



# SPORT COACHING



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## WHY STUDY AT CSF

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COLLEGE OF SPORTS & FITNESS

CSF 0099/OCT24

# SPORT COACHING

Our sport coaching programs are aimed to provide working and aspiring coaches the opportunity to enhance their development in the area of high-performance coaching.

These programs will help you contextualise and relate knowledge to the current encounters fronting coaches working with elite athletes and organisations involved in high-performance sport. Sports Coaches can also run their own sports training facility and or offer their coaching services.

## ACADEMIC YEAR / START DATES

The year is divided into 4 terms. See table for term intake dates.



## COURSE INFORMATION

Our Sport Coaching courses have been developed according to the requirements of the Sport, Fitness and Recreation Training Package (SIS) and have been approved for delivery by the Australian Skills Quality Authority (ASQA). They are nationally recognised qualifications within the Australian Qualification Framework (AQF).



## STUDY TRACK

Our objective is to provide graduates with the necessary skills and knowledge that will empower them to successfully fulfill the demands of the workplace.

Training is delivered in stages that correspond to AQF levels. The desired pathway for a qualification is for students to complete the requirements of the previous level qualification before progressing to the next level – thereby achieving more than one qualification.

Applicants without the previous level qualification will be considered if they have relevant qualification and /or vocational experience.

## FUNCTIONAL DELIVERY & ASSESSMENT TECHNIQUES

Delivery and assessment strategies have been selected to mirror the nature of all elements and performance criteria within each competency cooperatively providing the needs and learning styles of the learners.

## ENTRY REQUIREMENTS

- › Be 18 years of age or above
- › English language level of minimum IELTS 6.0 or equivalent (if the level of English is insufficient, a suitable course can be organised)
- › Year 11 or equivalent certificate of senior secondary education
- › Have complete physical ability (May require interview prior of acceptance)
- › Surfing - Must have minimum 6 month surfing experience, own board, ability to tread water for 5min and swim 200m.

## ADDITIONAL FEES

Enrolment Fee: **A\$300**

Uniform Pack Fee: **A\$100**

Includes first uniform for entry course. Further uniforms will be required for future courses - **\$50** per pack.

## COURSE DELIVERY

Courses are delivered over 20 hours per week through a combination of face-to-face and online delivery.

YEAR	TERM 1 INTAKES		TERM 2 INTAKES		TERM 3 INTAKES		TERM 4 INTAKES	
	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM
2024	22 JAN	26 FEB	16 APR	20 MAY	08 JUL	12 AUG	30 SEP	04 NOV
2025	20 JAN	24 FEB	14 APR	19 MAY	07 JUL	11 AUG	29 SEP	03 NOV
2026	19 JAN	23 FEB	13 APR	18 MAY	06 JUL	10 AUG	28 SEP	02 NOV
2027	18 JAN	22 FEB	12 APR	17 MAY	05 JUL	09 AUG	27 SEP	01 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
<b>Certificate IV in Sport Coaching</b> SIS40321 <small>CRICOS Course Code 1077926</small>	SISSSC0003	Meet participant coaching needs
	BSBOPS403	Apply business risk management processes
	HLTAID011	Provide First Aid
	HLTWS003	Maintain work health and safety
	SISSSC0005	Continuously improve coaching skills and knowledge
	SISSSC0015	Prepare participants for sport competition
	SISXIND009	Respond to interpersonal conflict
	SISSSC0010	Implement sport talent identification programs
	SISXCAI010	Develop strength and conditioning programs
	SISXIND005	Coordinate work teams or groups
<b>Choose one practical elective</b>		
<b>TENNIS</b>		
Tuition Fee <b>A\$ 7,500</b>	SISSTNS002	Coach intermediate players in tennis
<b>SWIMMING</b>		
Duration <b>9 months</b> <small>3 Terms / 30 College Weeks</small>	SISSSWM002	Coach swimmers up to a high-performance level
<b>MARTIAL ARTS/SURFING/WELLNESS</b>		
	SISSSC0013	Coach sport participants up to an advanced level
<b>Vocational / Employment Outcome &gt; Coach</b>		

QUALIFICATION	UNIT CODE	UNIT NAME
<b>Diploma of Sport</b> SIS50321 <small>CRICOS Course Code 107800A</small>	SITXHRM003	Lead and manage people
	BSBOPS504	Manage business risk
	HLTWS003	Maintain work health and safety
	HLTAID011	Provide First Aid
	SISSSC0003	Meet participant coaching needs
	SISSSC0004	Plan, conduct and review coaching programs
	SISSSC0007	Apply sport psychology principles
	SISSSC0008	Apply anti-doping policies
	SISSSC0011	Manage integrity in sport
	SISSSC0014	Develop sport coaches
Tuition Fee <b>A\$ 15,000</b>	SISSSC0016	Coach participants in sport competition
	SISXPLD003	Plan recreation programs
Duration <b>18 months</b> <small>6 Terms / 60 College Weeks</small>	SISXCAI008	Plan, conduct and review training and recovery programs
<b>Choose one practical elective</b>		
<b>TENNIS/MARTIAL ARTS/SWIMMING/WELLNESS/SURFING</b>		
	SISXCAI005	Conduct individualised long-term training programs
<b>Vocational / Employment Outcome &gt; High performance coach</b>		