Physical Activity Australia

Exercise Instructor (equivalency with Certificate III in Fitness)
Physical Activity Australia provides a national register for exercise professionals. Registration must be renewed every two years through participation in approved professional development activities. Greater employment options, low cost insurance and support and advice from specialists in the industry are some of the associated benefits of registration with Physical Activity Australia.

First Time Registration Checklist:
- For section entitled “I have attached copies of the following” you must select and provide:
  - University Transcript
  - Current Level 2 First Aid, Senior First Aid, or Apply First Aid certificate
  - Current CPR certificate
- For section entitled “Indicate the subcategories you meet for registration” you may select:
  - Gym Instructor, and
  - Group Exercise Instructor (freestyle)
- Registration Fee (payment can be made online or by cheque payable to Physical Activity Australia)

Registration Submission:
1. via email to register@physicalactivityaustralia.org.au.

Or,

2. Mail your registration application to:
   Physical Activity Australia
   50 Rouse Street
   Port Melbourne VIC 3207

T: 1300 784 467
www.physicalactivityaustralia.org.au

Please include the Deakin University mapping document that supports your academic transcript to ensure you have completed the appropriate units to gain registration.
Eligibility for Physical Activity
Australia Registration

Deakin University
- Bachelor of Exercise and Sport Science

Units are current as at September 2014

Core Units

<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Unit Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSE101</td>
<td>Principles of Exercise and Sport Science</td>
<td>1</td>
</tr>
<tr>
<td>HSE102</td>
<td>Functional Human Anatomy</td>
<td>1</td>
</tr>
<tr>
<td>HSE103</td>
<td>Introduction to Exercise and Sport Science Practice</td>
<td>1</td>
</tr>
<tr>
<td>HSE105</td>
<td>Principles of Sport Coaching (elective)</td>
<td>1</td>
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</table>

Exercise Instructor - Gym Instructor Category

<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Unit Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSE103</td>
<td>Introduction to Exercise and Sport Science Practice</td>
<td>1</td>
</tr>
<tr>
<td>HSE105</td>
<td>Principles of Sport Coaching (elective)</td>
<td>1</td>
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</table>

Exercise Instructor – Group Exercise Instructor Category

<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Unit Name</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSE103</td>
<td>Introduction to Exercise and Sport Science Practice</td>
<td>1</td>
</tr>
<tr>
<td>HSE105</td>
<td>Principles of Sport Coaching (elective)</td>
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</tr>
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</table>

Exercise Instructor – Aqua Instructor Category

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<tbody>
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<td>Principles of Sport Coaching (elective)</td>
<td>1</td>
</tr>
</tbody>
</table>

*SISSFIT310A Plan and deliver water bases fitness activities

*Unit is a specialisation of SIS30310 Certificate III in Fitness

For more information contact:

School of Exercise and Nutrition Sciences
Faculty of Health, Deakin University
P 03 9251 7236
E ens-enquire@deakin.edu.au

Physical Activity Australia
50 Rouse Street
Port Melbourne Vic 3207
P 1300 784 467
E register@physicalactivityaustralia.org.au