



## Seeking Expressions of Interest Statement of Attainment in High Performance Athletic Development (Strength & Conditioning)

900-83278

Are you ready to take the first step towards an exciting and rewarding career in the dynamic fitness industry? The Statement of Attainment in High Performance Athletic Development (Strength and Conditioning) is comprised of 3 nationally recognised units of competency including:

- HLTHPS010 Interpret and use information about nutrition and diet
- SISXCAI009 Instruct strength and conditioning techniques
- SISXCAI010 Develop Strength and conditioning programs

#### Course outcomes include:

- Interpret & use basic information about nutritional principles & healthy diet.
- Develop, implement and evaluate strength & conditioning programs.
- Learn to develop personalise fitness programs that help participants to reach their personal fitness goals.

#### **Course delivery:**

Course delivery is planned through a mixture of face-to-face practical workshops
 & online pre-reading and formal assessments. Details on second page.

### **Study Commitment:**

- Delivery of the skillset will be blended with face-to-face workshops & online self-paced learning.
- \*\*Spots are limited, so express your interest as soon as possible.

**\( \)** 131 601

- Nationally Recognised Units of Competency
- Students who complete these units may apply for credit recognition towards other qualifications.

### **Workshop Location**

TAFE NSW Shellharbour, Oak Flats

#### **Duration**

11 Months

#### Start date

12<sup>th</sup> November 2025 (subject to meeting minimum numbers)

#### Cost

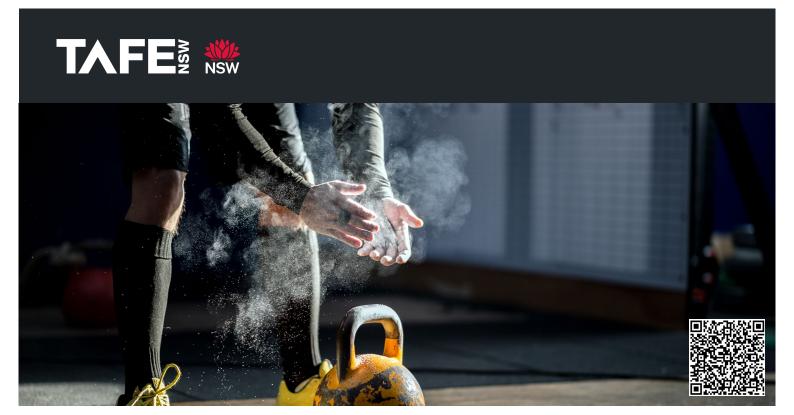
\$1,100 per person

Eligibility: Students must be over 15 years, have parent or legal guardian consent to participate and be eligible to study in Australia. This program is for current & former athletes with the Illawarra Academy of Sport.

## To express your interest click <a href="HERE">HERE</a> or scan the QR Code.

Expressions of interest close on 3<sup>rd</sup> October 2025

An information session on MS Teams will be held on Mon 22<sup>nd</sup> September at 7.30pm. Info & link on next page.



# Proposed Timetable of workshops (subject to change)

900-83278 Statement of Attainment in High Performance Athletic Development

|   | Session  | Date                            | Time              |
|---|--|---------------------------------|-------------------|
| Information session on<br>Microsoft Teams | Join the session on MS Teams HERE Meeting ID: 486 436 690 463 8 Passcode: Bq9aR3TP | 22 <sup>nd</sup> September 2025 | 7.30pm            |
| Term 4, 2025                              | Orientation  | 12 <sup>th</sup> November 2025  | 5.30pm to 7.30pm  |
| Christmas School Holidays                 | Workshop 1   | 20 <sup>th</sup> January 2026   | 9am to 4pm        |
|   | Workshop 2   | 21st January 2026               | 9am to 4pm        |
|   | Workshop 3   | 22 <sup>nd</sup> January 2026   | 9am to 4pm        |
| Term 2, 2026                              | Workshop 4   | 22 <sup>nd</sup> April 2026     | 5.30pm to 7.30pm  |
|   | Workshop 5   | 6 <sup>th</sup> May 2026        | 5.30pm to 7.30pm  |
|   | Workshop 6   | 20 <sup>th</sup> May 2026       | 5.30pm to 7.30pm  |
|   | Workshop 7   | 3 <sup>rd</sup> June 2026       | 5.30pm to 7.30pm  |
|   | Workshop 8   | 17 <sup>th</sup> June 2026      | 5.30pm to 7.30pm  |
|   | Workshop 9   | 22 <sup>nd</sup> June 2026      | 5.30pm to 7.30pm  |
| Term 3, 2026                              | Workshop 10  | 22nd July 2026                  | 5:30pm to 7:30pm  |
|   | Workshop 11  | 17th June 2026                  | 5:30 pm to 7:30pm |
|   | Workshop 12  | 5th August 2026                 | 5:30 pm to 7:30pm |
|   | Workshop 13  | 19th August 2026                | 5:30 pm to 7:30pm |
|   | Workshop 14  | 2nd September 2026              | 5:30 pm to 7:30pm |
|   | Workshop 15  | 16th September 2026             | 5:30 pm to 7:30pm |
|   | Workshop 16  | 23rd September 2026             | 5:30 pm to 7:30pm |