

UPDATE – May 2016

Course Credit for holders of Sports or PE Degrees

The *Australian College of Sport & Fitness* gets many course credit enquiries for University students holding Bachelors Degrees in Sport or Physical Education. This update aims to clarify the process and options for students with these qualifications.

Bachelors Degrees in Sport or Physical Education

A Bachelor degree in sport, physical education and exercise science usually fall into one of 2 categories:

- Stream 1 – preparing student to teach *children* physical education at schools.
- Stream 2 – general studies in Exercise Science or Sports Medicine to become an exercise physiologist.
- Child Stream – students who have only taken a qualification for Child Physical Education will have limited course credit options with ACSF. Our courses deal with fitness instruction and personal training for a range of clients, children to adults. Also, more credit to our courses can be provided where there is clear evidence on the academic transcript that the student has undertaken studies in fitness, fitness assessment, fitness programming etc for a range of persons not just sport training.

Additional Evidence Helps

In addition to the Bachelor's degree the following vocation experience helps the college maximize the Course credit possible:

- *Where did they do their internship during the course (fitness sector, high school, sports club – where?)*
- *Show an academic transcript with as much subject details as possible.*
- *Can the student show evidence their training covered a range of clients not just children?*
- *Has the student ever worked as a fitness instructor or personal trainer?*
- *If yes, can they show evidence of this e.g. fitness programs they may have written for clients*

Can full RPL ever be granted?

No. The nature of our qualifications being from the Australian VET sector means that there will always be modules and units that a student has not covered. The main examples of skills gaps we experience include:

- Australian First Aid certificate
- Australian legislations for workplace, business and WHS/OHS issues, nutritional standards
- Group fitness experience
- Personal Training for adults and older adults (not just children)

What is the approach of Course Credit in these cases?

The approach to course credit with holders of these qualifications is to provide credit for the more theoretical knowledge parts of the course *e.g. Anatomy, fitness principles* and provide gap or reduced training plans for the units that the student does not have sufficient evidence for.

The college must also gather evidence toward any assessing of a qualification or unit that is:

- Valid
- Sufficient
- Authentic
- Current

If a student has undertaken a course that is not an AQTF course, then the college is expected to gather additional first-hand evidence to support an RPL. This is generally in form gap training or skills assessments.

Mapping and Student Option Tables

The following table provides a *general* guideline of what students holding degrees or overseas qualifications can complete in terms of skills assessment and gap training for full RPL. Please note every student case is different and must be assessed formally before final outcomes of course credit can be given.

<p>SIS30315 – Certificate III in Fitness</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 x terms of study <ul style="list-style-type: none"> ○ Core A ○ Specialisation – Older Adults ○ Core B <input type="checkbox"/> Expected skills gaps <ul style="list-style-type: none"> ● Australian First Aid certificate ● Australian legislations for workplace, business and WHS issues ● Australian recommended nutritional standards ● Group fitness experience ● Training in wide variety client types ● Practical experience delivering fitness instruction ● English language proficiency with these skills ● Specific personal training skills with broad range of client types including older adults 	<p>Classroom (CRICOS)</p> <p>Student would be attending 2 terms of Certificate III in Fitness to cover the skills gaps and 1 of these terms MUST include the Specialisation module for Older Adults. Some addition gap training or assessment tasks from normal term work may be required.</p> <p>Examples of additional gap/skills training include:</p> <ol style="list-style-type: none"> a) Undertaking additional assessment tasks from other terms of the course may be required. b) If the First aid module is not covered in the 2 terms the student undertakes - they must acquire this at their cost. <p>The cost of this would be normal term fees for the term, enrolment fees and material contribution fees.</p>
<p>SIS40215 – Certificate IV in Fitness</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 x terms of study <ul style="list-style-type: none"> ○ Core A ○ Specialisation – Child Trainer ○ Core B <input type="checkbox"/> Expected skills gaps <ul style="list-style-type: none"> ● Australian legislations for workplace, business and WHS issues ● Specific personal training skills with broad range of client types including Children ● Practical experience delivering personal training ● English language proficiency with these skills 	<p>Classroom (CRICOS)</p> <p>Student would be attending 2 terms of Certificate III in Fitness to cover the skills gaps and 1 of these terms MUST include the Specialisation module for Older Adults. Some addition gap training or assessment tasks from normal term work may be required.</p> <p>Examples of additional gap/skills training include:</p> <ol style="list-style-type: none"> a) Undertaking additional assessment tasks from other terms of the course may be required. b) If the First aid module is not covered in the 2 terms the student undertakes - they must acquire this at their cost. <p>The cost of this would be normal term fees for the term, enrolment fees and material contribution fees.</p>