

Units of Competency List for ACSF Courses

Certificate III in Fitness (SIS30315)

The Certificate III in Fitness is made up of 16 units of competencies, which are made up of 9 core and 7 elective units, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments
BSBRISK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT006	Conduct fitness appraisals
SISXCCS003	Address client needs

Certificate IV in Fitness (SIS40215)

The Certificate IV in Fitness is made up of 20 units of competencies, which are made up of 12 core and 8 elective units, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT017	Instruct long-term exercise programs
SISFFIT018	Promote functional movement capacity
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT021	Instruct personal training programs
SISFFIT023	Instruct group personal training programs
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program
SISXRES001	Conduct sustainable work practices in open spaces
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB405	Monitor and manage small business operations
SISSTC301A	Instruct strength and conditioning techniques
SISXCCS003	Address client needs
SISXCAI005	Conduct individualised long-term training programs
SISSTC402A	Develop strength and conditioning programs

Diploma of Fitness (SIS50215)

The Diploma of Fitness is made up of 18 units of competencies, which are made up of 5 core and 13 elective units, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
BSBMKG514	Implement and monitor marketing activities
SISFFIT031	Implement injury prevention strategies
SISFFIT029	Apply anatomy and physiology to advanced personal training
SISXIND003	Maintain legal knowledge for organisational governance
HLTWHS004	Manage work health and safety
BSBRK501	Manage risk
BSBHRM405	Support the recruitment, selection and induction of staff
BSBMGT502	Manage people performance
SISFFIT030	Instruct advanced exercise programs
BSBFIM501	Manage budgets and financial plans
SISXMGT001	Develop and maintain stakeholder relationships
BSBPMG522	Undertake project work
SISFFIT027	Conduct health promotion activities
SISFFIT028	Apply evidence-based practice to exercise programs
CHCCOM002	Use communication to build relationships
CHCPRP003	Reflect on and improve own professional practice
HLTAID006	Provide advanced first aid
HLTPOP402C	Assess readiness for and effect behaviour change

Diploma of Sport & Recreation Management – General Program (SIS50115)

The Diploma of Sport and Recreation Management – General Program is made up of 25 units of competencies, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
BSBFIM601A	Manage finances
SITXMGT501	Establish and conduct business relationships
SITXMPR006	Obtain and manage sponsorship
SISXIND406A	Manage projects
BSBADM502B	Manage meetings
SISXCCS402A	Coordinate client service activities
BSBHRM402	Recruit, select and induct staff
SITXHRM402	Lead and manage people
SISXIND404A	Promote compliance with laws and legal principles
SISXWHS503	Establish and maintain work health and safety systems
SISXRSK502A	Manage organisational risks
BSBMKG608A	Develop organisational marketing objectives
BSBMKG609A	Develop a marketing plan
BSBMGT617A	Develop and implement a business plan
BSBMGT515A	Manage operational plan
BSBRKG502B	Manage and monitor business or records systems
BSBFIM501A	Manage budgets and financial plans
SISXCCS403A	Determine needs of client populations
BSBMKG501B	Identify and evaluate marketing opportunities

BSBMKG502B	Establish and adjust the marketing mix
SISXFAC409	Plan and provide sport, fitness and recreation services
SISXFAC404A	Coordinate facility and equipment acquisition and maintenance
SISXFAC506A	Manage stock supply and purchase
SITXFIN601	Manage physical assets

Diploma of Sport & Recreation Management – Fitness Program (SIS50115)

The Diploma of Sport and Recreation Management – Fitness Program is made up of 21 units of competencies, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
BSBFIM601	Manage finances
BSBFIM501	Manage budgets and financial plans
SISFFIT029	Apply anatomy and physiology to advanced personal training
SISFFIT030	Instruct advanced exercise programs
AHCBUS506A	Develop and review a business plan
BSBMGT517	Manage operational plan
SISXCCS002	Coordinate client service activities
BSBPMG522	Undertake project work
SISFFIT027	Conduct health promotion activities
SISFFIT028	Apply evidence-based practice to exercise programs
BSBHRM405	Support the recruitment, selection and induction of staff
BSBMGT502	Manage people performance

BSBLDR502	Lead and Manage effective workplace relationships
SISFFIT031	Implement injury prevention strategies
SISXIND003	Maintain legal knowledge for organisational governance
HLTWHS004	Manage work health and safety
BSBR501	Manage risk
SISXIND007	Develop and implement participation strategies
BSBMKG523	Design and develop an integrated marketing communications plan
BSBMKG514	Implement and monitor marketing activities
SISXMGT001	Develop and maintain stakeholder relationships