

2021 Course Brochure  
Bachelor of Applied Fitness



**ACPE**  
AUSTRALIAN COLLEGE OF  
PHYSICAL EDUCATION



“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

A career in Applied Fitness is perfect for those enthusiastic about improving the health and fitness of others. The Bachelor of Applied Fitness will position you as a specialised fitness trainer who can deliver training programs and sessions for groups and individuals, instructing them in nutrition, weight control, lifestyle health and general wellbeing.

#### COURSE DURATION

3 years full time or part time equivalent.

#### STUDY MODE

Face-to-face on campus, selected units available online.

#### SEMESTER INTAKES

March and August annually on campus.

#### FEE-HELP

FEE-HELP Approved, Payment Plans, Upfront payment available.

Tuition payment arrangements must be confirmed upon admission to the college.

#### TRANSFER CREDIT

An applicant may apply for an assessment of their prior learning at the time of applying for entry to an award course of the college.

#### ENTRY REQUIREMENTS

Applicants must meet at least ONE of the following criteria to be considered for admission:

1. A minimum HSC (Higher School Certificate) or equivalent. ACPE will review the HSC results to determine if students require any additional support in their studies and will be counselled about the most appropriate course for them based on their own previous studies and results.
2. A qualification from a recognised higher education provider
3. An Associate Diploma, Diploma, Advanced Diploma, or Tertiary Preparation Certificate from a TAFE or other recognised VET provider qualification (Students wishing to enter through Certificate IV must have completed Year 11 or equivalent)
4. One year full-time or equivalent in a degree course at an Australian university
5. Satisfaction of entry requirements specified under formal articulation arrangements as determined by the ACPE Academic Board

6. A recognised overseas qualification with demonstrated proficiency in English
7. Demonstration to the Dean's satisfaction of good selection prospects as a student (for example, relevant work experience and motivation to study), and ineligibility to compete for admission based on the academic achievement criteria (1) to (6)

#### ALTERNATE ENTRY

An applicant seeking admission who is unable to demonstrate that they satisfactorily meet the General Admission Criteria above may apply to the College to be considered for Alternate Entry. The applicant may be requested to provide evidence that will demonstrate they have a reasonable likelihood of success in studies with the College. This includes mature entry (over 21 years) with relevant experience, elite athletes with interrupted study due to sports commitments, and any other potential applicants who may not meet the criteria above. Entry with advanced standing through educational pathways (e.g. RPL or credit transfer) may also be available based on previous study.

For students who have left school but who haven't completed their HSC and are under 21 years of age, ACPE has an alternative entry pathway to allow potential access to an ACPE degree. For more information head to [acpe.edu.au/earlyaccept/](http://acpe.edu.au/earlyaccept/)

#### ASSESSMENTS

While some units require mid-term and final exams, assessments may also comprise quizzes, essays and tutorial participation. Students enrolled in an online unit sit their final exam at the College or if they live at a distance, under external supervision.

#### ONLINE LEARNING

Selected units available online **for students enrolled in courses that are not fully online.** Online units in these courses are taught with a viable cohort of students. If the cohort in these units is too small to ensure an optimal student experience, the College reserves the

right to alter the delivery mode to on campus or mixed mode.

#### CAREER OPPORTUNITIES

Graduates are qualified to pursue a range of careers including:

- Specialised Exercise Advisor
- Gym and Fitness Centre Owner
- Strength and Conditioning Coach

Bachelor of Applied Fitness graduates are eligible to apply for ASCA Level 1 Accreditation upon completion.

#### 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 units offered online.



FEE-HELP Available



Selected Units Available Online



Full Time or Part Time Study Load



# BACHELOR OF APPLIED FITNESS

## FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Pre-req	Online	Campus
<b>SEMESTER 1 – 1ST YEAR</b>							
<b>GHS1301</b>	Understanding Health	5	6	0.125	Nil		✓
<b>HSC1103</b>	Foundation of Human Biology for Fitness	3	6	0.125	Nil		✓
<b>PER1102</b>	Fitness Principles and Programming	3	6	0.125	Nil		✓
<b>PER1104</b>	Introduction to Responsible Fitness Management	3	6	0.125	Nil		✓
<b>SEMESTER 2 – 1ST YEAR</b>							
<b>HSC1202</b>	Musculoskeletal Anatomy and Physiology	3	6	0.125	Nil	✓	✓
<b>HSC1204</b>	Exercise Prescription throughout the Lifespan	3	6	0.125	Nil	✓	✓
<b>PER1206</b>	Introduction to Performance and Exercise Psychology	3	6	0.125	Nil	✓	✓
<b>SPB1205</b>	Small Business Management – Principles for the Fitness Industry	3	6	0.125	Nil		✓
<b>SEMESTER 3 – 2ND YEAR</b>							
<b>GHS2102</b>	Health and Activity for Diverse Populations	3	6	0.125	HSC1204	✓	✓
<b>HSC2103</b>	Applied Exercise Physiology	3	6	0.125	HSC1202		✓
<b>PER2105</b>	Strength and Conditioning	3	6	0.125	HSC1202	✓	✓
<b>PER2104</b>	Introduction to Understanding Sport and Fitness Research	3	6	0.125	GHS1301		✓
<b>SEMESTER 4 – 2ND YEAR</b>							
<b>GHS2202</b>	Principles of Health Promotion	3	6	0.125	GHS1301	✓	✓
<b>HSC2201</b>	Biomechanics	3	6	0.125	HSC1202	✓	✓
<b>PER1207</b>	Exercise and Social Development Through the Lifespan	3	6	0.125	Nil		✓
<b>PER1204</b>	IT in Fitness	3	6	0.125	Nil		✓
<b>SEMESTER 5 – 3RD YEAR</b>							
<b>PER2103</b>	Fitness Industry Trends and Issues	3	6	0.125	GHS1301		✓
<b>HSC2102</b>	Functional Anatomy	3	6	0.125	HSC1202	✓	✓
<b>PER2102</b>	Professional Communication	3	6	0.125	GHS1301 or SPB1301	✓	✓
<b>GHS2301</b>	Professional Integrity	3	6	0.125	GHS1301 or SPB1301	✓	✓
<b>SEMESTER 6 – 3RD YEAR</b>							
<b>PER3205</b>	Professional Practice and Reflection in the Fitness Industry	3	6	0.125	PER2104		✓
<b>HSC3202</b>	Health, Lifestyle, Disease and Exercise Prescription	3	6	0.125	HSC2103		✓
<b>SPB2204</b>	Small Business Management Practices	3	6	0.125	SPB1205		✓
<b>PER3203</b>	Problem Based Learning: Theme of Fitness for Diverse Populations	3	6	0.125	PER2104		✓

Students have the opportunity to apply for ASCA Level 1 Accreditation upon the completion of PER2105

### HOW TO APPLY?

#### Domestic Students

1300 302 867  
Apply online at [acpe.edu.au](http://acpe.edu.au)

#### International Students

+61 2 9739 3314  
[international@acpe.edu.au](mailto:international@acpe.edu.au)

Code	Unit Title	Description
<b>SEMESTER 1</b>		
<b>GHS1301</b>	Understanding Health	This unit provides students with an understanding of the various social, biological and environmental determinants that shape the health of individuals and populations. It is also designed to equip students with the foundational academic learning, numeracy and literacy skills required for success in all aspects of their studies.
<b>HSC1103</b>	Foundation of Human Biology for Fitness	This unit introduces students to foundational biological concepts relating to energy balance. It provides students with an understanding of the relationships between nutrition, energy, health and fitness.
<b>PER1102</b>	Fitness Principles and Programming	This unit provides students with the opportunity to build the knowledge and skills required to develop basic fitness programs, developing the instructor's ability to apply exercise prescription protocols in preparation for fitness programming.
<b>PER1104</b>	Introduction to Responsible Fitness Management	This unit develops the instructor's ability to take an individual through the induction, screening and basic fitness appraisal protocols in preparation for fitness program development.
<b>SEMESTER 2</b>		
<b>HSC1202</b>	Musculoskeletal Anatomy and Physiology	The aim of this unit is to provide students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the neuro-musculoskeletal system relevant to human movement.
<b>HSC1204</b>	Exercise Prescription throughout the Lifespan	This unit provides the tools needed to recognise health and development issues which may impact the type of exercise prescribed. Students will be introduced to the performance outcomes, skills and knowledge required to apply exercise prescription in accordance with industry standards.
<b>PER1206</b>	Introduction to Performance and Exercise Psychology	This unit introduces important issues in the field of sport and exercise psychology. The psychological, social, and emotional impacts of sport, exercise and dance involvement are examined with the application of basic performance enhancement strategies.
<b>SPB1205</b>	Small Business Management – Principles for the Fitness Industry	This unit addresses the key principles, theories, tools and policies for small businesses operating in the fitness industry. The theories of management, governance, planning and appraisal will be analysed and related to typical management scenarios relevant to the fitness industry.
<b>SEMESTER 3</b>		
<b>GHS2102</b>	Health and Activity for Diverse Populations	This unit will examine the physiological, psychological and sociological characteristics of diverse populations and identify specific health and physical activity issues related to each population. Students will also explore how physical activity can be adapted to promote life-long health and participation in physical activity for these populations.
<b>HSC2103</b>	Applied Exercise Physiology	This unit introduces students to the physiological bases of human movement. It examines the interactions between cardiovascular, respiratory, and musculoskeletal systems as well as bioenergetics, neurological and hormonal aspects of human performance.
<b>PER2104</b>	Introduction to Understanding Sport and Fitness Research	This unit introduces the concept of research through the study of sport and fitness, and the application of appropriate theoretical and practical methodologies.
<b>PER2105</b>	Strength and Conditioning	This unit extends the students' knowledge in the physiological adaptations of strength and conditioning, allowing the development of skills, practices and understanding of its principles.
<b>SEMESTER 4</b>		
<b>GHS2202</b>	Principles of Health Promotion	This unit introduces the core skills of health promotion through examining the principles, theories and the different methods of evaluating health promotion programs targeting specific public health issues.
<b>HSC2201</b>	Biomechanics	This unit provides an understanding of the mechanical analysis of human movement and identify the biomechanical principles, which influence human movement in physical activity.
<b>PER1204</b>	IT in Fitness	This unit develops understanding of the fundamental operations of a computer system, the role and capacity of computer hardware components, computer terminology, and the issues that arise when ICT is used.
<b>PER1207</b>	Exercise and Social Development Through the Lifespan	This unit analyses the factors that contribute to growth and development across the lifespan from birth to late adulthood, including diversity.
<b>SEMESTER 5</b>		
<b>PER2103</b>	Fitness Industry Trends and Issues	This unit will expose students to a variety of current issues relevant to the fitness industry and encourage them to develop and defend a personal philosophical framework.
<b>HSC2102</b>	Functional Anatomy	This unit develops an understanding of the functional significance of the structures of the Musculoskeletal system, including mechanical properties, with a particular focus on human movement.
<b>PER2102</b>	Professional Communication	Provides an introduction to effective communication required in individual and group processes and how they affect people in organisations.
<b>GHS2301</b>	Professional Integrity	This unit introduces students to a range of ethical issues that arise in movement and health contexts. Through the examination of these issues, it is intended that students will gain a wider appreciation of the impact of ethics on the day-to-day and long term decision making processes and react to these with integrity.
<b>SEMESTER 6</b>		
<b>PER3205</b>	Professional Practice and Reflection in the Fitness Industry	This unit will allow the student to apply the knowledge and skills developed over the course into the fitness industry. Students will hear from those in the industry as well as participate in a work experience program.
<b>HSC3202</b>	Health, Lifestyle, Disease and Exercise Prescription	This unit provides students with an understanding of clinical exercise physiology principles as well as an introduction into exercise testing and prescription. The unit explores lifestyle diseases and the promotion of exercise to treat such conditions.
<b>SPB2204</b>	Small Business Management Practices	This unit addresses the key management and small business practices and skills in the fitness industry. There is focus on different levels within the management hierarchy from employee, contractor to manager and owner operator of the fitness industry.
<b>PER3203</b>	Problem Based Learning: Theme of Fitness for Diverse Populations	This unit provides students with a range of professionally related problems of increasing demand and complexity which are set within a realistic professional context.