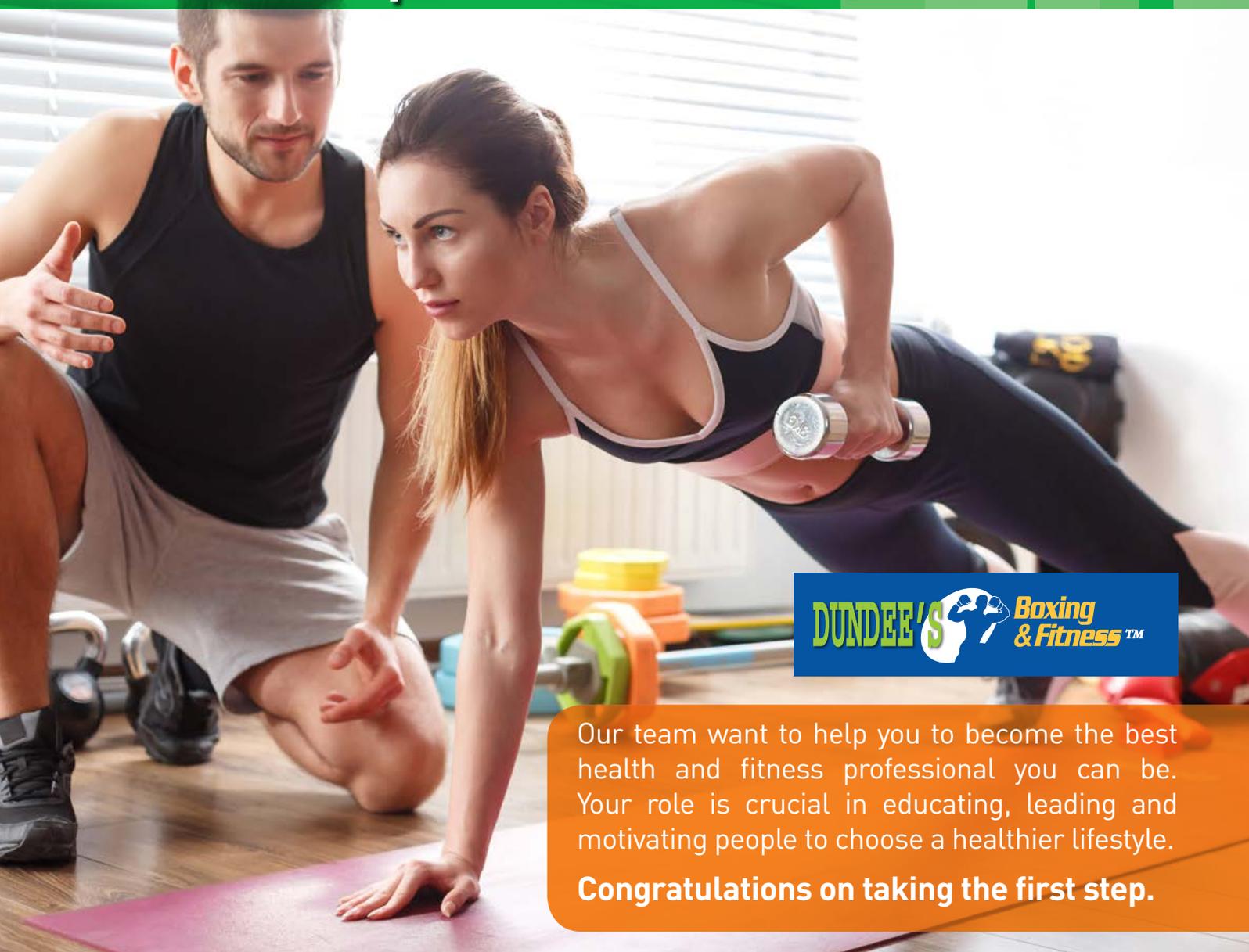


# fiteducation

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.**

**fiteducation**  
SPORT & FITNESS COURSES

**FIT EDUCATION AUSTRALIA PTY LTD**

55 Queenscroft Street, Chelmer Qld 4068

PO Box 2505, Graceville Qld 4075

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 **iteca**  
Independent Tertiary Education  
Council Australia

 **NATIONALLY RECOGNISED  
TRAINING**

**CRICOS Code 03804F**

[fiteducation.edu.au](http://fiteducation.edu.au) | RTO Number 32155



## 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

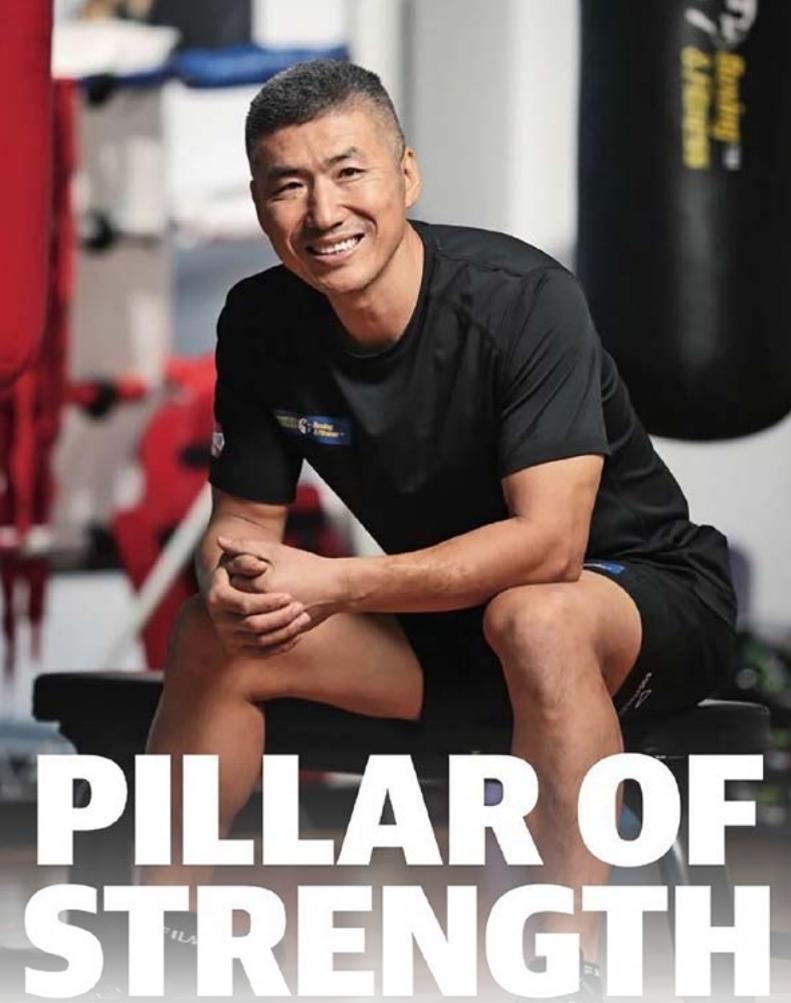
Learn from the best. Our lecturing team has a wide variety of experience in the health and fitness industry, from conditioning professional sporting teams both in Australia and internationally, to working with elite athletes, teaching at university, and running successful personal training businesses.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

Nationally recognised and once you complete your course, 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 most outstanding 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.



## 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.



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



A photograph of two women in a gym setting, both wearing pink athletic tops and holding kettlebells. The woman in the foreground is smiling and looking towards the camera, while the woman in the background is also smiling and looking slightly away. They are in a squatting position, ready to lift the kettlebells. The gym equipment and weights are visible in the background.

Our goal is to produce graduates that are in demand.

## 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 Development - CRICOS Code: 0100915

**(SIS50612)** This Diploma will diversify your job opportunities and income potential and help you to sustain a long term career. Learn Advanced Strength and Conditioning, Advanced PT, Nutrition for Sport, Sports Psychology, Drugs in Sport and Marketing your Business.

**What jobs can I get?** Strength & Conditioning Coach, Advanced PT or Sports Development Officer.

### (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 online student, you have access to an exceptional learning management system and our expert tutors are available to guide and support you, in a way that fits with your schedule.



## 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.*



## Flexible Online Delivery

- Study at your own pace with flexible online delivery.
- Get instant access to a state-of-the-art online course.
- Affordable payment plans available
- National & internationally recognised course.



## Free Practical Days

Get face-to-face support, complete your practical assessments and get additional help and guidance at our practical days in most major towns.



## 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](http://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.

### 1 Equipment Maintenance

SISXFAC001	Maintain equipment for activities
HLTWS001	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.

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
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB405	Monitor and manage small business operations
BSBSMB406	Manage small business finances



# Diploma of Sport Development - CRICOS Code: 0100916

**[SIS50612]** Our unique industry focused course combines comprehensive theory with hands-on practical experience with qualified experts, helping you to implement and deliver this knowledge into your training sessions and open up new opportunities.

A key feature of the course is our ability to connect our students to many of Australia's top sports performance experts. Together these

professionals offer a unique mix of cutting-edge training techniques and exciting networking opportunities that can help you access and secure the most highly coveted positions in the field.

Whether you're looking to enter the world of professional sports, or you're simply looking to expand upon your existing business model, this program will be a vital asset in your career moving forward.

## 1 Issues affecting Sportspeople

SISSSC0306 Provide drugs in sport information

SISSSC0307 Provide nutrition information to athletes

SISSSC0308 Support athletes to adopt principles of sports psychology

SISXIND404A Promote compliance with laws and legal principles

## 2 Advanced Strength and Conditioning

SISSSC0512 Assist athletes to prevent and manage injury and illness

SISSSC0513 Plan and implement high performance training and recovery programs

SISXICT001 Select and use technology for sport, fitness and recreation work

ICAICT308 Use advanced features of computer applications

## 3 Evidence Based Practice Project

SISFIT028 Apply evidence-based practice to exercise programs

BSBADM502 Manage meetings

SISXCAI306 Facilitate groups

SISXIND406A Manage programs

## 4 Advanced Personal Training

SISFFIT029 Apply anatomy and physiology to advanced personal training

SISFFIT024 Instruct endurance programs

SISXRSK502A Manage organisational risks

SISXWHS402 Implement and monitor work health and safety policies

## 4 Marketing

SISXCC403A Determine needs of clients

BSBMKG501 Identify and evaluate marketing opportunities

BSBMKG502 Establish and adjust the marketing mix

BSBMKG514 Implement & monitor marketing activities



## Career pathways with Fit Education

Are you looking to pursue a career in Allied Health and Professional Services? If you aspire to become a Dietician, Exercise Physiologist, Chiropractor, Performance Coach, to name a few professions, The Diploma of Sport Development is the perfect course designed to create a pathway towards further study at the Degree level in Business and Sport Development

With our Articulation arrangement with Griffith University, Diploma of Sport Development graduates receive credit towards the 240CP degrees below:

50CP credit transfer for the Bachelor of Business

40CP credit transfer for the Bachelor of Sport Development

Full details of these arrangements are listed in the University's Credit Precedent and Articulation Database located at [www.griffith.edu.au/credit](http://www.griffith.edu.au/credit) via a search of Fit Education. Students will be required to meet the standard Griffith University program academic admission criteria.

*'Griffith University look forward to hosting Fit Education Graduates who may wish to extend their studies in a degree program at Griffith University.'*

**Mary Hassard**, Academic Credit Transfer

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

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