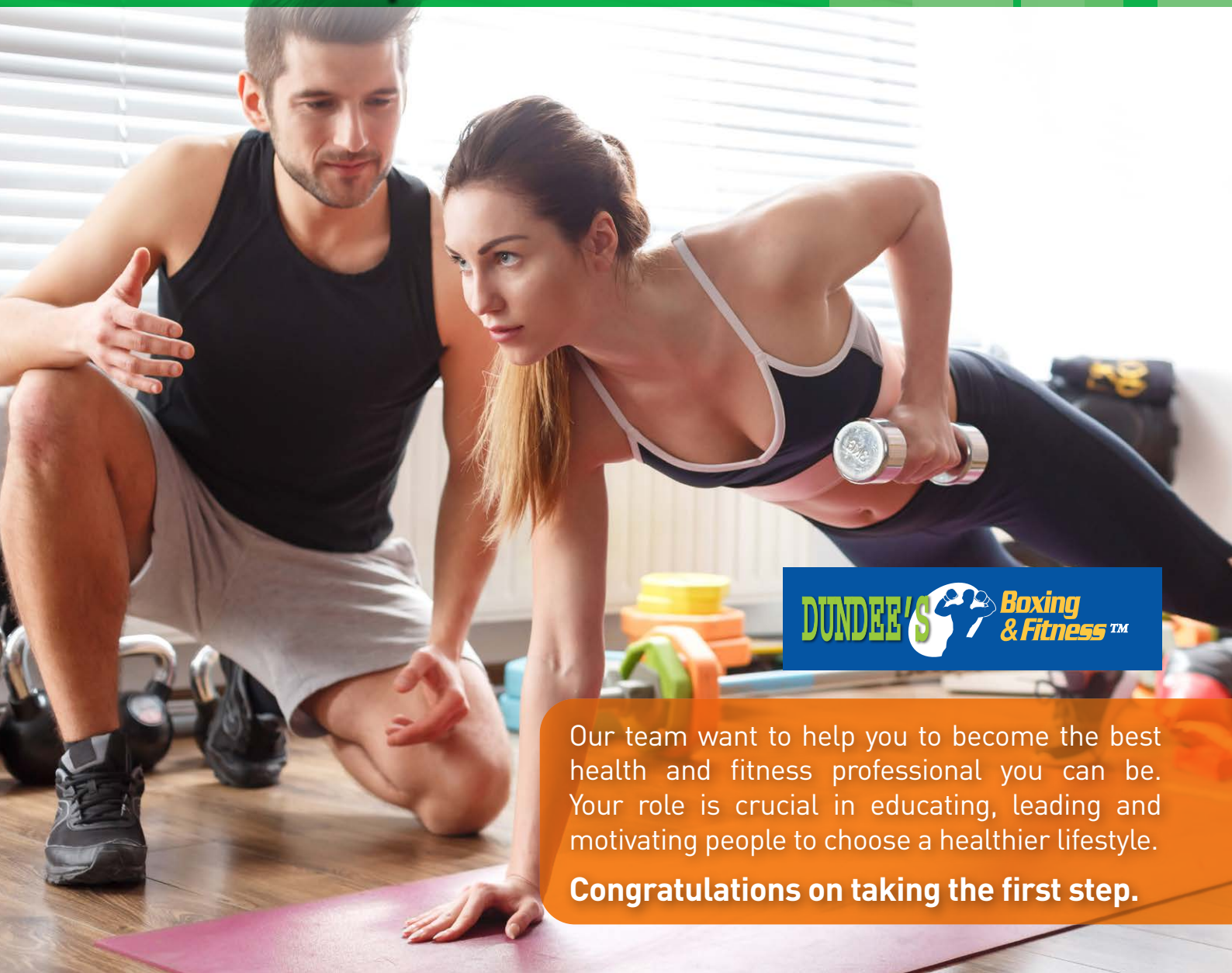


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SPORT & FITNESS COURSES

STUDY FITNESS & Sport in Australia



DUNDEE'S  **Boxing
& Fitness™**

Our team want to help you to become the best health and fitness professional you can be. Your role is crucial in educating, leading and motivating people to choose a healthier lifestyle.

Congratulations on taking the first step.

FIT EDUCATION AUSTRALIA PTY LTD

55 Queenscroft Street, Chelmer Qld 4068 | PO Box 2505, Graceville Qld 4075

E: dundee@fiteducation.edu.au M: 0488 500 134





About Fit Education

Our Experience

Our team's extensive experience and knowledge in the fitness industry allows Fit Education to provide the most modern and effective training techniques for people of all ages and fitness levels. The team at Fit Education have worked with many professional sporting teams including the Australian Wallabies, Brisbane Broncos, Queensland Reds, Brisbane Bullets, North Qld Cowboys, London Irish Rugby, London Broncos, Bordeaux Beagles and Fulham Football Club. In addition, we consult to many corporate clients and secondary schools on a range of health and fitness topics.

Our Passion

We don't just teach fitness, we live and breathe it. We are passionate about delivering the best education to our student, so that you as the fitness professional of tomorrow are educating, motivating and inspiring your clients. Together, we are teaching communities about the value of a fit and healthy lifestyle.

Our Knowledge

Learn from the best. Our lecturing team has a wide variety of experience in the health and fitness industry, from conditioning professional sporting teams both in Australia and internationally, to working with elite athletes, teaching at university, and running successful personal training businesses. You will be inspired and motivated by our team.

Our Commitment to You

We are outcome focused. Our goal is to produce graduates that are in demand. Fit Education combines a highly practical course with a strong theoretical background, so you are well equipped to handle health and fitness related questions on a daily basis. We are confident you will be able to step into your role the day you graduate. There are great job opportunities for you once you have completed your training.

Our Credentials

Our courses are nationally recognised so once you complete your training, you can register with Fitness Australia and work anywhere in Australia. If you plan on working abroad, our courses have helped people find work in England, Scotland, Portugal and New Zealand, Slovenia, Korea, China, USA, Canada, South America, and UAE.

PILLAR OF STRENGTH

Meet Dundee Kim

Initially learning the art of boxing to protect himself from bullies, Dundee Kim eventually harnessed his skills to become a two-time amateur boxing champion in South Korea.

From there he migrated to Australia to become the Associate Director of International Relations, and then the Regional Director of International Relations at James Cook University.

He eventually became the founder of Dundee's Boxing & Fitness gym in Brisbane.



Experience the difference

Throughout his lifetime, Dundee has helped countless clients become the best they can be through weight loss, improvements in health and fitness, successes in fitness model competitions and boxing tournaments, confidence building, life coaching and much more. Further, he has actively helped clients improve issues with diabetes, blood clots, blood pressure and other health related issues.

He also helps children overcome issues with dementia, concentration and ADHD by strengthening their focus, direction and drive. Dundee believes that the concept of "training" just isn't about physical training – it's about motivation, persistence, education, encouragement, loyalty, growth and trust. He believes that the most effective training can only be achieved with the right coach – even the world's greatest athletes have coaches. Through the right training, a person is able to achieve goals they never would have imagined.

Dundee's Boxing and Fitness is one of Brisbane's top gyms providing you with outstanding fitness training and support within state-of-the-art facilities. Dundee and his team will instruct you how to hold focus pads, kick pads and noodle padwork to protect your wrists, hands and shoulders. At Dundee's, you train with the best. Dundee and his team have trained world-class athletes, Olympians and more. Dundee recently trained Jeff Horn to a World Championship.



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We don't just teach fitness,
we live and breathe it.

Our Facilities

Fit Education

55 Queenscrot Street
Chelmer QLD 4068

Dundee's Boxing & Fitness - West End

249 Montague Road
West End, Brisbane, QLD 4101

Dundee's Boxing & Fitness

Unit 5, 60 Shottery Street
Yeronga QLD 4104

BTP Conference Centre

1 Clunies Ross Court Eight Mile Plains QLD
Brisbane Technology Park,
Eight Mile Plains QLD 4113.

The Centre boasts on-site parking, and easy access by
road or public transport.





Course details

Certificate III in Fitness - CRICOS Code: 0100917

[SIS30315] You don't have to be fit or have any prior knowledge in fitness to start our courses. Once you've completed this course, you will know how to conduct a health screening, apply anatomy and physiology to exercise prescription, test fitness levels, design exercise programs, develop your communication skills, make basic nutritional recommendations.

What jobs can I get?

You can work in a fitness centre as a Gym Instructor or Group Fitness Instructor.

Certificate IV in Fitness - CRICOS Code: 0100915

[Certificate III in Fitness is a prerequisite to the Certificate IV in Fitness]

[SIS40215] Build on skills learnt in the Certificate III PLUS learn how to develop, conduct and evaluate long term periodised fitness plans, develop your sales and marketing skills, evaluate and analyse the performance of individuals or groups in a variety of fitness settings and learn how to apply teaching methods and instructional styles both indoors and outdoors.

What jobs can I get?

You can work as a Personal Trainer in a fitness centre or start your own personal training business.

Diploma of Sport (Coaching) - CRICOS Code: 0101092

[SIS50319] This Diploma provides the skills and knowledge for an individual intending to pursue a career in sport (Coaching and Sport Development) as this training program is based on a nationally endorsed training package, any learner who successfully completes the program is awarded the qualification "Diploma of Sport" which is recognised anywhere in Australia.

What jobs can I get?

Sports Coach, High Performance coach, Sport Development Manager, Talent Manager, Program Developer.

(HLTAID003) First Aid and (HLTAID001) CPR

If you are studying the Certificate III in Fitness, first aid and CPR training is required. You are required to renew your CPR certification annually, and your first aid certification every 3 years to ensure your skills remain current.

Why study with Fit Education

Since 2003, Fit Education has launched over 5000 students into fitness careers.



Highly Experienced

Our team have worked with professional sporting teams including the Australian Wallabies, Brisbane Broncos, Queensland Reds, Brisbane Bullets, North Old Cowboys, London Irish Rugby, London Broncos and Fulham Football Club.



Personalised Support

As an international student you will receive first class personalised support. Our small groups and world class instructors customise the learning for your needs.



Nationally Recognised

Our courses are nationally recognised and once you complete your course, you can register with Fitness Australia and work anywhere in Australia and even abroad.

- *Want to work abroad? Check out ICREP to see where you could work internationally.*



Quality Teaching

4x10 week study periods over 52 weeks (20 hours per week).

Learn from World Champion Coach Dundee Kim.



Practical Experience

Our courses have a strong practical component. Gain practical experience in real gyms with real clients at Dundee's Boxing and Fitness.



Be a Job Ready Graduate

Our goal is to produce graduates that are in demand. Fit Education combines a highly practical course with a strong theoretical background, so you are job ready to work in the fitness industry.



Stay updated at fiteducation.edu.au



Our graduates are job ready



Testimonial

I have just completed my Cert. IV with Fit Education. They have top service, and are extremely fast, efficient and openly communicated what I needed. I was able to RPL some of the course due to previous qualifications which helped me speed up my studies and give me further insight into the fitness industry. I fully recommend Fit Education to individuals and companies.

Chris Goldsmith - Body Builder

Certificate III in Fitness - CRICOS Code: 0100914

[SIS30315] Certificate III in Fitness is the industry standard to work as a Fitness Instructor in the fitness industry in every state in Australia. Fit Education offers a comprehensive learning package for the full Certificate III. Including fitness instruction and group fitness instruction electives. You may be eligible for Government Funding for the Certificate III.

Entry Requirement: English language IELTS test score 5.5 or equivalent | or Australian Cert IV qualification or above.

1 Equipment Maintenance

SISXFAC001	Maintain equipment for activities
HLTWHS001	Participate in workplace health and safety

2 Anatomy and Physiology

SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
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3 Orientation, Health Screening, Fitness Assessment

SISFFIT001	Provide health screening and fitness orientation
SISFFIT006	Conduct fitness appraisals
SISXIND001	Work effectively in sport, fitness and recreation environments
SISXCCS001	Provide quality service

4 Healthy Eating

SISFFIT005	Provide healthy eating information
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5 Exercise Instruction

SISFFIT003	Instruct fitness programs
SISSTC301A	Instruct strength and conditioning techniques

6 Specific Populations

SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT014	Instruct exercise to older clients

7 Group exercise

SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
BSBRK401	Identify risk and apply risk management processes

8 First Aid & CPR

HLTAID003	Provide first aid (Excluded in Course Fees)
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Certificate IV in Fitness - CRICOS Code: 0100915

[SIS40215] Certificate IV in Fitness is the minimum requirement to become a Personal Trainer in Australia. This means that if you want to work as a Personal Trainer or conduct group activity classes in an independent fashion, you must at least have this qualification. The depth of knowledge required for Certificate IV obviously then reflects the added responsibility of obtaining and using this certificate.

Entry Requirement: English language IELTS test score 5.5 | or equivalent or Australian Cert IV qualification or above | Certificate III in Fitness SIS30315

Due to the vast experience of our team, we offer an unparalleled course program that goes far beyond the knowledge necessary for the current minimal requirements. You will be learning from Australia's leading fitness and performance consultants.

1 Personal Training / Group Personal Training

SISFFIT021	Instruct personal training programs
SISFFIT018	Conduct functional movement appraisals
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program
SISFFIT023	Instruct group personal training programs
SISXCCS003	Address client needs
SISFFIT016	Provide motivation to positively influence exercise behaviour

2 Strength and Conditioning

SISSTC402A	Develop strength and conditioning programs
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT017	Instruct long-term exercise programs
SISXCAI005	Conduct individualised long-term training programs
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context

3 Training and Adolescents

SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISXRES001	Conduct sustainable work practices in open spaces

4 Small Business – PT Business Design

BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB420	Evaluate and develop small business operations
BSBSMB421	Manage small business finances



Diploma of Sport CRICOS Code: 0101092

[SIS50319] This qualification provides the skills and knowledge for an individual intending to pursue a career in sport (Coaching and Sport Development) as this training program is based on a nationally endorsed training package, any learner who successfully completes the program is awarded the qualification “Diploma of Sport” which is recognised anywhere in Australia.

Occupational outcomes for this qualification can vary from sports coaching, managing competitions, sports venues and facilities, and identifying and developing athletes.

This program prepares participants for employment in the sports and fitness industry as:

Sports Coach | High Performance coach | Sport Development Manager | Talent Manager | Program Developer

Graduates of this program will be able to:

- Select and use relevant technologies to assess athletic performance
 - Plan and implement coaching programs for athletes
 - Coach athletes in competition
 - Support and develop athletes and teams
- Apply sports psychology principles
 - Manage integrity in sport
 - Apply anti-doping policies
 - Lead and manage people
 - Interact and liaise with relevant stakeholders within sport

Entry Requirement:

English language IELTS test score 5.5 or equivalent | or Australian Cert IV qualification or above.

1 Integrity and Ethics in Sport

SISSSC0011	Manage integrity in sport
SISSSC0008	Apply anti-doping policies
SISXIND008	Manage legal compliance in sport and recreation

2 Sport Coaching – Strength and Conditioning

SISSSC0004	Plan, conduct and review coaching programs
SISSSC0003	Meet participant coaching needs
SISSSC0007	Apply sport psychology principles
SISSSC0016	Coach participants in sport competition

3 Sport Development

SISXFIN001	Develop and review budgets for activities or projects
SISXMG001	Develop and maintain stakeholder relationships
BSBRK501	Manage risk

4 Sport Leadership

SITXHRM003	Lead and manage people
BSBADM502	Manage meetings
HLTWHS003	Maintain work health and safety
HLTAID003	Provide first aid

NB: HLTAID003 Students may need to source a First Aid Certificate from a local provider.

Career pathways with Fit Education

The Diploma of Sport has University pathways at the Degree level in Business and Sport Development. Fit Education has Articulation arrangements with Griffith University and James Cook University.

Diploma of Sport graduates receive credit towards Bachelor courses. Full details of these arrangements are listed on the Fit Education website.



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First Aid and CPR

The course is blended in delivery, comprising of a pre-course online component, followed by a single session practical course. The pre-course consists of a multiple choice and short answer question assessment which can be completed online.

Training and Assessment

- HLTAID003 Provide Basic First Aid
- HLTAID002 Provide basic emergency life support
- HLTAID001 Provide cardiopulmonary resuscitation

Assessment of the CPR certificate is a combination of practical first aid activities and a short online activity.

Testimonial

I wanted to be trained by the best, and the best is what I got! Nobody out there has the hands on experience and years of expertise that the Fit Education team has. My expectations are pretty high; and well, they were just blown out of the water. The knowledge I received was fantastic and they really focus on the student’s knowledge and understanding of the human body. Forget the rest go with the best; Fit Education.

Emily Gielnik - ShredEm Fitness, Matildas Soccer Team



Inspire, teach,
motivate & educate.



CONTACT FIT EDUCATION
for further information and enrolment details

email: dundee@fiteducation.edu.au
Or call: 1300 FITEDU (1300 348 338)
to speak to one of the Fit Education team.

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Council Australia

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TRAINING**

CRICOS Code 03804F

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