

# LIFT

**FACULTY**  
**PDHPE**

**CHARGE**  
**\$85**

The Australian Strength and Conditioning Association (ASCA) membership subscription

**HOURS**  
**100**

School developed

Lift will provide you with all the essential movements you need to develop your strength – specific for your sport, or to support overall physical and mental well-being.

Practical-based lessons will include technique and progression of lifts, along with personal goal setting and testing throughout the year.

Major lifts will include: Deadlift, Squats, Presses, Olympic Lifting, Accessories, Dumbbell & Kettlebell Movements, Odd Objects.

Also included in the Lift Course will be a Level 0 nationally recognised accreditation: The Australian Strength and Conditioning Association (ASCA) Level 0 Strength and Conditioning Coach Accreditation Course (ASCA Level 0 Course) provides fundamental knowledge and skills to participants to coach strength and conditioning.

The ASCA Level 0 Course is certified by the ASCA and allows participants to be nationally accredited as a development level S&C Coach.

## **STAGE 6** **SUBJECT SELECTION**

Sport Lifestyle and Recreation Studies (SLR)  
Fitness School-based Traineeship  
Sport Coaching – Certificate II

## **HIGHER** **EDUCATION**

Certificate III in Fitness  
Certificate II in Sport – Developing Athlete  
Sport Coaching – Certificate III

## **CAREER** **OPPORTUNITIES**

Fitness Instructor  
Personal Trainer  
Body Building Coach  
Fitness Trainer