

fiteducation

SPORT & FITNESS COURSES

STUDY FITNESS & Sport in Australia



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 trained former WBO welterweight world champion Jeff Horn who defeated the greatest boxing icon Pilipino Manny Pacquiao 02/July 2017 at Suncorp stadium in Brisbane.





Our Facilities

Fit Education

55 Queenscrott 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

Dundee's Boxing and Fitness – Indooroopilly

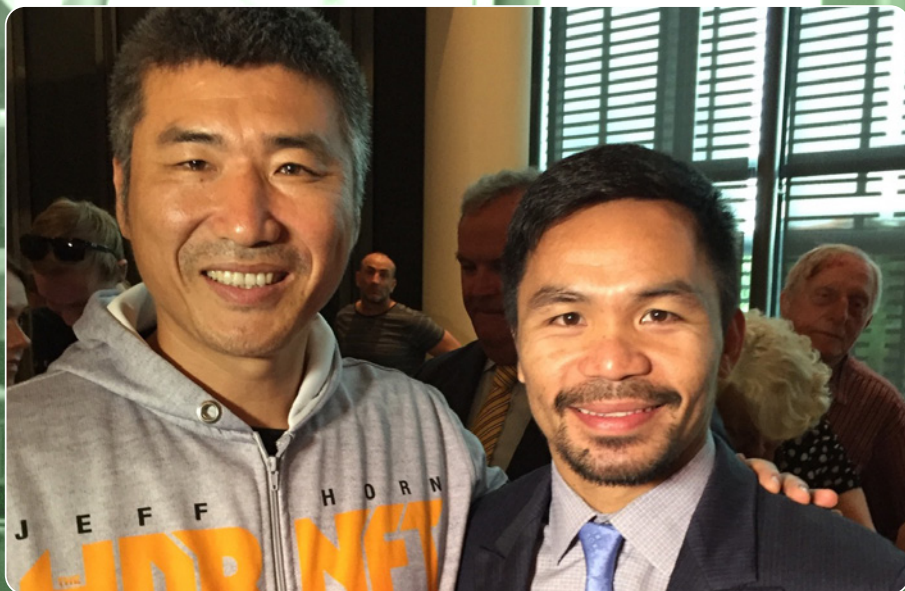
101/167 Coonan Street,
Indooroopilly QLD 4068

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.



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



Dundee Kim with Manny Pacquiao who is the only eight-division world champion in the history of boxing and has won twelve major world titles.



Gabriel Ferreira, 1st men's physique & classic INBA national championship Australia 2021.

Gabriel, from Brazil, works part time with Dundee's Boxing & Fitness on a student visa and earned \$65,000. He has done such a great job he is on a sponsor business visa with Dundee's Boxing and Fitness.

Dundee's Boxing & Fitness Centre, provides opportunities to our students to earn between \$50,000 to \$75,000 a year on a student's visa.



Course details

Certificate III in Fitness - CRICOS Code: 107897J

(SIS30321) 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: 107868C

(Certificate III in Fitness is a prerequisite to the Certificate IV in Fitness)

(SIS40221) 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: 107802K

(SIS50321) 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.

(HLTAID011) Provide First Aid, (HLTAID010) Provide Basic Emergency Life Support, and (HLTAID009) Provide 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



Fit Education Student Jin at the Cairns Iron Man Triathlon - with trainer Dundee

Certificate III in Fitness - CRICOS Code: 107897J

(SIS30321) 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. | **Minimum 18 years age entry.**

1 Gym Maintenance

SISXFAC002 Maintain sport, fitness and recreation facilities (E)

HLTWHS001 Participate in workplace health and safety (C)

2 Anatomy and Physiology

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise (C)

3 Orientation, Health Screening, Fitness Assessment

BSBPEF301 Organise personal work priorities (C)

BSBOPS304 Deliver and monitor a service to customers (C)

SISFFIT032 Complete pre-exercise screening and service orientation (C)

SISFFIT033 Complete client fitness assessments (C)

4 Healthy Eating

SISFFIT052 Provide healthy eating information (C)

5 Exercise Instruction

SISFFIT040 Develop and instruct gym based exercise programs for individual clients (C)

SISXCA009 Instruct strength and conditioning Techniques (E)

6 Training Children

SISFFIT037 Develop and instruct group movement programs for children (E)

7 Group Exercise

SISFFIT035 Plan group exercise sessions (c)

SISFFIT036 Instruct group exercise sessions (C)

BSBOPS403 Apply business risk management processes (E)

8 First Aid

HLTAID011 Provide first aid (C) *(Excluded in course fees)*

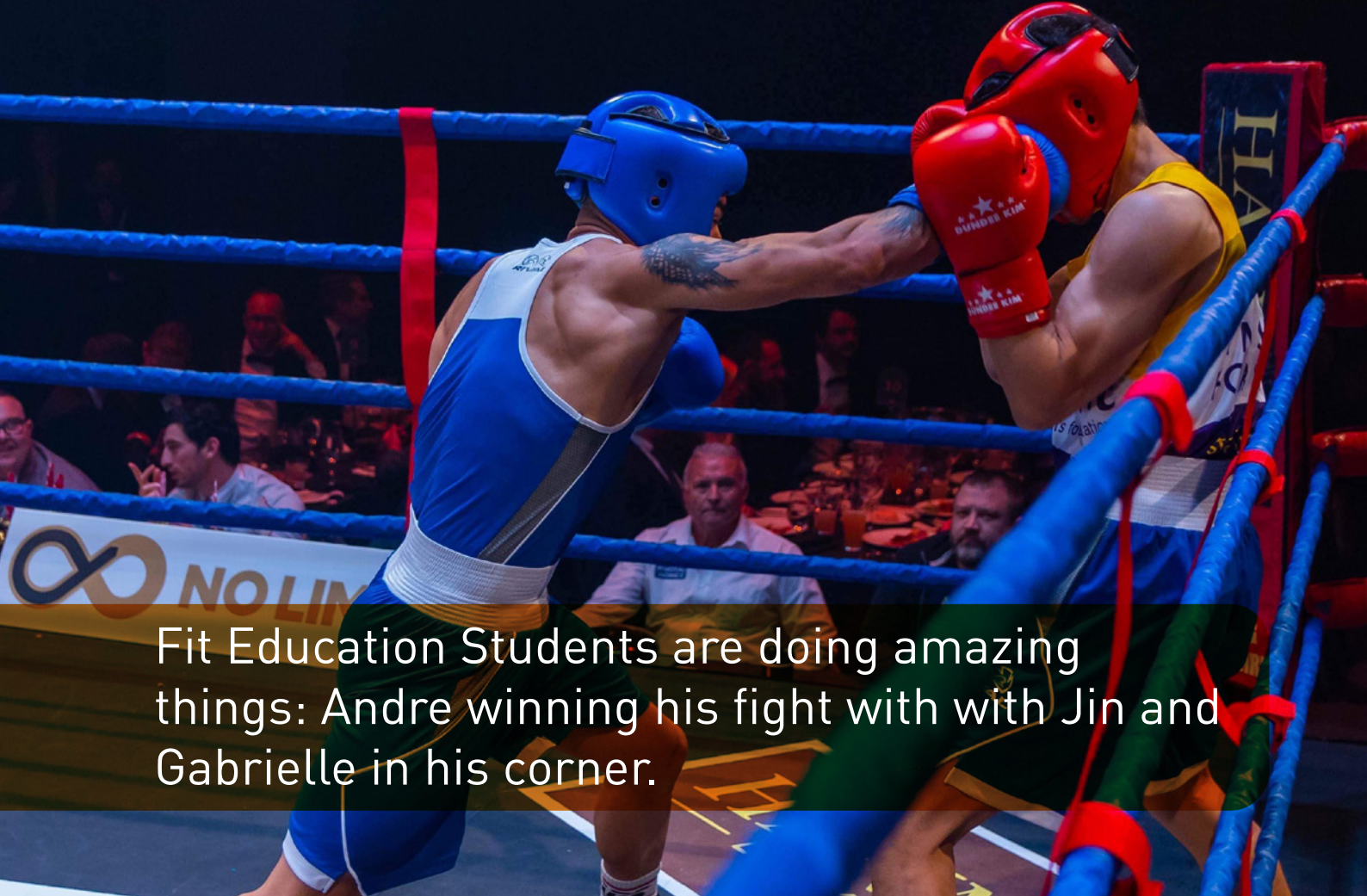
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Testimonial

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



Fit Education Students are doing amazing things: Andre winning his fight with Jin and Gabrielle in his corner.

Certificate IV in Fitness - CRICOS Code: 107868C

(SIS40221) 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 | **Minimum 18 years age entry.**

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

SISFFIT041	Develop personalised exercise programs (C)
SISFFIT034	Assess client movement and provide exercise advice (E)
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals (C)
SISFFIT053	Support healthy eating for individual fitness clients (C)
CHCCOM006	Establish and manage client relationships (C)
SISFFIT050	Support exercise behaviour change (C)
SISFFIT042	Instruct personalised exercise sessions (C)

2 Online Personal Training

SISFFIT046	Plan and instruct online exercise sessions (E)
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3 Strength and Conditioning

SISXCAI010	Develop strength and conditioning programs (E)
SISFFIT049	Use exercise science principles in fitness instruction (C)
SISXCAI005	Conduct individualised long-term training programs (E)
SISFFIT051	Establish and maintain professional practice for fitness instruction (C)

4 Specific Populations

SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients (C)
SISFFIT044	Develop and instruct personalised exercise programs for older clients (C)

5 PT Business

BSBESB404	Market new business ventures (E)
BSBESB401	Research and develop small business plans (E)
BSBESB402	Establish legal and risk management requirements of new business ventures (E)



Diploma of Sport CRICOS Code: 107802K

(SIS50321) 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.
Minimum 18 years age entry.

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
BSBOPS504	Manage Business Risk

4 Sport Leadership

SITXHRM003	Lead and manage people
BSBTWK503	Manage meetings
HLTWHS003	Maintain work health and safety
HLTAID011	Provide first aid and CPR

NB: HLTAID011 *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.



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

HLTAID009 Provide Cardiopulmonary Resuscitation

HLTAID010 Provide basic Emergency Life Support

HLTAID011 Provide First Aid

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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Independent Tertiary Education
Council Australia

**NATIONALLY RECOGNISED
TRAINING**

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