

PASS – LIFT

FACULTY
PDHPE

CHARGE
\$30
Learning resources

HOURS
200
Board Endorsed

Get ready for a comprehensive PASS_ LIFT course, where we dive deep into resistance training. This course is designed for students eager to enhance their understanding and resistance training skills through practical lessons and theoretical studies aligned with the PASS syllabus. We will focus on resistance training, offering immersive practical sessions and key theoretical lessons.

You'll master foundational exercises like squats and deadlifts, bodyweight training, free weights, machines, functional fitness, and advanced techniques such as plyometrics and Olympic lifting. Theoretical lessons integrate PASS modules and cover physical activity principles, body systems, energy use, fitness components, performance enhancement, and safety.

Highlights include interactive workshops, fitness assessments, and personalised training plans. By the end of this 200-hour course, you'll be skilled in designing effective training programs and enhancing your physical fitness and well-being. Join us to master resistance training and achieve your fitness goals.

STAGE 6 SUBJECT SELECTION

Health and Movement
Science, Sport, Lifestyle and
Recreation Studies (SLR):
Sports Coaching Cert II

HIGHER EDUCATION

Sport Coaching
Health Sport and Physical
Education
Exercise and Sport Sciences

CAREER OPPORTUNITIES

Personal Trainer, Sports
Coach, Sport and Recreation
Officer, Physiotherapist,
Sports Scientist, Sports
Administrator