

## Jazykové kurzy

# Australian College of Sport and Fitness

Perth - Austrálie

Australian College of Sport & Fitness (ACSF) patří k TOP odborným školám poskytujícím kvalitní vzdělání již více než dvě dekády v oblasti sportu a péče o lidské tělo. Mezi stěžejní studijní programy patří kurzy „Fitness“ a „Massage Therapy“. Škola má kampusy v Sydney, Perthu a Melbourne a díky příznivé ceně patří k nejvyhledávanějším odborným školám. Řada našich studentů si nemůže vynachválit flexibilní časový rozvrh s možností večerního studia.

Název školy: Australian College of Sport and Fitness

Národnostní složení: Stř. a V. Evropa, J. Amerika, Japonsko / Thajsko, ost. Evropa, ost. svět .

Na škole studuje i výrazný počet austr. studentů.

Nejnižší věk studenta: 18

Maximum studentů ve třídě: 22

Průměrně studentů ve třídě: 20

Délka lekce: 45

Měna: AUD

## Úvod

Welcome to Australian College of Sport & Fitness!

The Australian College of Sport and Fitness has helped nurture and grow the potential of students to aid them in becoming more than just qualified fitness professionals.

In addition to investing largely on quality teaching for students, the College has developed strong relationships with its gym partners to provide students with the tools necessary for success in the industry.

The College welcomes many international students to undertake our courses.

Students can study at one of our 4 campus locations across Australia:

- Sydney
- Melbourne
- Perth
- Brisbane

What can you study?

- Fitness Courses
- Sports Management Courses
- Massage Courses



Základní výdaje: doprava (letenka), povinné zdravotní pojištění OSHC - cca 50 AUD / měsíc, poplatek za studenstká víza - cca 570 AUD.

Další možné výdaje: ubytování, doprava z letiště

Poplatky školy: zápisné 195 AUD, školní materiály dle kurzů - na vyžádání.

Kompletní výčet [jazykových kurzů](#) a [druhů ubytování](#) naleznete v dalších sekcích, případně Vám je poskytneme v našich kancelářích.

## Nabídka kurzů

Název kurzu	Lekcí/t.	Délka	Cena	Nástupní termíny
<b>Certificate III in Fitness</b>	dle rozvrhu	3 trimestr	1790 AUD/trimestr	na vyžádání
<b>Certificate IV in Fitness</b>	dle rozvrhu	3 trimestr	1790 AUD/trimestr	na vyžádání
<b>Diploma of Sport &amp; Rec Management - Business Program</b>	dle rozvrhu	3 trimestr	1790 AUD/trimestr	na vyžádání
<b>Certificate IV in Massage Therapy</b>	dle rozvrhu	3 trimestr	1990 AUD/trimestr	na vyžádání
<b>Diploma of Remedial Massage</b>	dle rozvrhu	3 trimestr	1990 AUD/trimestr	na vyžádání

## Více info

### Fitness Instructor

The national qualification to become a fitness instructor is the Certificate III in Fitness.

Becoming a fitness instructor is your first step into the fitness industry. Fitness instructors are involved in the assessment, training and supervision of clients in fitness centres and gyms.

What do you learn in a Certificate III in Fitness?



The Certificate III in Fitness kickstarts a career in the fitness industry and covers a range of topics which are invaluable to fitness professionals. These include:

- Fitness Screen and assess new clients
- Monitor a client's fitness level and development
- Provide fitness training to a single client
- Provide fitness training to a group of clients
- Provide good advice on all forms of exercise and exercise equipment
- Administration duties of fitness centre or gyms [meettrainers]
- Anatomy and Physiology and the basics of Exercise Science
- Principles of healthy eating
- Exercise for Special Populations clients such as older adults
- First Aid (completed in the classroom or externally for home study)

## **Personal Trainer**

If you want to be a Personal Trainer, you will need to undertake The Certificate IV in Fitness. This national qualification allows you to train and develop your own clients in an unsupervised setting,

If you want to become a Personal Trainer immediately, or if you are already in the industry as a Fitness Instructor and want to train your own clients as a qualified Personal Trainer, then it's time to undertake your Certificate IV in Fitness course.

What do you learn in the Certificate IV in Fitness qualification?

The Certificate IV in Fitness qualification prepares you for your career as a Personal Trainer and covers a range of topics which are invaluable to fitness professionals.

The Certificate IV in Fitness qualification prepares you to:

Plan exercise programs for your clients

- Apply your knowledge of exercise science principles
- Undertake client postural appraisals and other fitness tests
- Undertake functional range of movement and muscle testing



- Develop a broad variety of exercise programs
- Run a small business

Fitness topics that you are likely to cover include:

- Exercise Science
- Advanced Client Screening and assessment procedures
- Planning and developing exercise programs for clients
- Special Populations Clients such as teenagers and children
- Small business planning and marketing

## Video

## Fotogalerie







