



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION

2021 Course Brochure Diploma of Applied Fitness

**“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



This is an AQF Level 5 qualification which builds on the starter Certificate 3 and 4 qualifications available in the fitness industry. Students will develop a deeper understanding of industry requirements involving exercise prescription, small business management and performance and exercise psychology.

COURSE DURATION

1 year full time or part time equivalent.

STUDY MODE

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

SEMESTER INTAKES

March and August annually on campus.

FEE-HELP

FEE-HELP Approved.

Payment Plans and Upfront payment options are 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) 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.

ASSESSMENTS

While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays and tutorial participation. Students enrolled in an online subject 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:

- Personal Trainer (provided a student has already completed a Cert III and IV)
- Exercise Advisor
- Fitness, Exercise, and Wellbeing business owner

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.



FEE-HELP Available



Selected Subjects Available Online



Full Time or Part Time Study Load

DIPLOMA OF APPLIED FITNESS

FULL TIME COURSE STRUCTURE

Code	Subject Title	Contact Hrs/Wk	Credit Points	EFTSL	Pre-req	Online	Campus
SEMESTER 1 – 1ST YEAR							
GHS1301	Understanding Health	5	6	0.125	Nil		✓
HSC1103	Foundation of Human Biology for Fitness	3	6	0.125	Nil		✓
PER1102	Fitness Principles and Programming	3	6	0.125	Nil		✓
PER1104	Introduction to Responsible Fitness Management	3	6	0.125	Nil		✓
SEMESTER 2 – 1ST YEAR							
HSC1202	Musculoskeletal Anatomy and Physiology	3	6	0.125	Nil	✓	✓
HSC1204	Exercise Prescription throughout the Lifespan	3	6	0.125	Nil	✓	✓
PER1206	Introduction to Performance and Exercise Psychology	3	6	0.125	Nil	✓	✓
SPB1205	Small Business Management – Principles for the Fitness Industry	3	6	0.125	Nil		✓

Domestic Students

1300 302 867
Apply online at acpe.edu.au

International Students

+61 2 9739 3314

Code	Subject Title	Description
SEMESTER 1		
GHS1301	Understanding Health	This subject 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.
HSC1103	Foundation of Human Biology for Fitness	This subject 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 and examines energy intake and expenditure.
PER1102	Fitness Principles and Programming	This subject 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.
PER1104	Introduction to Responsible Fitness Management	This subject develops the instructor's ability to take an individual through the induction, screening and basic fitness appraisal protocols in preparation for fitness program development.
SEMESTER 2		
HSC1202	Musculoskeletal Anatomy and Physiology	This subject provides 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.
HSC1204	Exercise Prescription throughout the Lifespan	This subject 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.
PER1206	Introduction to Performance and Exercise Psychology	This subject 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.
SPB1205	Small Business Management – Principles for the Fitness Industry	This subject 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.