



**Southbank**  
Institute of Technology  
Education for aspiring minds

# Beauty, Fitness and Sport

## Program Guide 2012



CRICOS Provider No. 03020E



**Queensland Government**



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## Key

- Q** **QTAC**  
Apply directly to Queensland Tertiary Admissions Centre (QTAC).  
*Note: QTAC codes in this guide are current for 2011.*
- DE** **Direct Entry**  
Apply directly to Southbank Institute of Technology.
- WB** **Workplace Based**  
This course is delivered in your place of work.
- OL** **Online**  
The course is offered online.
- FD** **Flexible Delivery**  
A course delivered through a range of methods.
- FT** **Full-time**  
The course is offered on a full-time basis.
- PT** **Part-time**  
The course is offered on a part-time basis.
- VFH** **VET FEE-HELP approved**  
This course is VET FEE-HELP approved. Please see page 14 for more information.



*Check out [southbank.edu.au](http://southbank.edu.au) for the latest VET FEE-HELP course information.*

Information and courses contained within this booklet are correct as at June 2011 and are subject to change at any time without notice. For up to date information call 13 72 48 or visit [southbank.edu.au](http://southbank.edu.au)

## Why you should study with us.

Here's why more than 28,000 students from over 90 countries chose to study with us in 2010.

### 1 We will help shape your career

- we provide quality education for a range of careers
- our courses give you the practical skills so you are job ready
- we offer 140 formal pathways to university
- 88.2% of graduates go on to further study or get a job after\*.

### 2 We are a leading training provider with highly skilled teachers

- our respected industry focused teachers strive to deliver you the best teaching
- we work with industry to deliver up-to-date training packages endorsed by the Australian Quality Training Framework.

### 3 We offer a world-class learning environment

- we recently completed a major redevelopment of our Southbank campus to create a world-class facility designed to inspire interactive and student-focused teaching and learning
- our campus offers open and flexible learning spaces so you can work at your own pace and be your best
- study modes available including full-time, part-time, short courses, online, flexible delivery and on-the-job training.

### 4 We are centrally located

- our Southbank Campus is located in the heart of Brisbane's cultural precinct and right next to the city centre. It is easily accessible to buses, trains and the City Cat
- newly opened student accommodation is available next door to our main campus.

### 5 We provide an international perspective

- we currently have 3,500 international students studying with us from more than 90 countries
- we can provide international students an excellent pathway into university or further training
- international students can access a first class support network, including a dedicated International Student Support team, an International Student Social Club and English Language Intensive Courses for Overseas Students (ELICOS)
- we can point you in the right direction to help you find accommodation.

### 6 We will support you

We offer a wide range of services to help you when you need it most, including:

- scholarships and bursaries
- career counselling
- AccessAbility services
- library
- literacy and Learning Centre
- Indigenous Australian student support
- student employment opportunities
- a 24 hour security team.

### 7 We offer a wide variety of courses of highly sought after disciplines

Choose from a range of courses in the following areas:

- Health Services
- Biotechnology
- Engineering
- Multimedia
- Hospitality and tourism
- Creative industries
- Business services.

*Where to from here?*

*Visit our website [southbank.edu.au](http://southbank.edu.au) for information on courses available and study options or contact us on 13 72 48.*



Check us out on **facebook**/SBITBrisbane



Follow us on **Twitter** @SBITBrisbane

\*Source: National Centre for Vocational Education Research (NCVER), 2009 Summary of Graduate Outcomes.



## Why choose beauty, fitness or sport at Southbank Institute?

With a recently completed multi-million dollar development program, Southbank Institute has some of the most up-to-date sport, fitness and beauty teaching facilities in Queensland. A fully equipped gym and fitness studio, full size sports hall and health spa facilities means you'll be able to learn those all important practical work-ready skills.

There are a wide range of career opportunities open to you in beauty, fitness or sport. You could become qualified and work as a personal trainer, beauty or spa therapist, sports development officer, exercise management consultant, hairdresser, sports coach or sports administration officer to name a few. Many people qualified in these areas go on to work for themselves and own their own business.

Our Health and Fitness Centre and Skin and Body Spa are open to the public so you'll have the chance to work with real clients and gain industry related experience. Our teachers are industry experienced so you'll gain specific knowledge to give you the best possible grounding for your career.

Hairdressing is delivered in association with Stefan Hair Fashions Academy and from day one you'll be working in a salon with experienced teachers and hairdressers. Working as an apprentice in a professional salon you gain valuable skills to set you on the road to becoming a qualified hairdresser.

Southbank Institute can help you on the path to a career in your chosen area with a variety of qualifications that will give you the knowledge and practical skills you need to take that first step.

*What has been your Southbank Institute of Technology highlight so far?*

*"Everything you learn has a practical focus and is so directly relevant to the industry. As soon as you learn it, you can put it directly into action".*

*Would you recommend Southbank Institute of Technology to others?*

*"Yes, definitely. The course is great for those who want to get out there working straight away. It also sets you up really well to go onto further study".*

*Andrew Barton, previous Certificate III and IV in Fitness student.*



# Beauty and Hairdressing

## Diploma of Beauty Therapy

Q PT FT

Course No	Duration	Entry criteria
WRB50105 QTAC code 155132	1 year (full-time) 2 years (part-time)	Year 10 or equivalent. Alternatively, entry is based on merit, vocational experience, previous study, relevant industry experience and personal competencies.

You can enrol in the above Diploma or one of the pathway courses below. Successful completion guarantees direct entry, with study credits, into the university degree.

Course No	Pathways to university
QTAC code 155130	Diploma of Beauty Therapy / Bachelor of General Studies (USQ)

**Career opportunities** Beauty therapist, spa therapist.

**Description** As part of this course you'll study beauty therapy treatments for the face and body, manicures, pedicures along with retailing and merchandising. All our students gain practical work-ready skills through experience in our Skin and Body Spa that is open to the public and attracts people working and living in the area.

Unlike many other providers we include photographic make-up as one area of study and have practical spa treatment learning facilities on-campus. So you'll also qualify with spa therapist skills.

Our Diploma of Beauty Therapy is a comprehensive course which is available on either a full-time or part-time basis. Units covered include:

- designing and applying make-up (including photographic)
- body treatments including Aromatherapy and Reflexology
- manicure and pedicure services
- facials including advanced treatments with electrical equipment
- hair removal, lash and brow treatments
- planning and providing spa treatments
- applying knowledge of nutrition, skin science and cosmetic chemistry to beauty treatments
- retailing and merchandising skincare products and client service.



## Certificate III in Hairdressing (Apprenticeship)

AP WB FT

Course No	Duration	Entry criteria
WRH30109	3 years (workplace-based)	Employed as a full-time apprentice with Stefan Hair Fashions in the Australian Apprenticeship system.

**Career opportunities** Hairdresser.

**Description** This course will provide you with the skills you need to work in a hairdressing salon as a hairdresser apprentice. Basic units such as how to maintain a clean and safe workplace along with effective communication are important elements of this course. Advanced skills of cutting, treating, colouring and styling hair are also covered. As a graduate of this course you will receive a nationally recognised Certificate III qualification.

**Venue** Stefan Hair Fashions Hairdressing Academy.

*"The teachers were all so passionate and excited that it definitely rubbed off, I feel very fortunate to have learnt from their vast experience. Because they're actively involved in the industry, our training was relevant and up-to-date and we were well prepared for the workforce".*

*Lauren McIver,  
Diploma of Beauty Therapy graduate*





## Diploma of Fitness



Course No	Duration	Entry criteria
SRF50206	2 years (full-time)	Completion of Year 12 or equivalent
<b>QTAC codes</b> 155714 155716	1 year (full-time if hold Certificates III and IV in Fitness)	

You can enrol in the above Diploma *or* one of the pathway courses below. Successful completion guarantees direct entry, with study credits, into the university degree.

Course No	Pathways to university
<b>QTAC codes</b> 155740 155744	Diploma of Fitness / Bachelor of Sport and Exercise Science (USC). 4 years in total.

**Career opportunities** Registered fitness specialist, registered fitness trainer (including personal trainer), registered fitness instructor, sports conditioning coach, exercise management consultant.

**Description** The Diploma of Fitness is industry accredited and as a successful graduate you can register as a Fitness Specialist. It has been developed for existing fitness professionals wishing to upgrade their skills or for people looking to start out in the fitness industry. The Certificate III and IV in Fitness are incorporated in this course so if you've already completed these qualifications you may be able to complete the diploma within a year. With fitness certificates incorporated you will also gain your gym instructor and personal trainer qualifications.

The Diploma of Fitness covers a wide range of areas including:

- exercise management and interventions for specialised client needs such as metabolic syndrome, health risk factors or musculoskeletal needs
- working in collaboration with allied health professionals
- nutrition for specific requirements
- injury prevention and management
- managing organisation and marketing strategies.

Southbank Institute has links with USQ so you can enter into the second year of their degree course detailed above. This means you can benefit from direct entry into university and gain a dual qualification. Your studies will combine practical skills and theoretical knowledge that will hold great appeal to potential employers.

**Further study options** Diploma of Fitness to the Bachelor of Sports and Exercise Sciences; Bachelor of Applied Science (Exercise and Nutrition Sciences); Bachelor of Health, Sport and Physical Education (UQ). Successful completion of the diploma may assist you to gain entry into any of these university courses via the usual QTAC process and, once you are admitted to the degree, will contribute towards study credits equivalent to half a year.

# Fitness

## Certificate IV in Fitness (incorporating Certificate III in Fitness)

Q PT FT

Course No	Duration	Entry criteria
SRF40206 QTAC code 155824	1 year (full-time), 6 months (part-time) (if hold Certificate III in Fitness)	Completion of Year 12 or equivalent is desirable

**Career opportunities** Personal trainer, older adult trainer, children trainer (depending on specialisations completed).

**Description** As a graduate of the Certificate IV in Fitness you can register as a Fitness Trainer (personal trainer, older adults trainer or children's trainer). Our full-time course also incorporates the Certificate III in Fitness, with the part-time course just covering the Certificate IV units. Key areas of learning covered in the Certificate IV in Fitness includes:

- personal training
- advanced exercise science
- advanced exercise programming
- postural screening
- exercise for clients with specific needs.

**Further study options** Diploma of Fitness, fitness short courses (Continuing Education Credits (CEC) accredited).



*What makes the course you teach so special?*

*"The teaching facilities we have such as the gym and advanced training area, the amount of practical experience students receive and the depth of knowledge we are able to provide in the time they are with us."*

*Andrew Pilgrim, fitness teacher.*

## Certificate IV in Fitness / Certificate IV in Sport Coaching (dual qualification)

Q FT

Course No	Duration	Entry criteria
SRF40206 SRS40206 QTAC code 155828	18 months (full-time)	Completion of Year 12 or equivalent is desirable

**Career opportunities** Sports coach, personal trainer.

**Description** Graduating from this dual qualification will enable you to register with Fitness Australia as a Fitness Instructor (gym) and Fitness Trainer (personal trainer) or work as a Sports Coach.

This in-depth dual qualification covers a wide range of study areas including:

- personal training
- advanced exercise science
- advanced exercise programming
- workplace skills
- exercise programming for clients
- supporting athletes
- client screening and fitness testing
- business skills for working with clients
- preparing long-term training programs for athletes
- providing leadership to groups.

**Further study options** Diploma of Fitness, fitness short courses (CEC accredited).

## Certificate III in Fitness

PT FT

Course No	Duration	Entry criteria
SRF30206	6 months (full-time), 6 months (part-time)	A demonstrated interest in the health and fitness industry

**Career opportunities** Fitness instructor, group exercise instructor, aqua instructor.

**Description** The Certificate III Fitness is the entry-level accredited industry qualification. As a successful graduate you can register with Fitness Australia under their National Registration Scheme as a Fitness Instructor including, gym instructor and group exercise instructor.

As part of this certificate you will cover all the essentials to get you started in the fitness industry including:

- exercise programming for clients
- workplace skills
- client screening and fitness testing
- nutrition advice for clients
- gym instruction
- fitness equipment use and maintenance.

**Further study options** Certificate IV in Fitness, Diploma of Fitness, fitness short courses (CEC accredited).

# Fitness short courses

## Aqua Instruction

PT

Course No	Duration	Entry criteria
FFS438	Fridays 29 Apr-3 Jun, 12.30 - 3.30pm	Certificate III in Fitness in another area of specialisation, or the appropriate knowledge and skills/ training to meet Certificate III in Fitness competency prerequisites, including gym instruction.

**Career opportunities** Aqua instructor.

**Description** A short course designed for fitness instructors to develop skills in planning and instructing a range of water-based exercise classes for the general population. You will also gain skills in basic water rescue techniques. This is recognised for seven Continuing Education Credits.

**Venue** Active Life Fitness, Norman Park.

## Children Trainer Specialisation

PT

Course No	Duration	Entry criteria
FFS441	1 evening per week for 6 weeks or 3 hours per week for 12 weeks	Certificate IV in Fitness in another area of specialisation, or the appropriate knowledge and skills/ training to meet Certificate IV in Fitness competency prerequisites, including gym instruction.

**Career opportunities** Fitness trainer with children trainer specialisation.

**Description** Develop the skills and attitude you need to plan and instruct exercise to low-risk children and young adolescents. Understand how to:

- plan and review exercise programs for these groups
- assess child and young adolescent fitness levels
- develop a consultative network
- identify and apply the need to refer.

This course is accredited for seven Continuing Education Credits (CECs). Completion of this course enables you to register as a Children's Fitness Trainer under Fitness Australia's Exercise Professional Registration Scheme.

## Group Exercise Instruction

PT

Course No	Duration	Entry criteria
SRFGEX001A	One evening per week 28 Apr-16 Jun, 6.00 - 9.00pm	Certificate III in Fitness or equivalent skills through previous training or work experience to meet prerequisites for Certificate III in Fitness.

**Career opportunities** Group exercise instructor.

**Description** A short course designed for professional fitness instructors looking to develop knowledge and skills in the area of group exercise instruction. You will learn how to plan and conduct safe, effective and enjoyable group exercise classes for low-risk individuals. As a course covering a range of different class styles you will understand how to achieve a variety of fitness objectives. This course is recognised for seven Continuing Education Credits (CECs).

## Older Adult Trainer Specialisation

PT

Course No	Duration	Entry criteria
FFS442	4 weeks over 4 consecutive Saturdays 10.00am - 1.00pm	Certificate IV in Fitness in another area of specialisation, or the appropriate knowledge and skills / training to meet Certificate IV in Fitness competency prerequisites, including gym instruction.

**Career opportunities** Fitness trainer with older adults trainer specialisation.

**Description** A course designed so you understand the skills and attitudes needed to plan and instruct exercise programs for older adults. Areas covered include:

- physical, psychological and social changes occurring with the ageing process
- assessing fitness of older adults
- program exercises for older adults
- instructing and motivating this client group
- plan and instruct a specialist Tai Chi-based fitness class for clients with arthritis.

This course is accredited for seven Continuing Education Credits (CECs).

## Pilates Matwork Instruction

PT

Course No	Duration	Entry criteria
39182QLD	Saturday 11am - 4pm 30 Apr-28 May	Certificate III in Fitness or equivalent, plus relevant vocational experience, or currently undertaking Certificate III in Fitness together with relevant vocational experience in the fitness industry.

**Career opportunities** Pilates instructor.

**Description** Accredited for 15 Continuing Education Credits (CECs), this is the course for you if you're a current fitness professional looking to expand your career options. Pilates Matwork Instruction is a short course designed to develop your Pilates teaching skills. Learn how to plan, deliver and evaluate Matwork classes using Pilates techniques and equipment, and cater for a broad range of clients with differing goals and abilities.

## Strength and Conditioning

PT

Course No	Duration	Entry criteria
FFS408	6 weeks (part-time) one evening per week 6pm to 9pm	Certificate IV in Fitness in another area of specialisation, or the appropriate knowledge and skills/training to meet Certificate IV in Fitness competency prerequisites, including gym instruction.

**Career opportunities** Development for sports coaches and personal trainers.

**Description** A short course focusing on the fundamentals of strength and conditioning training. It's an essential course if you're a fitness instructor looking to become a personal trainer as it's a component required for registration and insurance.

You will learn about:

- drills, exercises and activities to develop athletes
- preparing and designing individual strength and conditioning programs.

*What was your reason for studying and why did you choose Southbank Institute?*

*"I have always had a keen interest in fitness. I wanted to complete a course in an area where I could achieve a career path change in conjunction with achieving personal satisfaction. Southbank Institute had been recommended to me by numerous fitness professionals as providing the most comprehensive and well rounded courses in Brisbane."*

*What are you hoping for from your career?*

*"I have started my own small 'mobile fitness' business focusing primarily on group fitness."*

*Kim Brodie, previous Certificate IV in Fitness student*





# Sport development and management

## Diploma of Management / Diploma of Sport and Recreation

(dual qualification)



Q FT

Course No	Duration	Entry criteria
BSB51107-SRO50106-1 <b>QTAC codes</b> 155846 155848	18 months (full-time) plus university study if selecting a pathway.	Year 12 or equivalent. Alternatively, entry is based on merit, vocational experience, previous study, relevant industry experience and personal competencies.

You can enrol in the above Diploma or one of the pathway courses below. Successful completion guarantees direct entry, with study credits, into the university degree.

Course No	Pathways to university
BSB51107-SRO50106 <b>QTAC codes</b> 155646 155648	Diploma of Management / Diploma of Sport and Recreation (dual qualification) / Bachelor of Business (Sports Management) (GU). 3 years in total for degree and diploma.

**Career opportunities** Administration manager of sport / recreation organisation, community recreation activity officer, local government sport development officer, sport/recreation venue manager or assistant manager, event manager, sports marketing manager, sports PR manager.

**Description** A management-based dual diploma which is perfect if you are looking for a career within administration of a sporting or recreation organisation, management of sporting or recreation events, sport development, or management of a recreational facility.

Industry placement is an important element of this in-depth qualification enabling you to put in to practice the broad range of knowledge and skills covered within the course including:

- people management
- understanding the sport and recreation industry
- developing marketing opportunities
- planning and developing event bids
- managing budgets and financial plans
- project management.

Southbank Institute has links with Griffith University so you can enter into the second year of their degree course detailed above. This means you can benefit from direct entry into university and gain a dual qualification in almost the same time it takes to gain a degree. Your studies will combine practical skills and theoretical knowledge that will hold great appeal to potential employers.

## Diploma of Sport (Development)

(includes Certificate IV in Sport (Coaching))

Q PT FT

Course No	Duration	Entry criteria
SRS50506 <b>QTAC codes</b> 155836 155838	1 year (full-time)	Year 12 or equivalent. Alternatively, entry is based on merit, vocational experience, previous study, relevant industry experience and personal competencies.

You can enrol in the above Diploma or one of the pathway courses below. Successful completion guarantees direct entry, with study credits, into the university degree.

Course No	Pathways to university
<b>QTAC codes</b> 155831 155832	Diploma of Sport / Bachelor of Education (Early Childhood) (USQ)
<b>QTAC codes</b> 155829 155830	Diploma of Sport / Bachelor of Education (Primary) (USQ)
<b>QTAC codes</b> 155835 155837	Diploma of Sport / Bachelor of Education (Secondary Education) (USQ)
<b>QTAC codes</b> 155834 155833	Diploma of Sport / Bachelor of Education (Special Education) (USQ)

**Career opportunities** Sports coach (excellent opportunities in golf, swimming, football codes etc.), sport and recreation officer, recreation camp coordinator, school sport and physical education assistant, sport development officer.

**Description** If you have a passion for sports, are enthusiastic and dedicated, have good communication and interpersonal skills a career in the sports industry could be for you. As a sports development officer you would be responsible for the promotion of sports and coordinating participation of young people in sports. Sports coaches generally specialise in one particular area and have an understanding of what is needed to develop athletes and teams.

With a focus on coaching, officiating, business and administration skills, key learnings include:

- planning, preparing and monitoring long-term training objectives
- managing projects
- expanding participation in recreation services
- determining needs of client populations.

You can choose from a number of electives to specialise in your chosen sporting field learning how to develop technical skills, tactics and strategies to get the most from your career. AFL, rugby league and cricket are just 3 of the specialisations on offer.



### Pathways to university\*

Southbank Institute of Technology is a recognised centre of excellence for its pathways to universities. We have partnered with major Queensland universities to give diploma, advanced diploma and associate degree graduates recognition for the quality of education and training they receive at Southbank Institute.

Many Southbank Institute diplomas and advanced diplomas articulate into degree courses with our partner universities. If you didn't get the right OP it's not the end of the world. By completing a diploma or advanced diploma at Southbank Institute, you can improve your OP score and heighten your chances of securing a place to university.

For more information about pathways visit [southbank.edu.au](http://southbank.edu.au) or check out our Pathways to your Future brochure.

### Need more information?

We have a range of brochures designed to help you to make the right decision and include:

- The Southbank Experience
- Parents Guide
- Support for Students
- Pathways to your Future
- Post-Degree Study

Our brochures are the perfect way to assist you with what Southbank Institute has to offer. Alternatively, if you would like to speak to us you can call 13 72 48.

### VET FEE-HELP

VET FEE-HELP assists eligible students undertaking certain Vocational Education and Training (VET) courses at Southbank Institute to pay for all or part of their tuition costs (excludes incidental fees). VET FEE-HELP is an Australian Government initiative and is an extension of FEE-HELP, as part of the Higher Education Loan Program (HELP). Students repay the loan to the Australian Government through the tax system once a student reaches the minimum income threshold level for repayment.

### For further information

Visit [southbank.edu.au/vetfeehelp](http://southbank.edu.au/vetfeehelp)

*University abbreviations:	<b>ACU</b>	Australian Catholic University National
	<b>CQUni</b>	Central Queensland University
	<b>CSU</b>	Charles Sturt University
	<b>GU</b>	Griffith University
	<b>QUT</b>	Queensland University of Technology
	<b>UQ</b>	The University of Queensland
	<b>USC</b>	University of the Sunshine Coast
	<b>USQ</b>	University of Southern Queensland

# Enrol in four easy steps

## 1. Select the course you want to study



## 2. Contact Student Administration

Phone 13 72 48 for the most recent up-to-the-minute information or go to our website [southbank.edu.au](http://southbank.edu.au)



## 3. Apply to QTAC or Southbank Institute of Technology

Apply to QTAC (Queensland Tertiary Admissions Centre) or to Southbank Institute of Technology, depending on the course you choose (the courses listed in our careers booklets will let you know whether or not a QTAC application is required).



## 4. Secure your enrolment

Pay your fees before the course commences to secure your enrolment. Limited places are available in most courses.

For further information about how to enrol:  
Visit [southbank.edu.au/howtoenrol](http://southbank.edu.au/howtoenrol) or call 13 72 48.



Don't forget to 'like' our Facebook page and follow what's happening on Twitter!

**Southbank Institute  
of Technology**

66 Ernest Street  
Locked Mail Bag 14  
South Brisbane  
Queensland  
Australia 4101

**13 72 48**

[enquiry@southbank.edu.au](mailto:enquiry@southbank.edu.au)  
[southbank.edu.au](http://southbank.edu.au)

