



School of Exercise and Nutrition Sciences,
Faculty of Health

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:

- New [Registration form](#).
Available via the '[Register Today](#)' page on the [Physical Activity Australia](#) website.
- 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

Unit Code	Unit Name	Year
HSE101	Principles of Exercise and Sport Science	1
HSE102	Functional Human Anatomy	1
HSE103	Introduction to Exercise and Sport Science Practice	1
HSE105	Principles of Sport Coaching (elective)	1

Exercise Instructor - Gym Instructor Category

Unit Code	Unit Name	Year
HSE103	Introduction to Exercise and Sport Science Practice	1
HSE105	Principles of Sport Coaching (elective)	1

Exercise Instructor – Group Exercise Instructor Category

Unit Code	Unit Name	Year
HSE103	Introduction to Exercise and Sport Science Practice	1
HSE105	Principles of Sport Coaching (elective)	1

Exercise Instructor – Aqua Instructor Category

Unit Code	Unit Name	Year
HSE103	Introduction to Exercise and Sport Science Practice	1
HSE105	Principles of Sport Coaching (elective)	1
*SISFFIT310A	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
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Core Units

Unit Code	Unit Name	Year
HSE101	Principles of Exercise and Sport Science	1
HSE102	Functional Human Anatomy	1
HSE301	Principles of Exercise Prescription	3
HSE312	Exercise and Sports Science Practicum	3

Exercise Instructor - Gym Instructor Category

Unit Code	Unit Name	Year
HSE301	Principles of Exercise Prescription	3
HSE312	Exercise and Sports Science Practicum	3

Exercise Instructor – Group Exercise Instructor Category

Unit Code	Unit Name	Year
HSE301	Principles of Exercise Prescription	3
HSE312	Exercise and Sports Science Practicum	3

Exercise Instructor – Aqua Instructor Category

Unit Code	Unit Name	Year
HSE301	Principles of Exercise Prescription	3
HSE312	Exercise and Sports Science Practicum	3
*SISFFIT310A	Plan and deliver water bases fitness activities	

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