



## ACPE CAREERS VIEWBOOK



**ACPE**  
AUSTRALIAN COLLEGE OF  
PHYSICAL EDUCATION

# A message from our Dean

At the Australian College of Physical Education (ACPE) we are driven by one purpose – to help students passionate about sport, health, fitness, education and dance become confident and competent professionals who follow their passion every day.

ACPE has a rich history of physical education training, spanning more than 100 years. In this time we've had the privilege of helping tens of thousands of students become qualified in their field of choice. Not only that, we've watched many of them soar to the top and become people to watch in their respective industries. Our graduates enter the workforce career ready due to the relevance of ACPE's qualifications, which are aligned with industry needs.

Located in Australia's sporting mecca, Sydney Olympic Park, students have access to world class sporting facilities and organisations. Not only is ACPE in close physical proximity to these key industry players, we also have close ties to key industry bodies and organisations, providing our students invaluable opportunities to gain practical industry experience and connections. As a result, many students secure employment prior to graduation every year.

At ACPE we do things differently to most universities. Our students realise their full potential through a personalised learning environment, small class sizes and extensive additional learning and career support. The result is students who are able to adjust to the demands of higher education and are prepared for the career of their choice.

Our experience, industry connection, and supportive learning approach means that ACPE can offer students what many dream of; the opportunity to earn a qualification allowing them to pursue a truly exciting and satisfying career.

Over the coming pages of this Careers Viewbook you will find stories of a handful of our graduates who are pursuing just that. Each is an example of one of the many career possibilities available to ACPE graduates, and proof that it is possible to turn your passion into your career.

Thank you for considering partnering with us on your education journey.

Sincerely,

**Debbie Le Roux**

Dean and Operations Director  
**Australian College of Physical Education**







**“I didn’t want to get into coaching, but wanted an option where I could influence the future of the game in Australia”**

# Trent McClenahan

**Bachelor of Sports Business (Leadership) Graduate**  
Football Federation Australia Operations Coordinator /  
Professional Footballer / Olympian

Behind every successful athlete, there is a supportive family. For 32-year-old Australian College of Physical Education (ACPE) graduate Trent McClenahan, his wife and family have certainly been that. While he was playing for Sydney FC, Trent had a chat with his Dad that got him thinking about his career after professional football.

"My Dad said 15 years of football experience could be translated into a valuable CV. I didn't want to get into coaching so I started looking at other options," Trent said.

Sports administration peaked his interest. "I wanted to use my playing experience, including my time overseas, to influence the future of the game in Australia. I was keen to give back." First, Trent had to study.

The club's career advisor recommended he tried ACPE. "It was perfect," he said. "I learnt about all levels of sports administration. I studied around my training and playing schedules and it set me up for my post-football career," he said. "I gained skills such as time management and the ability to think logically and strategically in order to solve complex problems or issues on the run."

As well as studying, Trent looked for opportunities to gain experience in the business of sport. "I had a high knowledge of football but needed practical industry experience." Trent applied for a Football Federation Australia (FFA) internship and got it.

I spent four months as an intern before applying for a full-time role." Trent now works as the Leagues Operations Coordinator. This all-encompassing role includes helping to run the men's, women's and youth leagues. The highlight so far was seeing the Hyundai A-League Grand Final come to fruition.

"When you're on the pitch, you're on show and you have no idea what's going on behind the scenes. I've got a greater appreciation now for what goes into making the game great."

To be involved in the sport he loves is a dream come true for Trent. "It brings me a lot of joy to share my passion for the game while making a contribution to its development and future growth."

# Mitchell Fuller

## Bachelor of Sports Coaching (Strength & Conditioning) Graduate Baseball player / Fitness fanatic

When Mitchell Fuller first started university, it just didn't feel right. He deferred for a year, went travelling and followed the Australian soccer team around Brazil during the 2014 World Cup.

Mitchell loves all sports and always wanted to be in the mix. Determined to become a top international soccer coach, upon returning home to Australia he transferred his studies to ACPE, enrolling in a Bachelor of Sports Coaching (Strength & Conditioning). He said that's how he got back on track.

"At my first university, I felt like a number in a big system," Mitchell said. "At ACPE, I was treated like a person. The lecturers really want to see you succeed. Plus, ACPE taught me the more industry experience you can put on your resume, the better."

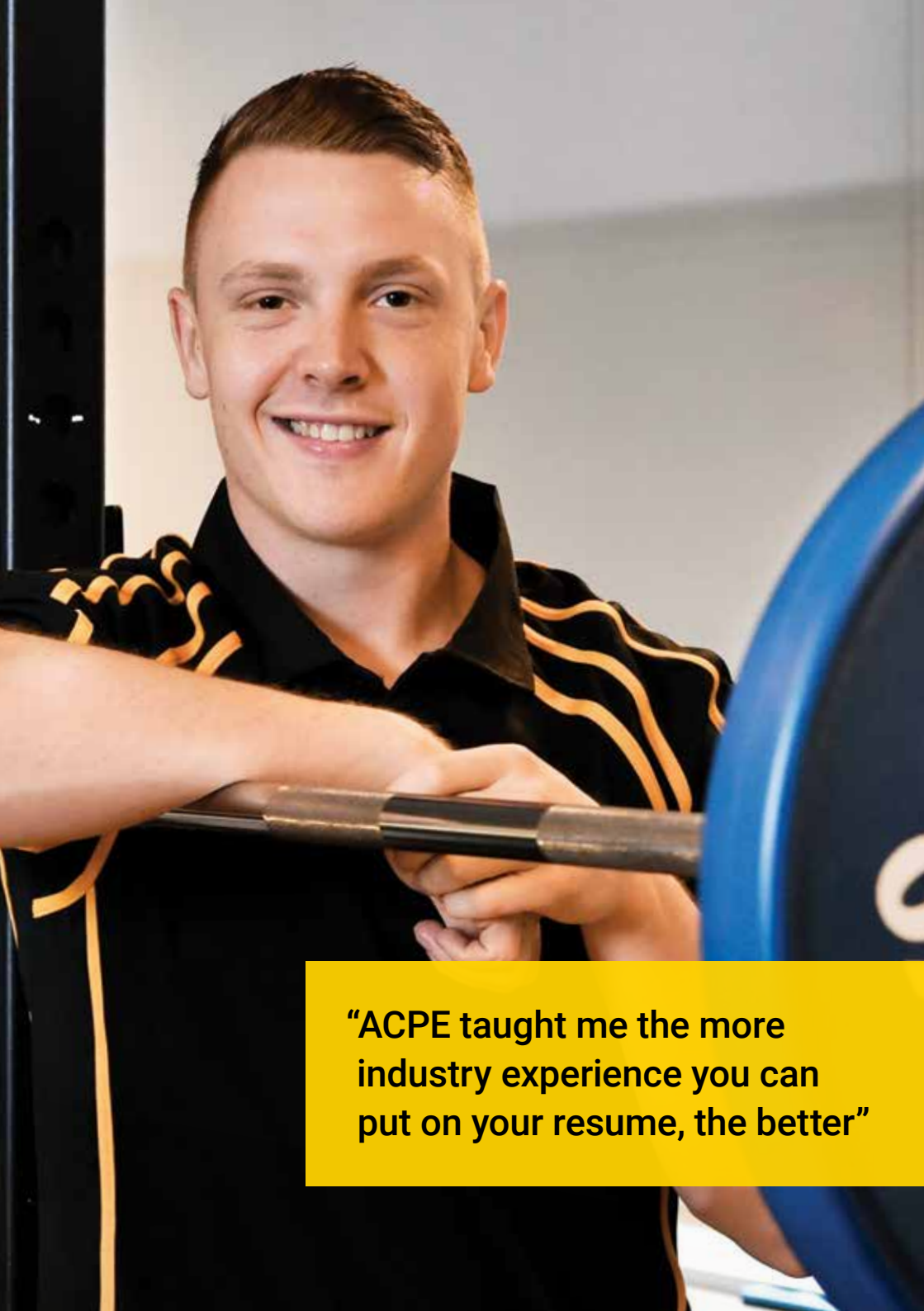
With the assistance of the ACPE team, Mitchell began gathering as much sports industry experience as he could. He volunteered at AusKick, teaching the basic skills of AFL to 6-11 year olds. "At ACPE, I did a unit called Inclusive Coaching, which teaches you how to deal with specific cases and how to modify your approach for different groups. I've found it really useful," he said.

Mitchell has put the skills that he acquired at ACPE into practice with the Penrith Panthers, the Randwick Rugby and the Cabramatta Rugby League Clubs. This experience set Mitchell on a new career path. Rather than pursuing a coaching career overseas, Mitchell set his sights on a career in strength and conditioning in Australia.

"With the Cabramatta youth development program, I tested the players on day one, then put them through high-intensity training and tested them again 10 weeks later," Mitchell said. "You have to keep the players interested so I created new sessions that kept them working towards their goals. When I tested them again in week 10 they could see, in black and white, how much they'd improved."

As a former baseball player, Mitchell understood the importance of keeping fit to perform well. It was only during his work experience in rugby league that he discovered how rewarding it is to help a team prepare for a specific goal.





**“ACPE taught me the more industry experience you can put on your resume, the better”**



**“ACPE gave me a taste of everything in health and fitness, as well as experience in the industry”**



# Theresa Tran

## Bachelor of Applied Fitness Graduate

### Marketing & Administration Assistant / Health & Fitness Enthusiast

When 21-year old Australian College of Physical Education (ACPE) student Theresa Tran first started her degree at ACPE, she knew she wanted to find a career related to sport and fitness, but she didn't have a specific job in mind.

"During high school, I found out that I enjoyed fitness. Out of my own interest, I wanted to help other people with theirs," said Theresa. "I chose Applied Fitness at ACPE at a careers expo because it specialises in sport, physical activity and health."

"I've never looked back. My degree was perfect for me," she said. "It was broad and gave me a taste of everything in health and fitness as well as experience in the fitness industry. After the first year, I had my PT qualification but I wanted more knowledge."

Theresa said her lecturers were the best. "I got to know everyone and they all have time for you. The lecturers provide you with guidance throughout the course." In 2016, Theresa deferred her course when her father got sick and passed away. "They stuck by me when the going got tough and I really appreciated their support."

During one of her last semesters of study, Theresa took part in an internship with Sports Camp Australia (SCA). Through a partnership between ACPE and SCA, Theresa was able to work at SCA's Australian headquarters, where she got the opportunity to see how the company promotes the enjoyment of sport to children.

"I helped the Marketing Manager to liaise with schools across the country. I had to make sure they had information and marketing materials to promote the school holiday camps," Theresa said. "We also provided support to the directors who run the camps."

At the end of the internship, SCA offered Theresa a full-time position as an Administration Assistant, which she happily accepted. "It's an exciting time to be working with the company as they continue to expand their business in Australia," Theresa said. "Before I've even finished my degree, I'm working and networking in the sports industry. It's a great platform from which I can build my own fitness business in future using the connections I'm making today."

# Ben Cochrane

## Bachelor of Education (Physical & Health Education) Graduate

PDHPE teacher / Coach

When Ben Cochrane started his final year of study he organised his eight-week teaching prac as early in the year as he could. By the second week, the school he was placed at had offered the 23-year-old student a job as a Personal Development, Health and Physical Education (PDHPE) teacher.

"Teaching was quite daunting at first, but it got easier as the term progressed," he said. "It's just an incredible experience."

Ben has always loved sport – anything and everything with a ball in it, he said. A tennis player from an early age, Ben had been coaching the sport since he was 16 years' old. But when he finished school, he wasn't sure what to do.

"I knew I wanted to work in sport, that I could never sit at a desk for nine hours a day and that public speaking was not a problem," he said. "I decided to take a year off and spent some time working and travelling to the United States and New Zealand."

By the time he returned home, Ben had decided to pursue an education degree. "I've always been interested in ACPE and it was a

good choice," he said. "It's so sports-focused and it offers the Bachelor of Education in PDHPE, which was the most direct path to the teaching career I wanted."

At ACPE, Ben said he found himself studying in an environment where he had something in common with everyone – sport. He was also working towards exactly where he wanted to be. "The education subjects, such as classroom management, were very relevant to what I was going to teach and the lecturers chose material specific to PDHPE," Ben said. "The lecturers are ex-teachers and they've got a natural way of lecturing and tutoring," he said. "I learnt a lot from the way they taught me, especially in the fourth year."

Before completing his degree, Ben had gained experience teaching PDHPE to most high school years as well as to special needs children. "Right now, I'm working hard to establish myself as a quality teacher," he said. "I look forward to seeing where that leads me."



**“The education subjects  
are highly relevant to what  
I now teach in schools”**





**“I love teaching – it’s  
so wonderful to watch  
children learn and grow”**

# Katie Duynhoven

## Bachelor of Dance Education Graduate

Disney Program Graduate / Teacher / Dancer

Not many 24-year-olds can happily say they have achieved their lifelong goal but Katie Duynhoven is one such person. Ever since Katie started to dance at the age of five, she has dreamt of dancing at Disney and in January 2017, her dream came true.

"While I was finishing my studies at ACPE, I applied for the Disney International College Program and was accepted. I spent ten months at Disney World in Florida," Katie said. "It was the most incredible experience and ACPE definitely played a part in making it happen.

"I chose ACPE when I was in Year 10 because of its great dance reputation and because of the community factor – everyone knows you and understands your ambition," she said. "While I was there, I received exceptional technical training, I strengthened my performance quality and I was encouraged to excel. You need all these things to be successful at Disney."

Katie performed as Disney characters in different park locations and walked through the resorts meeting and greeting guests.

Her real desire was to dance in one of the Disney parades. "It's incredibly competitive. I did dance workshops every week and re-auditioned all the time," she said. "I realised how well ACPE helped me refine my skills and prepared me for the high level of competition."

Finally, Katie got her break. She was the only international dancer cast in the 2017 Halloween Parade, her professional highlight of the year. "I performed as a Dead Waltzer, dancing a ghostly waltz. Every now and then we would break the choreography and scare people in the audience," she said.

Now back in Sydney, Katie has her heart set on a new dream: to inspire young dancers as a permanent high school dance teacher. She was teaching in high schools and dance studios before her travels and has returned to it. "I love teaching. It's so wonderful to watch children learn and grow," Katie said. "I want to bring some of that Disney energy to life in the classroom so that students really want to engage in the magic of learning."

# Danielle Noll

## Bachelor of Dance Practice Graduate

Dance Studio Owner / Teacher

Bubbly 21-year-old Danielle Noll loves to dance and always wanted to own her own studio. While she may have achieved this goal already, there are many ways Danielle plans to expand on it.

At just two years old Danielle began dancing and learnt styles like Tap, Jazz, Ballet, Contemporary and Hip Hop. From the age of 11 she was an assistant teacher, mentoring younger dancers, where she discovered her passion for working with children.

After completing the Higher School Certificate in Dance, Danielle looked to ACPE to continue her dance education while acquiring new skills in business. "One of my high school teachers was an ACPE graduate and she recommended the college."

"ACPE has excellent dance teachers and experts. I learnt something different from each one of them," Danielle said. "I broadened my dance skills and learnt how to pass knowledge on to young people. My degree helped me understand where movement comes from, how the human body works and how dance has developed through history."

In 2017, Danielle bought the Studio Kenthurst, achieving a life-long dream. She is intent on growing the dance studio in the Sydney Hills into an entertainment academy offering drama and singing, as well as dance. Business is thriving; in her first year of operation Danielle has expanded her student base from 60 to 100 children.

"Our focus is on helping boys and girls to build confidence through dance and musical theatre," Danielle said. "Students are not in class to compete, they are there to learn technical, creative and social skills in a nurturing environment."

"My ACPE degree definitely helps me as a business owner," Danielle said. "I bought my studio during my last year of study and the ACPE lecturers were really supportive. They always wanted to know how it was going and encouraged me to pursue my dream."

Danielle said dance has shaped her values and work ethic. "It may seem like an individual sport, but you can't go far in dance without working with other people," she said. Determination and hard work have surely also played their part in Danielle's success.





**"ACPE has excellent dance teachers and experts. I learnt something different from each one of them"**



**"I love dancing and science,  
but I'd never considered that  
I might be able to continue  
them together at university"**

# Kirby MacDonald

## Bachelor of Health Science (Dance) Student

Dancer / Science enthusiast / Tutor

Both dance and science inspire 21-year-old Australian College of Physical Education (ACPE) student Kirby MacDonald. When she came to selecting a study path, Kirby thought she would have to choose between the two. That was until she discovered ACPE's Bachelor of Health Science with a Dance major.

"I love dancing and science but I'd never considered that I might be able to continue them both at university," Kirby said. "I decided to study at ACPE because the college made this unconventional combination possible. Plus, I'd heard good things about their dance program."

Kirby moved from New South Wales' Central Coast to Sydney to pursue her studies. "It took me a little while to settle in but I absolutely love the course. I'm on campus every day and the teachers are amazing," she said. "I've learnt genres like ballet and flamenco and acquired new skills and teaching techniques. I'm so glad to keep dance as a strong part of my study. It gives me the confidence to branch out into the industry, even if it's not in performance or choreography."

"With the science units the more you learn, the more you realise there is to learn – it sparks your curiosity and it can take you anywhere," Kirby said. "I'm always looking for opportunities to relate science to dance."

Kirby hoped her degree would give her various career options and it has done that. On one hand, she's considering a career in education and has begun tutoring at ACPE in muscular anatomy. "I'm keen to share my enthusiasm for learning either in the secondary or tertiary setting," she said.

The other avenue Kirby is exploring is further study in nutrition, with a view to educating dancers about the demands of training and the importance of diet on maintaining peak health and fitness.

"Dance will always be part of my life," she said. "But, rather than pursue dance as a full-time practice, I look for ways to give back to the community." This year, Kirby will participate in the Annandale Creative Arts Centre residency, where she will create a dance work and display it to the public.



# Michael Dale

## Bachelor of Health Science (Exercise) Graduate

Strength & Conditioning Coach / Medical Trainer / Personal Trainer

25-year old Australian College of Physical Education (ACPE) graduate Michael Dale put his university studies on hold to play club cricket in England and Scotland. While he played overseas, he coached the juniors. They thought he was a novelty coming from Australia and Michael discovered that he enjoyed watching them develop their skills and confidence.

"There is nothing more rewarding than seeing kids progress from not knowing how to pick up a bat, to playing good shots," Michael said.

After returning to Australia, Michael turned his attention to study and transferred his Sports Science course from another university to ACPE after several friends recommended the college. "ACPE was a good move for me. It's tight-knit and I found it much easier to stay focused and motivated," Michael said. "I enjoyed anatomy and physiology and biomechanics, so I enrolled in a Bachelor of Health Science and got some credit for my previous study."

"Back then, I knew I loved sport, but I didn't know exactly how I would make it a career," he said. "ACPE helped me to define this. I got a good understanding

of the functions of the human body and I improved my writing skills, which is helpful whether you're writing resumes or training programs."

Michael moved into rugby league, joining the Parramatta Eels as a medical trainer providing injury assessment and first aid. In his second year with the club, Michael had a similar role with the senior talent squad, as well as starting strength and conditioning for the 13-14 year olds.

"By my third year, I had joined the high performance unit, running the strength and conditioning coaching for the junior development squads," Michael said. "Five nights a week, I'm working with 13-18 year-old rugby league players. My focus has shifted from playing sport myself to helping others improve their fitness for the game."

Michael is also currently working as a personal trainer at Fitness First. "Different people pose different challenges with regards to program delivery," he said. "But it's all good practical experience." The experience will no doubt pay off as Michael moves closer to his dream job – to work with a French rugby team.



**“My focus has shifted from playing sport myself, to helping others improve their fitness for the game”**



**“Once I was working I could see the different opportunities that were available in rugby league – I just wanted to be part of it”**



# Sarah McDonald

**Bachelor of Health and Movement (Sport) Graduate**  
South Sydney Rabbitohs Membership Sales Executive

Sarah McDonald started athletics at three years of age and competed until injury stopped her at 17. At training, she heard about the Australian College of Physical Education (ACPE) and by Year 7 she had decided it was the place to be. She was not disappointed.

"It is a really good place. All the lecturers know my name, student services are amazing and there's extra support if you need it," Sarah said. "I thought I'd become a PE teacher but I chose the Bachelor of Health and Movement. It has helped me keep my career options open," Sarah said.

As part of her ACPE degree, Sarah did work experience at the Canterbury-Bankstown Bulldogs in sports performance and at the Wollondilly Shire Council in health promotion. But it was her internship with the NRL Development Office that set her on a career path she loves.

"The ACPE careers department organised the internship so I could gain industry experience. I taught rugby league in schools, holiday clinics and on gala days," she said. "Once I was working, I could see the different opportunities that were available in rugby league and I just wanted to be part of it."

After her work experience, Sarah accepted a role in the NRL Fan Relationship Management Centre. "My job was to get the fans involved in the game. Thriving in the NRL environment, Sarah now works exclusively for the South Sydney Rabbitohs as a Membership Sales Executive.

Sarah was one of three ACPE students who joined a cultural exchange program, teaching health and sport to Indigenous Australian children in the Northern Territory. "It was amazing and I'm keen to build on this experience by working with Souths Cares, which gives back to the South Sydney community."

# Stephanie Huke

## Graduate Diploma of Sports Administration Graduate Gymnastic Coach

Discipline and hard work are no strangers to 22-year old Australian College of Physical Education (ACPE) student Stephanie Huke. After 16 years of gymnastics, including 10 years of competition at state and national levels, she decided she was too old for the sport. Niggled by injury, she put her heart and soul into becoming the best coach she could instead.

Stephanie decided to start with a Bachelor of Sports Coaching (Strength & Conditioning) at ACPE. "My first degree helped me to become a more confident coach," she said. "It helped me to plan and program better lessons for my gymnasts. Units like strength and conditioning and inclusiveness also improved my coaching."

Stephanie also had some good coaches who mentored her in coaching. She currently works at the Bankstown City YMCA, teaching gymnastics to children from 18 months through to adults.

During her degree, Stephanie enjoyed sports administration, so she continued her studies with a Graduate Diploma of Sports Administration. She said she found great support at ACPE. "The lecturers and career advisors helped me to focus in on what I want to do," she said. "They threw me lots of job options and gave me the opportunity to see where I might fit best. I also made a lot of useful connections through the ACPE lecturers themselves. Most of them have had extensive careers in sport."

Stephanie did an event internship with the Greater Western Sydney Giants through ACPE. "I got to meet some of the players and the Giants administration team is great. I enjoyed the experience so much I'm keen to work with them again."

"In the Diploma, I liked the media relations and marketing units and I got good marks, which got me thinking about pursuing this as a career," Stephanie said. Stephanie is determined to aerial cartwheel into the next chapter of her career behind the scenes in sports administration.





**“ACPE helped me to focus in on what I want to do. They provided lots of job options, giving me the opportunity to see where I best fit”**





**“The core subjects assisted my career, but the main strength of the degree is the leadership skills you learn”**



# Stephen Peters

## Associate Degree of Sports Business (Leadership) Graduate

Football and Futsal coach / Fitness First Sales Manager / Ex-football Player

For 33-year old Australian College of Physical Education (ACPE) graduate Stephen Peters, his career highlights are not achievements but the people he's met on life's journey. In sport, representing his school in the First 11 Football comes equal first with the great relationships he developed with his teammates playing in the National Premier Leagues for six years and in local Futsal for 10 years.

Since 2010, Stephen has coached the Women's National Premier League Football and the New South Wales Girls and Women's Futsal teams, which have won four national and three state Futsal titles and three National Premier Leagues Championships.

"When I started, there were limited opportunities to get into coaching in the men's league," Stephen said. "A friend and I decided to start our careers in the women's league. We thought one day we'd transfer across but we developed a huge liking for it and stayed."

Stephen said it has been amazing to see the rise of women's sport and to be part of it. "There's great competition and camaraderie. Eventually, I would like to work in the W-League and test my skills at a national, elite level in football."

Alongside his successful coaching career, Stephen is the Sales Manager for Sydney's most diverse Fitness First Australia club, Kings Cross. He said the skills he learnt at ACPE assisted him to land his first role with the company and to progress.

"I chose ACPE to learn more about the commercial aspects of sport. The main strength of the degree is the leadership skills, which I use on a daily basis," Stephen said. "It's amazing to be able to bring these skills into a business. Also, a big part of my role is budget and finances so the economics and accounting skills I learnt at ACPE are a huge advantage."

Stephen has achieved number one in the country for sales, including having the highest sales for the monthly budget for three months in a row. "It's not just a numbers game," he said. "We want to see people flourish." Stephen's career is certainly flourishing and ideally, the next step is club management.

# About ACPE

The Australian College of Physical Education (ACPE) is one of the oldest higher education providers in NSW. For 100 years the College has provided first rate qualifications in physical education (PDHPE), dance education, sports business, health science, health and movement, coaching, applied fitness, and community health. ACPE courses are delivered at its purpose-built campus in Sydney Olympic Park, with a range of courses and individual subjects offered online.

## Our Courses

### Dance

- ▶ Bachelor of Dance Education
- ▶ Bachelor of Dance Practice
- ▶ Bachelor of Health Science (Dance)

### Education

- ▶ Bachelor of Dance Education
- ▶ Bachelor of Education  
(Physical & Health Education)

### Health

- ▶ Bachelor of Health & Movement  
Elective Stream: Health Promotion
- ▶ Bachelor of Health & Movement  
Elective Stream: Sport
- ▶ Bachelor of Health Science (Dance)
- ▶ Bachelor of Health Science (Exercise)
- ▶ Bachelor of Health Science (Fitness)

### Sports & Fitness

- ▶ Bachelor of Applied Fitness
- ▶ Bachelor of Sports Business (Leadership)
- ▶ Bachelor of Sports Coaching  
(Strength & Conditioning)
- ▶ Graduate Diploma of Sports Administration
- ▶ Associate Degree of Applied Fitness
- ▶ Associate Degree of Sports Business  
(Leadership)
- ▶ Diploma of Applied Fitness



**FEE-HELP Available**



**Direct Entry\***



**Full Time or Part Time Study Load**












## Australian College of Physical Education

### Campus Location

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