



# 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.**

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 [tafensw.edu.au/sport-rec](https://tafensw.edu.au/sport-rec)

- 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 [HERE](#) 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)

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	Session	Date	Time
Information session on Microsoft Teams	Join the session on MS Teams <a href="#">HERE</a> 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	21 <sup>st</sup> 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	22 <sup>nd</sup> July 2026	5:30pm to 7:30pm
	Workshop 11	17 <sup>th</sup> June 2026	5:30 pm to 7:30pm
	Workshop 12	5 <sup>th</sup> August 2026	5:30 pm to 7:30pm
	Workshop 13	19 <sup>th</sup> August 2026	5:30 pm to 7:30pm
	Workshop 14	2 <sup>nd</sup> September 2026	5:30 pm to 7:30pm
	Workshop 15	16 <sup>th</sup> September 2026	5:30 pm to 7:30pm
	Workshop 16	23 <sup>rd</sup> September 2026	5:30 pm to 7:30pm