



Statement of Attainment in Applied Sport Performance Analysis & Training Design

900-83501

Are you ready to take the first step towards an exciting and rewarding career in the dynamic fitness industry? The Statement of Attainment in Applied Sport Performance Analysis and Training Design is comprised of 4 nationally recognised units of competency:

- *SISFFIT032 – Complete pre-exercise screening and service orientation*
- *SISFFIT033 – Complete client fitness assessments*
- *SISFFIT040 – Develop and instruct gym-based exercise programs for individual clients*
- *SISFFIT047 – Use anatomy and physiology knowledge to support safe and effective exercise*

Course delivery:

Course delivery is planned through a mixture of face-to-face practical workshops at TAFE NSW Shellharbour campus and online pre-reading and formal assessments. More details on second page.

Information session:

An information session will be held on MS Teams on Tues 27 October at 7pm. Info & link on next page.

How to get involved:

Expressions of interest close on 1 November 2026. To express your interest click [HERE](#) or scan the QR Code.

If you have a question, please contact emma.mcleish5@tafensw.edu.au

- 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

12 Months

Start date

2 December 2026 (subject to meeting minimum numbers)

Cost

\$1,245 per person

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

Places in this course are limited, so express your interest as soon as possible



Course outcomes include:

- Conduct pre-exercise screening using industry systems, questionnaires and guidelines to identify health risks, determine suitability for exercise participation, establish appropriate exercise intensity levels and make referrals to medical or allied health professionals where required.
- Assess current fitness & functional capability using information gathered through pre-exercise screening and fitness testing to establish baseline capabilities and exercise needs.
- Develop tailored gym-based exercise programs that align with client goals, fitness levels, screening outcomes and assessment findings, where the level of personalised instruction, ongoing client monitoring and program evaluation is limited.
- Monitor and review client progress to evaluate program effectiveness and make appropriate modifications to support safe and ongoing participation in exercise.
- Apply anatomy and physiology knowledge to instruct, modify and supervise safe and effective exercise techniques and activities.

	Session	Date	Time
Information session on Microsoft Teams	Join the session on MS Teams HERE Meeting ID: 427 123 438 620 318 Passcode: cB9JB7y7	Tue 27 October 2026	7.00pm
Term 4, 2026	Orientation	Wed 2 December 2026	5.30pm to 7.30pm
Christmas School Holidays	Workshop 1 (on campus)	Tue 19 January 2027	9am to 4pm
	Workshop 2 (on campus)	Wed 20 January 2027	9am to 4pm
	Workshop 3 (on campus)	Thu 21 January 2027	9am to 4pm
Term 1, 2027	Workshop 4 (MS Teams)	Wed 10 February 2027	5.30pm to 7.30pm
	Workshop 5 (MS Teams)	Wed 24 February 2027	5.30pm to 7.30pm
	Workshop 6 (MS Teams)	Wed 10 March 2027	5.30pm to 7.30pm
	Workshop 7 (MS Teams)	Wed 24 March 2027	5.30pm to 7.30pm
	Workshop 8 (MS Teams)	Wed 7 April 2027	5.30pm to 7.30pm
Term 2, 2027	Workshop 9 (MS Teams)	Wed 28 April 2027	5.30pm to 7.30pm
	Workshop 10 (MS Teams)	Wed 12 May 2027	5.30pm to 7.30pm
	Workshop 11 (MS Teams)	Wed 26 May 2027	5.30pm to 7.30pm
	Workshop 12 (MS Teams)	Wed 9 June 2027	5:30 pm to 7:30pm
	Workshop 13 (MS Teams)	Wed 16 June 2027	5:30 pm to 7:30pm
Term 3, 2027	Workshop 14 (on campus)	Wed 21 July 2027	5:30 pm to 7:30pm
	Workshop 15 (on campus)	Wed 4 August 2027	5:30 pm to 7:30pm
	Workshop 16 (on campus)	Wed 18 August 2027	5:30 pm to 7:30pm
	Workshop 17 (on campus)	Wed 1 September 2027	5:30 pm to 7:30pm
	Workshop 18 (on campus)	Wed 15 September 2027	5:30 pm to 7:30pm
	Workshop 19 (on campus)	Wed 22 September 2027	5:30 pm to 7:30pm



81%
of employers
likely to hire

a TAFE NSW graduate²



90%
student
satisfaction

with overall quality of
training at TAFE NSW.³



87%
of graduates
recommend
TAFE NSW

as a training provider.³



80%
employer
satisfaction

With the overall quality
of training offered by
TAFE Australia-wide.¹

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TAFE NSW Sport