



# SPORT COACHING

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## WHY STUDY AT CSF

**CONVENIENT LOCATION**  
**SMART TEACHING**  
**FRIENDLY STAFF**

**COMPETITIVE FEES**  
**STRONG NETWORK**  
**FITNESS FACILITIES**

**COMMITMENT TO SUCCESS**  
**STUDENT SUPPORT**  
**FOCUS ON QUALITY**

### SYDNEY CBD

12 WENTWORTH AVENUE  
SYDNEY 2010  
NSW AUSTRALIA

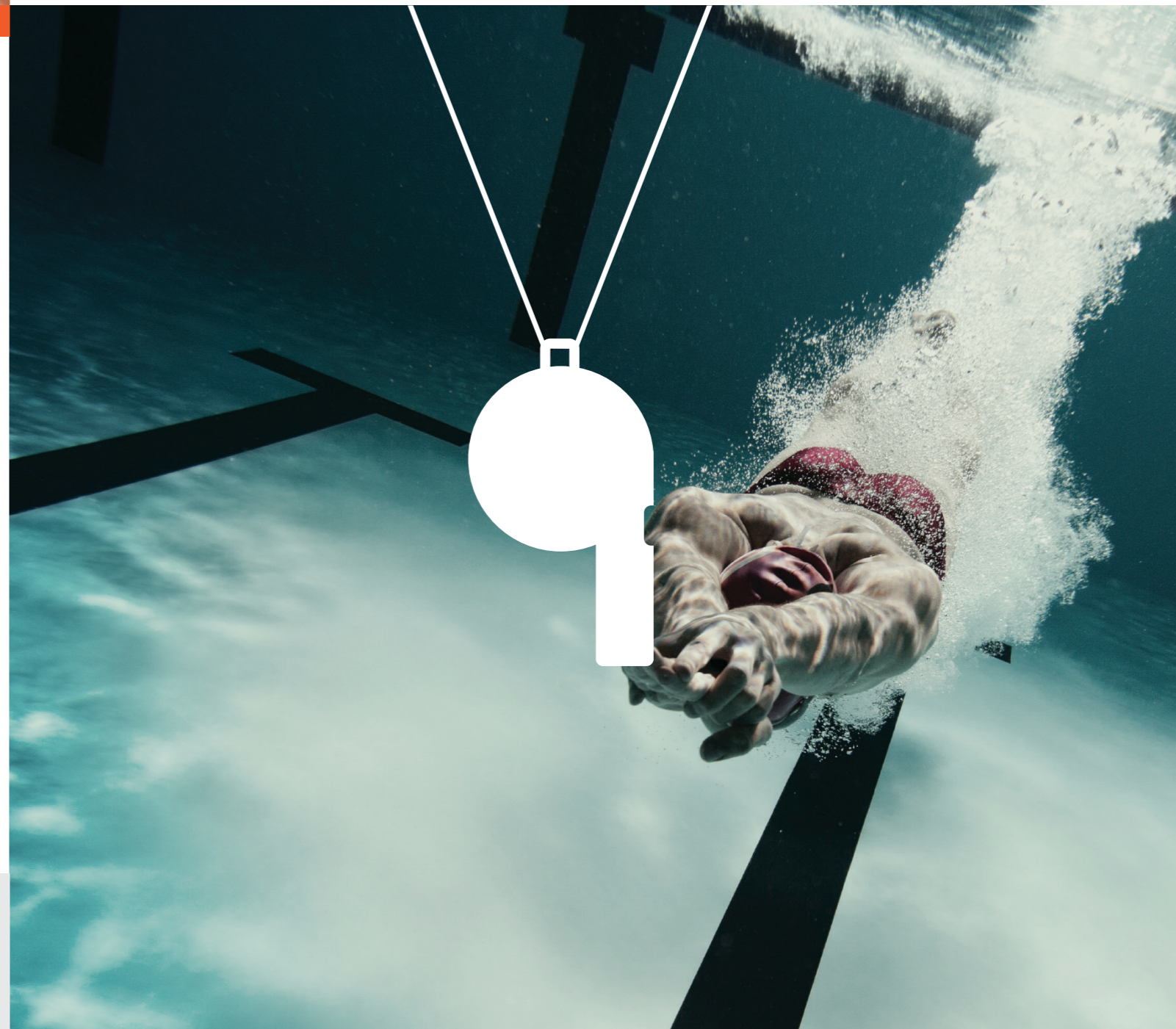
### MANLY

BUILDING 5  
33 SCENIC DRIVE,  
NORTH HEAD MANLY  
2095 NSW AUSTRALIA



COLLEGE OF SPORTS & FITNESS

**CALL** us > +61 2 9267 4768  
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# 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.

## COURSE INFORMATION

Our Sport Coaching courses have been developed according to the requirements of the Sport, Fitness and Recreation Training Package (SIS10) and have been approved for delivery by the Australian Skills Quality Authority (ASQA). They are nationally recognised qualifications within the Australian Qualification Framework (AQF).



“Some people say I have attitude - maybe I do...but I think you have to. You have to believe in yourself when no one else does - that makes you a winner right there.”

— Venus Williams

## STUDY PATHWAY



This study pathway enables Diploma graduates of the Sport Development qualification to obtain credit transfer to a

university qualification through arrangements with the University of Canberra. To find our more contact Student Service of CSF.

## 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 II – Diploma. 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 5.5 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)

## ADDITIONAL FEES

Enrolment Fee (Non-refundable): **A\$200**

Uniform Fee: **A\$100**

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

Surfing Fee: **A\$100** per term (Manly Campus Only)

- > Surfing - Must have minimum 6 month surfing experience, own board, ability to tread water for 5min and swim 200m.

## COURSE DELIVERY

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

## ACADEMIC YEAR / START DATES

The year is divided into 4 terms. The academic year begins in February. Primary intakes are at the beginning of each term.

Choice of subjects may be limited in mid-term intakes.

CAMPUS	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
SYDNEY CBD	2016	08 FEB	14 MAR	02 MAY	06 JUN	25 JUL	29 AUG	17 OCT	21 NOV
MANLY	2016	27 JAN	29 FEB	18 APR	23 MAY	11 JUL	15 AUG	03 OCT	07 NOV
SYDNEY CBD	2017	30 JAN	06 MAR	24 APR	29 MAY	17 JUL	21 AUG	09 OCT	13 NOV
MANLY	2017	23 JAN	27 FEB	17 APR	22 MAY	10 JUL	14 AUG	02 OCT	06 NOV

QUALIFICATION	SUBJECT	COMPETENCY / DESCRIPTION	
<b>Certificate III in Sport Coaching (SIS30713)</b> CRICOS Course Code 0844386	Communication and Teamwork	SITXCOM401 / Manage conflict	
	Facility Management	SISXFAC207 / Maintain sport, fitness and recreation equipment for activities	
	First Aid	HLTAID003/ Provide first aid	
	Risk Management	SISXRSK301A / Undertake risk analysis of activities	
	Sport Development	SISSSDE201 / Communicate effectively with others in a sport environment	
	Swimming	SISCAQU202A / Perform basic water rescues	
	Coaching and Instruction	SISXCAI303A / Plan and conduct sport and recreation sessions SISCAQU309A / Instruct clients in water safety and survival skills	
	Sport Coaching	SISSSCO101 / Develop and update knowledge of coaching practices SISSSCO202 / Coach beginner or novice participants to develop fundamental motor skills SISSSCO303 / Plan and deliver coaching programs SISSSCO304 / Customise coaching for athletes with specific needs	
	<b>Vocational / Employment Outcome &gt;</b>		Community Coach
	Practical Elective*	Swimming	SISSSWM301A / Teach the competitive strokes of swimming SISSSWM302A / Plan a program for a competitive swimmer SISSSWM303A / Teach the advanced skills of competitive swimming
	Surfing	SISOSRF202A / Demonstrate basic surfing manoeuvres in controlled conditions SISOSRF303A / Perform intermediate level surfing manoeuvres SISOSRF409A / Instruct basic to intermediate surfing skills	

<b>Certificate IV in Sport Coaching (SIS40512)</b> CRICOS Course Code 081600E	Communication and Teamwork	SITXCOM401 / Manage conflict
	Community Recreation Development	SISCCRD302A / Recruit and manage volunteers
	Fitness	SISFFIT305A / Apply anatomy and physiology principles in fitness context
	Risk Management	SISSSCO304 / Customise coaching for athletes with specific needs BSBRSK401 / Identify risk and apply risk management processes
	Swimming	SISSSWM302A / Plan a program for a competitive swimmer
	Work Health and Safety	SISXWHS402 / Implement and monitor work health and safety policies
	Client and customer service	SISXCCS402A / Coordinate client service activities SISXCCS404A / Address client needs
	Management and Leadership	BSBLDR403 / Lead team effectiveness BSBWOR404 / Develop work priorities
	Working in Industry	SISXIND403A / Analyse participation patterns SISXIND405A / Conduct projects SISXIND408 / Select and use technology for sport, fitness and recreation SISXIND410 / Coordinate sport, fitness or recreation work teams or groups
	Sport Coaching	SISSSCO303 / Plan and deliver coaching programs SISSSCO308 / Support Athletes to adopt principles of sport psychology SISSSCO409 / Work collaboratively with support personnel SISSSCO307 / Provide nutrition information to athletes SISSSCO410 / Implement a talent identification program SISSSCO306 / Provide drugs in sport information
<b>Vocational / Employment Outcome &gt;</b>		Coach
Practical Elective - Sydney CBD		SISSMAR402A / Teach the advanced skills of martial arts
Practical Elective - Manly		SISXCAI304A Plan and conduct sport and recreation programs (Seasonal Sport each term)

<b>Diploma of Sport Coaching (SIS50512)</b> CRICOS Course Code 081639A	Accounting	FNSACC503 / Manage budgets and forecasts
	Administration - General Administration	BSBADM502 / Manage meetings
	Client and Customer Service	SISCCS403A / Determine needs of client populations
	Coaching and Instruction	SISXCAI305A / Conduct individualised long- term training programs
	Communication - Interpersonal Communication	BSBMM401 / Make a presentation
	Creativity and Innovation - Innovation	BSBINN502 / Build and sustain an innovative work environment
	Finance	SITXFIN402 / Manage finances within a budget
	Fitness	SISFFIT419A / Apply exercise science principles to planning exercise
	Human Resource Management	SITXHRM402 / Lead and manage people
	Risk Management	SISXRSK502A / Manage organisational risks
Training & Assessment	TAEDEL404A / Mentor in the workplace	
Strength and Conditioning	SISSSTC301A / Instruct strength and conditioning techniques SISSSTC402A / Develop strength and conditioning programs	
Working in Industry	SISXIND404A / Promote compliance with laws and legal principles SISXIND406A / Manage projects SISXIND408 / Select and use technology for sport, Fitness and recreation SISXIND410 / Coordinate sport, fitness or recreation work teams or groups	
Sport Coaching	SISSSCO513 / Plan and implement high performance training and recovery programs SISSSCO305 / Implement selection policies SISSSCO410 / Implement a talent identification program SISSSCO512 / Assist athletes to prevent and manage injury and illness SISSSCO304 / Customise coaching for athletes with specific needs	
<b>Vocational / Employment Outcome &gt;</b>		High Performance Coach
Practical Elective***	Martial Arts	SISSMAR503A / Teach the high performance skills of martial arts

All practical electives are subjected to availability. \*Must study either Swimming or Surfing. Can not study Swimming with Surfing. \*\*\* Martial Arts must choose one of the discipline.