

International Student Course Guide

Your career starts here

Food

Hospitality

Management

Business

HR

Fitness

Health

Welcome to ABM Further Education



100% Google Review 5.0 ★★★★★

"I've learned and grown a lot through ABM.
Thanks to the trainer and team for their support!
I'd highly recommend ABM to anyone considering it."

History

Founded in 2017 with an unwavering commitment to educational excellence, ABM Further Education has swiftly evolved into a powerhouse of educational innovation, equipping students for triumphant careers across a spectrum of industries.

Mission

Our mission is to empower individuals through hands-on, career-focused education. We cultivate an energising learning atmosphere that sparks curiosity, sharpens critical thinking, and refines practical skills. With a special focus on the hospitality sector, we prepare students to excel in their chosen fields.

Vision

ABM Further Education envisions limitless education, unlocking individual potential. As a pioneering institution, we foster a passion for lifelong learning, nurturing future leaders and professionals to make a positive impact globally.

Nurtured on academic brilliance, our mission extends education beyond classrooms. We aim to build an academic team with substantial industry experience, ensuring our students are not just learning but are becoming career-ready for success in their chosen fields.



100% Student Satisfaction

100% student satisfaction, as demonstrated by a flawless 5-star rating on Google Reviews from students.



99% Student Job placement

99% job placement rate for hospitality and kitchen management students through ABM's exclusive industry network and complimentary placement services.



100% Complimentary Tutorial Classes

ABM offers 100% free tutorial classes on campus throughout each term for students who may require additional support.



The 1st college in Sydney

The first education provider in Sydney with a practical kitchen, offering both induction and gas cooking experiences. Hospitality management students have access to a newly built, top-quality Hospitality Management Lab.



High Demand Careers in Australia

ABM offers courses designed to launch you into high-demand careers such as Cook, Chef, Hospitality Manager, Waitstaff, Barista, Project Manager, Business Manager, Fitness Coach, and Human Resource Manager, both in Australia and around the world.



Free 2-year Gym Membership

Students enrolled in ABM's fitness and sport courses receive an up-to-2-year gym membership gym membership, providing access for practical classes and personal use outside class hours.



“

I chose to study Fitness because it's been my passion for years, and I wanted to do something I truly love. I've learned a lot about my body's limits and how to help others reach theirs too. ABM's experienced trainers and hands-on learning have made me more confident and skilled. I'm ready to start working with my own clients when I return home this November and share everything I've learned from ABM and Australia.

Ronald from Philippines

”



“

I chose the Fitness course at ABM because I wanted to study something I truly enjoy. I love working out, and ABM stood out as one of the few colleges offering face-to-face classes. I prefer in-person learning because I enjoy doing activities with other students. My trainers, Jonathon and Brayden, always give clear examples and keep us engaged. I also love that we regularly go to the gym and apply what we learn in class to real practice.

Diana from Colombia

”



“

This is my first time learning cooking, and the teachers are very kind. In practical class, the roles are well organised, so it's easy to follow. I've been studying for 6 months now. Making bread, scones, salads, and learning different knife skills is interesting and fun. The theory is a bit difficult, but it's very helpful.

Janghun Seo from South Korea

”



“

I'm from the Czech Republic, where I studied cookery but didn't complete the program. When I saw ABM, I couldn't resist continuing my chef career path, as I was previously studying a business course here. Choosing ABM was the best decision, and I don't regret it for a moment.

Martin Hep from Czech Republic

”



“

I love studying at ABM because of its great diversity. I can make friends from all over the world, and we inspire each other.

Anais Ramo Alonso from Spain

”

Campus and Facilities

ABM Further Education recently opened a new campus on Castlereagh Street, equipped with outstanding facilities. This campus includes a top-quality hospitality management lab for food and beverage training. It is conveniently located near our fitness practical training venue, World Gym, which is just a short walk away. It is also just a one-minute walk from the Metro station, five minutes from the train station, and close to the light rail and bus stops.

Each classroom is fitted with an HD TV monitor and fast NBN WiFi to support an excellent learning environment. Additionally, our student kitchenette provides filtered water daily for our students' convenience.

Located in Haymarket, our state-of-the-art kitchen is designed for professional cookery training. Equipped with modern facilities and the latest culinary technology, it provides a hands-on learning experience in a sustainable and practical environment, ensuring students gain real-world skills.



Entry Requirements

Academic Entry Requirements

- Please check the requirements for each course below.

SIT40521 Certificate IV in Kitchen Management	Student must have completed an equivalent of Year 10
SIT50422 Diploma of Hospitality Management	Student must have completed an equivalent of Year 12
SIT60322 Advanced Diploma of Hospitality Management	Student must have completed an equivalent of Year 12
SIS30321 Certificate III in Fitness	Student must have completed an equivalent of Year 10
SIS40221 Certificate IV in Fitness	Have completed one of the following qualifications: <ul style="list-style-type: none"> HLTAID011 Provide First Aid (or a unit that supersedes this unit) HLTWHS001 Participate in workplace health and safety SISFFIT032 Complete pre-exercise screening and service orientation SISFFIT033 Complete client fitness assessments SISFFIT035 Plan group exercise sessions SISFFIT040 Develop and instruct gym-based exercise programs for individual clients SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise SISFFIT036 Instruct group exercise sessions SISFFIT052 Provide healthy eating information Student must have completed an equivalent of Year 12
SIS50321 Diploma of Sport (Coaching)	Participate in a course entry interview to determine suitability for the course and student needs. Student must have completed an equivalent of Year 12
BSB40120 Certificate IV in Business	Students must have completed an overseas equivalent of Year 10 or higher qualification.
BSB50120 Diploma of Business	Student must have completed an equivalent of Year 12
BSB60120 Advanced Diploma of Business	Students must have completed a Diploma level course (AQF Level 5) or Advanced Diploma level course (AQF Level 6) from the BSB training package.
BSB40420 Certificate IV in Human Resource Management	Student must have completed an equivalent of Year 10
BSB50320 Diploma of Human Resource Management	Have completed one of the following qualifications: <ul style="list-style-type: none"> BSBHRM411 Administer performance development processes BSBHRM412 Support employee and industrial relations BSBHRM415 Coordinate recruitment and onboarding BHRM417 Support human resource functions and processes. Equivalent competencies are predecessors to these units, which have been mapped as equivalent. Student must have completed an equivalent of Year 12
BSB60320 Advance Diploma of Human Resource Management	Have completed one of the following qualifications: <ul style="list-style-type: none"> BSB50320 Diploma of Human Resource Management BSB50618 Diploma of Human Resources Management (or a superseded equivalent version). Student must have completed an equivalent of Year 12
BSB40920 Certificate IV in Project Management Practice	Student must have completed an equivalent of Year 10
BSB50820 Diploma of Project Management	Student must have completed an equivalent of Year 12
BSB60720 Advanced Diploma of Program Management	Have completed one of the following qualifications: <ul style="list-style-type: none"> BSB50820 Diploma of Project Management BSB51415 Diploma of Project Management (or a superseded equivalent version). Student must have completed an equivalent of Year 12
BSB80120 Graduate Diploma of Management (Learning)	Students must have completed Advanced Diploma level course (AQF Level 6) or higher Student must have completed an equivalent of Year 12
HLT33115 Certificate III in Health Services Assistance	Students must be at least 18 years of age at the time of course commencement. IELTS 5.5 or equivalent, if student has IELTS 4.5 or equivalent through ABM EPT, enrol with Plus Nursing English. Student must have completed an equivalent of Year 10

SIS30321 Certificate III in Fitness (Fast Track)	You are able to participate in fitness activities.
SIS40221 Certificate IV in Fitness (Fast Track)	Have complete the following units: <ul style="list-style-type: none"> HLTAID011 Provide First Aid (or a unit that supersedes this unit) HLTWHS001 Participate in workplace health and safety SISFFIT032 Complete pre-exercise screening and service orientation SISFFIT033 Complete client fitness assessments SISFFIT035 Plan group exercise sessions SISFFIT036 Instruct group exercise sessions SISFFIT040 Develop and instruct gym-based exercise programs for individual clients SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise SISFFIT052 Provide healthy eating information

English Entry Requirements For All Courses

Requirement	Details
IELTS	Overall score of 6.0 with no band less than 5.5. or equivalent qualification demonstrating English proficiency at IELTS 6 level *Test results must be no more than 2 years old
Requirement	Details
Alternative Evidence of English Competence	<ul style="list-style-type: none"> Educated for 5 years in an English-speaking country. Completed at least 6 months of a Certificate IV level course in an Australian RTO. Or Successful completion of an English Placement Test. Successful completion of an English course with exit level equivalent to IELTS overall 6.0 from one of our English Pathway Partners.

If one of the following applies, you do not need to provide evidence of an English test score with your visa application:

- You are enrolled in full-time school studies as a principal course including in a secondary exchange programme, a postgraduate research course, a standalone English Language Intensive Course for Overseas
- Students (ELICOS), and Foreign Affairs or Defence sponsored students.
- You have completed at least five years study in one or more of the following countries: Australia, UK, USA, Canada, New Zealand, South Africa, or the Republic of Ireland.
- You are a citizen and hold a passport from UK, USA, Canada, NZ or Republic of Ireland.
- In the two years before applying for the student visa, you completed, in Australia and in English language, either the Senior Secondary Certificate of Education or a substantial component of a course leading to a qualification from the Australian Qualifications Framework at the Certificate IV or higher level, while you held a student visa.

* Note that other English language tests such as PTE and TOEFL can be accepted. Students are required to provide their results so that it can be confirmed they are equivalent to IELTS 6.0.



Scan this QR code to explore our English Pathway Partners and find more details on entry requirements.



Choose Your Career Path

FOOD & HOSPITALITY

Certificate IV in Kitchen Management
Diploma of Hospitality Management
Advanced Diploma of Hospitality Management

FITNESS & SPORT

Certificate III in Fitness
Certificate IV in Fitness
Diploma of Sport
Certificate III in Fitness Fast Track
Certificate IV in Fitness Fast Track

HEALTH AND CARE

Certificate III in Health Services Assistance

BUSINESS

Certificate IV in Business
Diploma of Business
Advanced Diploma of Business
Graduate Diploma of Management (Learning)

PROJECT MANAGEMENT

Certificate IV in Project Management Practice
Diploma of Project Management Practice
Advanced Diploma of Program Management

HUMAN RESOURCE

Certificate IV in Human Resource Management
Diploma of Human Resource Management
Advanced Diploma of Human Resource Management

A collage of 15 images showing students and staff engaged in various food and beverage activities. The images include: a close-up of a latte with a heart-shaped foam design; a student operating a blender; a group of students and staff posing behind a bar; a student pouring a drink; a student in a chef's hat working with bread; a student in a chef's hat working with a mixer; a student pouring a drink; a student in a chef's hat working with bread; a student in a chef's hat working with a mixer; a student pouring a drink; a student in a chef's hat working with bread; a student in a chef's hat working with a mixer; a student pouring a drink; a student in a chef's hat working with bread; a student in a chef's hat working with a mixer.

Barista Course
Classic French Cake Course
Sourdough and Focaccia Course
Fine Dining Dessert Plating Course
Classic French Pastries Course
Cocktail-Making and Mixology Course
French Petit Four Course (Macaroon)

Vegan and Vegetarian Course
Chocolate Class - Xmas
NSW Food Safety Supervisor Certificate (FSS)
Barista Course (Online)
Introduction to HTML, CSS, and Basic Web Design (Online)
Advanced Course: Building a Portfolio Website (Online)

Study Tour

- **Hospitality Essentials**
 - Food & Beverage Operations Bar & Drink Service
 - Customer Service & Hospitality Overview
- **Chef & Restaurant Manager Essentials**
 - Pastry, Bread & Desserts
 - Australian Cuisine & Plating
- **Diploma of Hospitality Management**
 - For uni students or industry staff
 - Online Theory + Practical in AU or Korea

Functional Movement & Rehab

- Workplace Wellness & Injury Prevention
- Fitness Assessments & Rehab Training

Manual Therapy for OT Students

- Sports Recovery Techniques
- Stretching, Massage & Trigger Points

- Group & Personal Training
- Clients: Seniors, Youth, General Pop.

Certificate III in Health Services Assistance

- Workplace Simulation + 80-hr Placement
- Acute Care Support & Patient Handling

HSA + Nursing English

- Includes 12 Weeks of English Support
- Ideal for IELTS 4.5 or Equivalent

Kitchen Management Course

- **Cutting-Edge Curriculum:** Learn directly from industry experts.
- **Sustainable Kitchen:** Work in our eco-friendly hybrid kitchen.
- **Extensive Industry Placement:** Gain 600 hours of experience, with guaranteed job opportunities.
- **Showcase Your Skills:** Present breakfast and lunch buffets to special guests, demonstrating your year-long mastery of culinary skills.
- **Hands-On Experience:** Opportunities to work at fundraising and in-house function events.

Intakes: 2026: 05 Jan, 09 Feb, 06 Apr, 11 May, 06 Jul, 10 Aug, 05 Oct, 09 Nov
 2027: 11 Jan, 15 Feb, 12 Apr, 17 May, 12 Jul, 16 Aug, 11 Oct, 15 Nov

Course Duration: 78 weeks

Example of ABM's Breads, Cakes and Desserts Menu




- Dinner rolls
- Brioche
- Flatbread
- Focaccia
- Sourdough
- Puff pastry
- Rosemary and Parmesan twist
- Sausage rolls
- Éclair with chocolate mousse filling
- Spiced Rum Cake
- Carrot Cake
- Basic Aerated Sponge
- Emulsified Sponge with strawberry glaze
- Vanilla Chiffon Cake
- Banana Fritters
- Chocolate Soufflé with chocolate sauce and vanilla foam
- Textures of Mango with crunchy nut parfait and tuiles
- Meringue with raspberry sorbet and coulis

- Banana & Almond Muffin
- Blueberry Friand
- Fruit Tart
- Pear, Walnut, and Cinnamon Pie
- Vanilla Bean Crème Brûlée
- Crêpe Suzette with vanilla bean ice cream
- Dark Chocolate Mousse
- Poached Fruit with sabayon
- Sticky Date Pudding
- Vanilla and Toffee Bavares
- Vanilla Pannacotta with berry coulis
- Semi-Freddo

Ranked #6 among the top 20 most in-demand jobs across Australia.

Job Shortage

Chef Jobs: Shortage
Average Salary: \$70,000-\$95,000
Average Job Ads: 500+/month in Sydney, 1,500+/month in Australia



Year	Percentage
2021	38%
2022	35%
2023	40%
2024	36%

SIT40521 Certificate IV in Kitchen Management

CRICOS 109578H - 78 weeks

Code	Title	Core or Elective
SITHCCC023	Use food preparation equipment	Core
SITHCCC027	Prepare dishes using basic methods of cookery	Core
SITHCCC028	Prepare appetisers and salads	Core
SITHCCC029	Prepare stocks, sauces and soups	Core
SITHCCC030	Prepare vegetable, fruit, eggs and farinaceous dishes	Core
SITHCCC031	Prepare vegetarian and vegan dishes	Core
SITHCCC035	Prepare poultry dishes	Core
SITHCCC036	Prepare meat dishes	Core
SITHCCC037	Prepare seafood dishes	Core
SITHCCC041	Produce cakes, pastries and breads	Core
SITHCCC042	Prepare food to meet special dietary requirements	Core
SITHCCC043	Work effectively as a cook	Core
SITHKOP010	Plan and cost recipes	Core
SITHKOP012	Develop recipes for special dietary requirements	Core
SITHKOP013	Plan cooking operations	Core
SITHKOP015	Design and cost menus	Core
SITHPAT016	Produce desserts	Core
SITXCOM010	Manage conflict	Core
SITXFIN009	Manage finances within a budget	Core
SITXFSA005	Use hygienic practices for food safety	Core
SITXFSA006	Participate in safe food handling practices	Core
SITXFSA008	Develop and implement a food safety program	Core
SITXHRM008	Roster staff	Core
SITXHRM009	Lead and manage people	Core
SITXINV006	Receive, store and maintain stock	Core
SITXMGT004	Monitor work operations	Core
SITXWHS007	Implement and monitor work health and safety practices	Core
SITHCCC026	Package prepared foodstuffs	Elective
SITHCCC038	Produce and serve food for buffets	Elective
SITHCCC040	Prepare and serve cheese	Elective
SITXHRM010	Recruit, select and induct staff	Elective
SITHIND006	Source and use information on the hospitality industry	Elective
BSBTWK501	Lead diversity and inclusion	Elective

Your career starts here

Industry Placement

The course now includes **600 hours of mandatory work placement**, providing students with extensive hands-on industry experience. Students can work additional hours during placement terms in compliance with their student visa conditions.

Term 1 - Term 2	Theory + Practical Classes
Term 3 (week 6-10)	Theory + Practical Classes • Week 6 - 10: additional 16 hours per week work placement
Term 4 - Term 5	Theory + Practical Classes additional 16 hours per week work placement
Term 6	20 hours per week work placement

Example Study Plan



Hospitality Management Courses

- **Guaranteed Job Opportunities:** 285 hours of industry placement with guaranteed job opportunities.
- **Learning Experience:** The learning structure includes 4 terms of industry-related theory, followed by 2 terms of F&B practical and work placement.
- **Expert Training:** Learn from industry-leading trainers with extensive experience.
- **Comprehensive Skills Development:** Gain proficiency in key areas such as responsible service of alcohol, bar operations, espresso coffee preparation, food and beverage service, event catering, budget management, and leadership.
- **Real-World Experience:** Engage in hands-on training and practical applications in real hospitality environments.

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 2027: 11 Jan, 15 Feb, 12 Apr, 17 May, 12 Jul, 16 Aug, 11 Oct, 15 Nov

Course Duration

- 78 weeks - Diploma of Hospitality Management
- 104 weeks - Advanced of Diploma of Hospitality Management

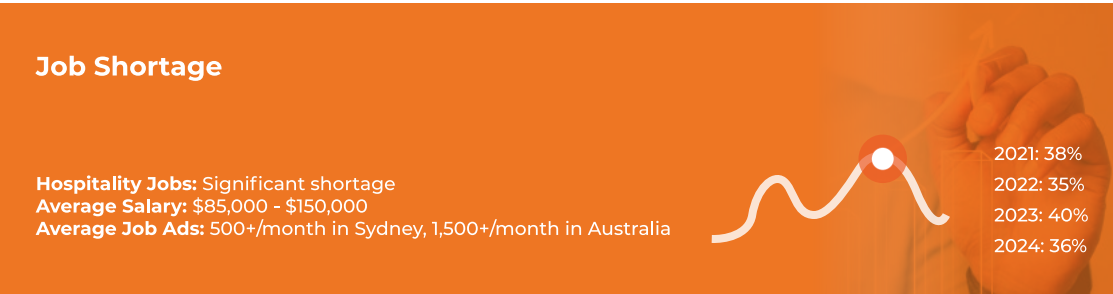
Packaged Course Duration

[Kitchen Management Stream] - 130 weeks

- 78 weeks - Certificate IV in Kitchen Management
- 26 weeks - Diploma of Hospitality Management
- 26 weeks - Advanced Diploma of Hospitality Management

[Food and Beverage Stream] - 104 weeks

- 78 weeks - Diploma of Hospitality Management
- 26 weeks - Advanced Diploma of Hospitality Management



SIT50422 Diploma of Hospitality Management (F&B)

CRICOS 111165M - 78 weeks

Code	Title	Core or Elective
SITXCCS015	Enhance customer service experiences	Core
SITXCCS016	Develop and manage quality customer service practices	Core
SITXCOM010	Manage conflict	Core
SITXFIN009	Manage finances within a budget	Core
SITXFIN010	Prepare and monitor budgets	Core
SITXGLC002	Identify and manage legal risks and comply with law	Core
SITXHRM008	Roster staff	Core
SITXHRM009	Lead and manage people	Core
SITXMGT004	Monitor work operations	Core
SITXMGT005	Establish and conduct business relationships	Core
SITXWHS007	Implement and monitor work health and safety practices	Core
SITXFSA005	Use hygienic practices for food safety	Elective
SITHIND008	Work effectively in the Hospitality service	Elective
SITXHRM010	Recruit, select and induct staff	Elective (Group D)
SITHFAB030*	Prepare and serve cocktails	Elective (Group C)
SITXINV008	Control stock	Elective (Group C)
SITHKOP014	Plan catering for events or functions	Elective (Group C)
BSBCMM411	Make presentations	Elective (Group D)
BSBSUS511	Develop workplace policies and procedures for sustainability	Elective (Group D)
BSBTWK501	Lead diversity and inclusion	Elective (Group D)
SITHFAB021	Provide responsible service of alcohol	Elective (Group C)
SITHFAB023	Operate a bar	Elective (Group C)
SITXFSA006	Participate in safe food handling practices	Elective (Group C)
SITXFSA008	Develop and implement a food safety program	Elective (Group C)
SITHFAB025	Prepare and serve espresso coffee	Elective (Group C)
SITHIND006	Source and use information on the hospitality industry	Elective (Group C)
SITXCCS010	Provide visitor information	Elective (Group C)
SITXCCS012	Provide lost and found services	Elective (Group C)

SIT60322 Advanced Diploma of Hospitality Management

CRICOS 11166K - 26 weeks*

* Packaged with SIT50422 Diploma of Hospitality Management

Code	Title	Core of Elective
BSBFIN601	Manage organisational finances	Core
BSBOPS601	Develop and implement business plans	Core
SITXFIN011	Manage physical assets	Core
SITXHRM012	Monitor staff performance	Core
SITXMPR014	Develop and implement marketing strategies	Core
SITXWHS008	Establish and maintain a work health and safety system C	Core
SITHFAB027	Serve food and beverage	Elective
SITHFAB024	Prepare and serve non-alcoholic beverages	Elective

Industry Placement

The course now includes **285 hours of mandatory work placement**, providing students with extensive hands-on industry experience.

Students can work additional hours during placement terms in compliance with their student visa conditions.

Hospitality Management Industry Placement Schedule

Term 1 - Term 4	Theory + Practical Classes
Term 5	(SITHIND008)Work effectively in hospitality service <ul style="list-style-type: none"> Week 1 – 10: 150 hours Face to Face class + 3 days/week Work Placement (5 hours x 3 shifts)
Term 6	SITHIND008 Work effectively in hospitality service <ul style="list-style-type: none"> Week 1 – 9: 1 day/week Face to Face class + 3 days per week Work Placement (5 hours x 3 shifts) Week 10: Theory + Practical Class



Example Study Plan



Health Services Assistance Course

- **Guaranteed Job Opportunities:** Paid Job Opportunities
- **Key Industry Partners:** Private Hospitals, Medical Centres , Aged Care Centres
- **Expert Training:** Learn from industry-leading trainers with extensive experience.
- **Course Highlights:**
 - Guaranteed practical placement and paid job opportunities
 - Dedicated Student Support Staff
 - Extra Study Support- Free tutorial classes
 - Specialised Nursing English
 - Flexible Learning Options (Optional Partial Online Class)
- **Real-World Experience:** Engage in hands-on training and practical applications in real healthcare environments.

Intakes: 2026: 12 Jan 9 Feb 9 Mar 13 Apr 11 May 8 Jun 13 Jul 10 Aug 7 Sep 12 Oct 9 Nov
2027: 11 Jan 15 Feb 15 Mar 12 Apr 17 May 14 Jun 12 Jul 16 Aug 13 Sep 11 Oct 15 Nov

Course Duration

- 16 weeks (2 days per week + 1 day tutorial) including 80 work placement hours

Job Shortage

Healthcare Jobs: Strong and growing demand
Average Salary: \$65,000 – \$110,000 per year
Average Job Ads: 1,000 +/-month in Sydney, 4,000 +/-month across Australia



HLT33115 Certificate III in Health Services Assistance

16 weeks

Code	Title	Core or Elective
CHCCOM005	Communicate and work in health or community services	Core
CHCDIV001	Work with diverse people	Core
HLTAAP001	Recognise healthy body systems	Core
HLTINF006	Apply basic principles and practices of infection prevention and control	Core
HLTWHS001	Participate in workplace health and safety	Core
BSBMED301	Interpret and apply medical terminology appropriately	Core
BSBWOR301	Organise personal work priorities and development	Core
CHCCCS002	Assist with movement	Elective
CHCCCS020	Transport individuals	Elective
CHCCCS026	Assist with nursing care in an acute care environment (require an acute care work place)	Elective
HLTAIN001	Provide non-client contact support in an acute care environment	Elective
CHCCCS031	Provide individualised support	Elective
CHCCCS012	Prepare and maintain beds	Elective
CHCLEG001	Work legally and ethically	Elective



Your career starts here

Our trainers are experienced healthcare professionals and support workers currently employed in hospitals, aged care, and community health settings. Our students not only learn from our comprehensive, hands-on curriculum but also gain up-to-date insights into healthcare practices from our dedicated trainers.

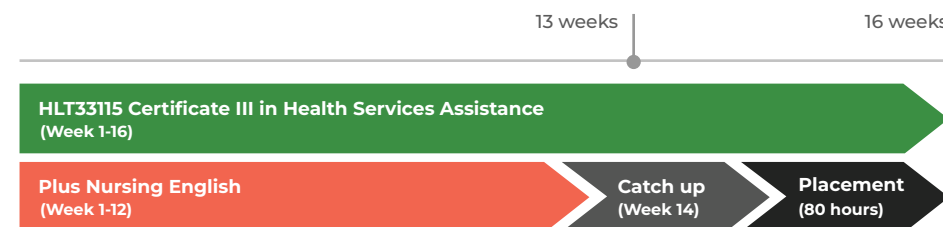
Our purpose-built simulation labs replicate real clinical environments, allowing students to practice essential patient care skills safely and confidently. We invite you to start your rewarding career in healthcare with our Health Services Assistance course and make a positive difference in people's lives.

Industry Placement

The course now includes **80 hours of industry placement**, allowing students to gain valuable real-world experience in healthcare settings.

Health Services Assistance Work Placement Schedule	
Week 1 - Week 13	Theory + Practical class and Plus Nursing English
Week 14	Catch up class
Week 15 - Week 16	Placement (80 hours) in real healthcare settings

Example Study Plan



* If the student has IELTS 4.5 or equivalent through ABM EPT, enrol with Plus Nursing English.

Fitness and Sport Courses

- **Comprehensive Fitness Training:** Develop foundational skills in exercise instruction, nutrition, client interaction, and fitness assessment with practical and theoretical learning.
- **Industry-Leading Curriculum:** Gain expertise in areas like anatomy, nutrition, and exercise programming to meet industry standards.
- **Hands-On Learning:** Participate in practical sessions to enhance skills in real-world gym environments.
- **Expert Guidance:** Learn from highly experienced trainers committed to your success in the fitness industry.

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 2027: 11 Jan, 15 Feb, 12 Apr, 17 May, 12 Jul, 16 Aug, 11 Oct, 15 Nov

Fast Track Intakes: For more information, please visit our website at abm.edu.au.

Course Duration

- 52 weeks - Certificate III in Fitness
- 52 weeks - Certificate IV in Fitness
- 52 weeks - Diploma of Sport

Course Duration (Fast Track)

- 12 weeks - Certificate III in Fitness
- 12 weeks - Certificate IV in Fitness



Core Fitness and Wellbeing Skills

Gain essential skills in first aid, client fitness assessments, and pre-exercise screening to ensure safe, effective guidance for all clients.

Anatomy & Nutrition

Learn to leverage anatomy and physiology knowledge to tailor safe exercises, and provide practical healthy eating advice to support clients' wellness journeys.

Customised Training Programs

Master the art of creating and leading personalised exercise programs for diverse groups—from children and adolescents to older clients—meeting unique needs and fitness goals.

Specialised Training Techniques

Develop skills in strength and conditioning, body composition programming, and group movement classes, enhancing expertise in motivating and guiding clients.

Digital Fitness Training

Expand your reach with online exercise sessions, social media training, managing virtual client relationships and delivering accessible training experience.

Job Shortage

Fitness Jobs: Shortage
Average Salary: \$55,000 - \$70,000
Average Job Ads: 30 - 60/month in Sydney, 150- 200/month in Australia



SIS30321 – Certificate III in Fitness

CRICOS 116599M - 52 weeks

Code	Title	Core or Elective
BSBOPS304	Deliver and monitor a service to customers	Core
BSBPEF301	Organise personal work priorities	Core
HLTAID011	Provide First Aid	Core
HLTWHS001	Participate in workplace health and safety	Core
SISFFIT032	Complete pre-exercise screening and service orientation	Core
SISFFIT033	Complete client fitness assessments	Core
SISFFIT035	Plan group exercise sessions	Core
SISFFIT036	Instruct group exercise sessions	Core
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	Core
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	Core
SISFFIT052	Provide healthy eating information	Core
SISXIND011	Maintain sport, fitness and recreation industry knowledge	Elective
SISXFAC007	Maintain clean facilities	Elective
BSBOPS403	Apply business risk management processes	Elective
SISFFIT037	Develop and instruct group movement programs for children	Elective

SIS40221 Certificate IV in Fitness

CRICOS 116600A - 52 weeks

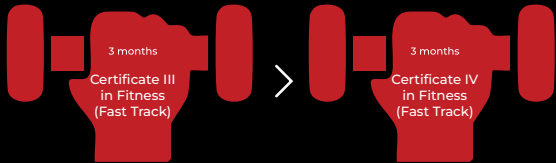
Code	Title	Core or Elective
CHCCOM006	Establish and manage client relationships	Core
SISFFIT041	Develop personalised exercise programs	Core
SISFFIT042	Instruct personalised exercise sessions	Core
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	Core
SISFFIT044	Develop and instruct personalised exercise programs for older clients	Core
SISFFIT049	Use exercise science principles in fitness instruction	Core
SISFFIT050	Support exercise behaviour change	Core
SISFFIT051	Establish and maintain professional practice for fitness instruction	Core
SISFFIT053	Support healthy eating for individual fitness clients	Core
SISFFIT034	Assess client movement and provide exercise advice	Elective (Group A)
SISFFIT049	Develop strength and conditioning programs	Elective (Group A)
SISFFIT050	Research and develop business plans	Elective (Group B)
SISFFIT051	Investigate business opportunities	Elective (Group B)
SISFFIT051	Plan and instruct online exercise sessions	Elective (Group A, B, C or other TP)
SISFFIT053	Lead team effectiveness	Elective (Group A, B, C or other TP)
SISFFIT034	Apply critical thinking to work practices	Elective (Group A, B, C or other TP)

SIS50321 Diploma of Sport (Coaching)

CRICOS 117762H - 52 weeks

Code	Title	Core or Elective
HLTWHS003	Maintain work health and safety	Core
SITXHRM009	Lead and manage people	Core
BSBOP5504	Manage business risk	Core
HLTAID011	Provide first aid	Elective (Group A)
SISSSCO003	Meet participant needs	Elective (Group A)
SISSSCO004	Plan, conduct and review coaching programs	Elective (Group A)
SISSSCO007	Apply sport psychology principles	Elective (Group A)
SISSSCO008	Apply anti-doping policies	Elective (Group A)
SISSSCO011	Manage integrity in sport	Elective (Group A)
SISXCAI008	Plan, conduct and review training and recovery programs	Elective (Group F)
SISSSCO016	Coach participants in sport competition	Elective (Group F)
SISXCAI011	Develop and deliver a long-term training program	Elective
SISXCAI009	Instruct strength and conditioning techniques	Elective
SISXCAI010	Develop strength and conditioning programs	Elective

Fitness Course Fast Track



Course Structure
Same units as those in Certificate III and IV in Fitness.

Starting Date (Every 3 weeks)
For more information, please visit our website at abm.edu.au.

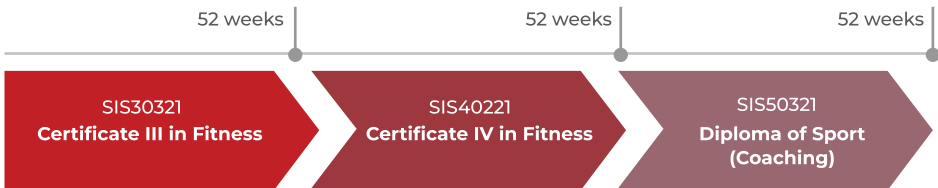
The **Certificate III in Fitness** covers the basics of group exercise and gym programs, leading to roles like gym or fitness instructor. A Fast Track option is available.

The **Certificate IV in Fitness** provides advanced skills for personal training and program design, with outcomes such as personal trainer or fitness advisor. Also available in Fast Track.

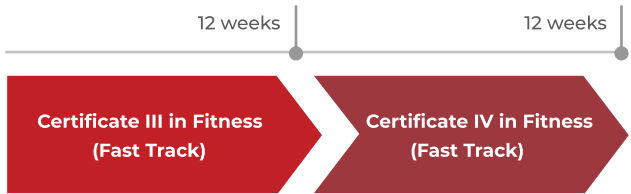
The **SIS50321 Diploma of Sport (Coaching)** builds coaching, leadership, and communication skills for roles in community or professional sports. These Australian qualifications offer a strong foundation for global students in fitness and sport.



Example Study Plan



Fast Track Study Plan



Project Management Courses

- **Job-Ready Training:** Develop essential skills for real-world project management.
- **Structured Learning:** Combine theory with practical techniques in a balanced schedule.
- **Expert Guidance:** Learn from industry veterans, gaining global insights.
- **Comprehensive Skill Development:** Master planning, risk management, stakeholder engagement, budgeting, scheduling, and leadership.
- **Relevant Units:** Modules include "Managing Project Scope," "Project Integration," and "Leadership," preparing you for global industries.

Intakes: 2026: 05 Jan, 09 Feb, 06 Apr, 11 May, 06 Jul, 10 Aug, 05 Oct, 09 Nov
2027: 11 Jan, 15 Feb, 12 Apr, 17 May, 12 Jul, 16 Aug, 11 Oct, 15 Nov

Course Duration

- 52 weeks - Certificate IV in Project Management Practice
- 52 weeks - Diploma of Project Management
- 78 weeks - Advanced Diploma of Program Management

Job Shortage

Project Management Jobs: Shortage
Average Salary: \$90,000-\$100,000
Average Job Ads: 1000+/month in Sydney, 2,600+/month in Australia



BSB40920 Certificate IV in Project Management Practice

CRICOS 109578H - 52 weeks

Code	Title	Core or Elective
BSBPMG420	Apply project scope management techniques	Core
BSBPMG421	Apply project time management techniques	Core
BSBPMG422	Apply project quality management techniques	Core
BSBPMG423	Apply project cost management techniques	Elective
BSBPMG426	Apply project risk management techniques	Elective
BSBPMG429	Apply project stakeholder engagement techniques	Elective
BSBCRT411	Apply critical thinking to work practices	Elective
BSBPEF402	Develop personal work priorities	Elective
BSBWHS411	Implement and monitor WHS policies, procedures and programs	Elective

BSB50820 Diploma of Project Management

CRICOS 112361K - 52 weeks

Code	Title	Core or Elective
BSBPMG530	Manage project scope	Core
BSBPMG531	Manage project time	Core
BSBPMG532	Manage project quality	Core
BSBPMG533	Manage project cost	Core
BSBPMG534	Manage project human resources	Core
BSBPMG535	Manage project information and communication	Core
BSBPMG536	Manage project risk	Core
BSBPMG540	Manage project integration	Core
BSBPEF501	Manage personal and professional development	Elective
BSBLDR522	Manage people performance	Elective
BSBTWK503	Manage meetings	Elective
BSBCRT511	Develop critical thinking in others	Elective

BSB60720 Advanced Diploma of Program Management

CRICOS 112362J - 78 weeks

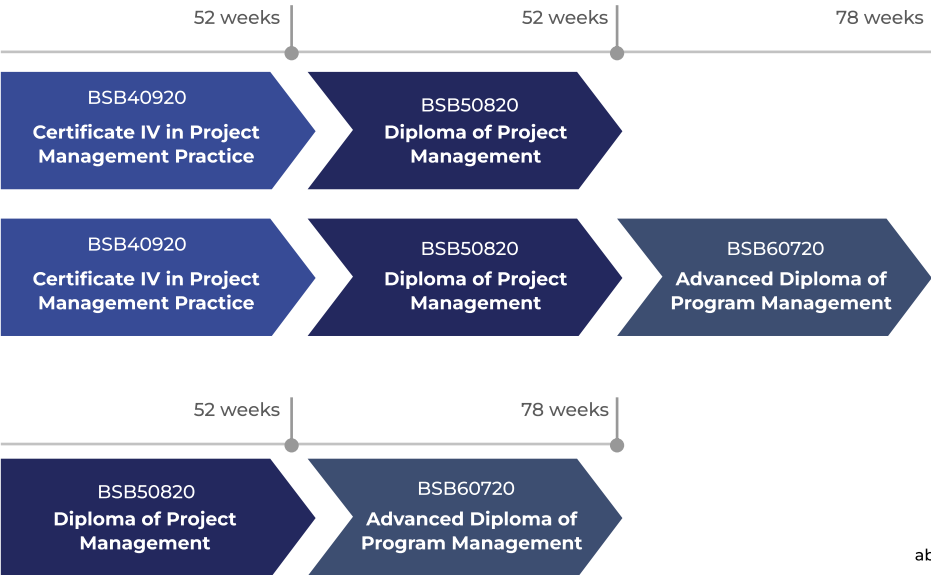
Code	Title	Core or Elective
BSBPMG630	Enable program execution	Core
BSBPMG634	Facilitate stakeholder engagement	Core
BSBPMG635	Implement program governance	Core
BSBPMG636	Manage benefits	Core
BSBCRT611	Apply critical thinking for complex problem solving	Elective
BSBFIN601	Manage organisational finances	Elective
BSBINS601	Manage knowledge and information	Elective
BSBPEF502	Develop and use emotional intelligence	Elective
BSBSUS601	Lead corporate social responsibility	Elective
BSBSTR601	Manage innovation and continuous improvement	Elective
BSBHRM614	Contribute to strategic workforce planning	Elective
BSBTEC601	Review organizational digital strategy	Elective

Enhance your project management expertise and leadership capabilities with this comprehensive qualification. Designed for roles like Project Manager and Project Team Leader, it equips you with the skills to lead projects and achieve objectives effectively. Develop a solid theoretical foundation alongside specialised technical and managerial competencies to plan, execute, and evaluate project work across various industries.

This 78-week course is ideal for those in project leadership and management roles. It prepares you to excel in achieving project goals while expanding your expertise with the Advanced Diploma. Specialise in Program Management, broaden your ability to handle larger and more diverse projects, and gain global industry recognition.



Example Study Plan



HR Management Courses

- **Career Opportunities:** Prepare for roles such as HR Officer, HR Coordinator, Payroll Officer, HR Consultant, or Business Partner.
- **Comprehensive Learning:** Gain expertise in HR fundamentals, including psychology, recruitment, workforce planning, and strategic management.
- **Hands-On Training:** Learn from experienced trainers who provide practical, real-world HR insights and industry-relevant case studies.
- **Workplace Readiness:** Develop the skills needed to handle complex HR responsibilities with confidence and professionalism.

Intakes: 2026: 05 Jan, 09 Feb, 06 Apr, 11 May, 06 Jul, 10 Aug, 05 Oct, 09 Nov
2027: 11 Jan, 15 Feb, 12 Apr, 17 May, 12 Jul, 16 Aug, 11 Oct, 15 Nov

Course Duration

- 52 weeks - Certificate IV in Human Resource Management
- 52 weeks - Diploma of Human Resource Management
- 78 weeks - Advanced Diploma of Human Resource Management

Job Shortage

HR management Jobs: Shortage
Average Salary: \$120,000-\$140,000
Average Job Ads: 300+/month in Sydney, 1,500+/month in Australia



BSB40420 Certificate IV in Human Resource Management

CRICOS 113476B - 52 weeks

Code	Title	Core or Elective
BSBHRM411	Administer performance development processes	Core
BSBHRM412	Support employee and industrial relations	Core
BSBHRM413	Support the learning and development of teams and individuals	Core
BSBHRM415	Coordinate recruitment and onboarding	Core
BSBHRM417	Support human resource functions and processes	Core
BSBWHS411	Implement and monitor WHS policies, procedures and programs	Core
BSBCMM412	Lead difficult conversations	Elective
BSBHRM414	Use human resources information systems	Elective
BSBCMM411	Make presentations	Elective
BSBCRT412	Articulate, present and debate ideas	Elective
BSBTEC404	Use digital technologies to collaborate in a work environment	Elective
BSBTWK401	Build and maintain business relationships	Elective

BSB50120 Diploma of Human Resource Management

CRICOS 113477A- 52 weeks

Code	Title	Core or Elective
BSBHRM521	Facilitate performance development processes	Core
BSBHRM522	Manage employee and industrial relations	Core
BSBHRM523	Coordinate the learning and development of teams and individuals	Core
BSBHRM524	Coordinate workforce plan implementation	Core
BSBHRM527	Coordinate human resource functions and processes	Core
BSBOPS504	Manage business risk	Core
BSBWHS411	Implement and monitor WHS policies, procedures, and programs	Core
BSBHRM414	Use human resources information systems	Elective
BSBWHS521	Ensure a safe workplace for a work area	Elective
BSBCMM511	Communicate with influence	Elective
BSBCRT511	Develop critical thinking in others	Elective
BSBPEF501	Manage personal and professional development	Elective

BSB60320 Advanced Diploma of Human Resource Management

CRICOS 113479K - 78 weeks

Code	Title	Core or Elective
BSBCRT611	Apply critical thinking for complex problem solving	Core
BSBFIN601	Manage organisational finances	Core
BSBHRM611	Contribute to organisational performance development	Core
BSBHRM612	Contribute to the development of employee and industrial relations strategies	Core
BSBHRM614	Contribute to strategic workforce planning	Core
BSBLDR601	Lead and manage organisational change	Core
BSBOPS601	Develop and implement business plans	Elective
BSBHRM615	Contribute to the development of diversity and inclusion strategies	Elective
BSBLDR602	Provide leadership across the organisation	Elective
BSBOP504	Manage business risk	Elective



Looking to pursue roles like Human Resources Officer, Coordinator, or Payroll Officer? **The Certificate IV in Human Resource Management** is ideal for you. In smaller organisations, you'll handle diverse HR functions, while in larger ones, you might specialise. Ready to kickstart your HR career? Take it further with **the BSB50120 Diploma of Human Resource Management**. This qualification equips you for dynamic roles in HR, whether managing all aspects in small organisations or focusing on specific functions in larger ones. Ready to advance your HR career? **The BSB60320 Advanced Diploma of Human Resource Management** takes your expertise to the next level, preparing you for senior leadership roles. Gain advanced skills in strategic planning, leadership, and change management, enhancing your credibility and career prospects. Whether leading global HR teams or shaping policies in startups, this diploma equips you to make a lasting impact. Ready to advance your HR career?

Example Study Plan



Business Courses

- **Job-Ready Training:** Develop essential business skills for various roles.
- **Structured Learning:** Blend theoretical knowledge with practical applications.
- **Expert Guidance:** Learn from seasoned professionals with global insights.
- **Comprehensive Skills:** Master business strategy, project management, marketing, finance, and leadership.
- **Relevant Units:** Modules include "Business Operations," "Project Management," "Strategic Planning," "Marketing Strategies," and "Financial Management."
- **Pathway to Success:** Gain advanced skills and knowledge for today's dynamic workplace.

Intakes: 2026: 05 Jan, 09 Feb, 06 Apr, 11 May, 06 Jul, 10 Aug, 05 Oct, 09 Nov
2027: 11 Jan, 15 Feb, 12 Apr, 17 May, 12 Jul, 16 Aug, 11 Oct, 15 Nov

Course Duration

- 52 weeks - Certificate IV in Business
- 52 weeks - Diploma of Business
- 78 weeks - Advanced Diploma of Business
- 52 weeks - Graduate Diploma of Management (Learning)

Ranked #8 among the top 20 most in-demand jobs across Australia.

Job Shortage

Business Operation Manager Jobs: Shortage
Average Salary: \$100,000-\$150,000
Average Job Ads: 1000+/month in Sydney, 1,500+/month in Australia



BSB40120 Certificate IV in Business

CRICOS 107906B - 52 weeks

Code	Title	Core or Elective
BSBWHS411	Implement and monitor WHS policies, procedures and programs	Core
BSBCRT411	Apply critical thinking to work practices	Core
BSBTEC404	Use digital technologies to collaborate in a work environment	Core
BSBTWK401	Build and maintain business relationships	Core
BSBWRT411	Write complex documents	Core
BSBXCM401	Apply communication strategies in the workplace	Core
BSBPEF402	Develop personal work priorities	Elective
BSBTWK503	Manage meetings	Elective
BSBPEF502	Develop and use emotional intelligence	Elective
BSBCMM411	Make presentations	Elective
BSBOPS405	Organise business meetings	Elective
BSBPMG430	Undertake project work	Elective

BSB50120 Diploma of Business

CRICOS 107904D - 52 weeks

Code	Title	Core or Elective
BSBCRT511	Develop critical thinking in others	Core
BSBXCM501	Lead communication in the workplace	Core
BSBFIN501	Manage budgets and financial plans	Core
BSBOPS501	Manage business resources	Core
BSBSUS511	Develop workplace policies and procedures for sustainability	Core
BSBTWK503	Manage business risk	Elective
BSBOPS503	Develop administrative systems	Elective
BSBOPS502	Manage business operational plans	Elective
BSBPMG530	Manage project scope	Elective
BSBPEF501	Manage personal and professional development	Elective
BSBOPS505	Manage organizational customer service	Elective
BSBLDR522	Manage people performance	Elective

BSB60120 Advanced Diploma of Business

CRICOS 107905C - 78 weeks

Code	Title	Core of Elective
BSBCRT611	Apply critical thinking for complex problem solving	Core
BSBOPS601	Develop and implement business plans	Core
BSBFIN601	Manage organizational finances	Core
BSBSUS601	Lead corporate social responsibility	Core
BSBTEC601	Review organizational digital strategy	Core
BSBPMG531	Manage project time	Elective
BSBSTR602	Develop organizational strategies	Elective
BSBINS601	Manage knowledge and information	Elective
BSBHRM614	Contribute to strategic workforce planning	Elective
BSBCMM511	Communicate with influence	Elective

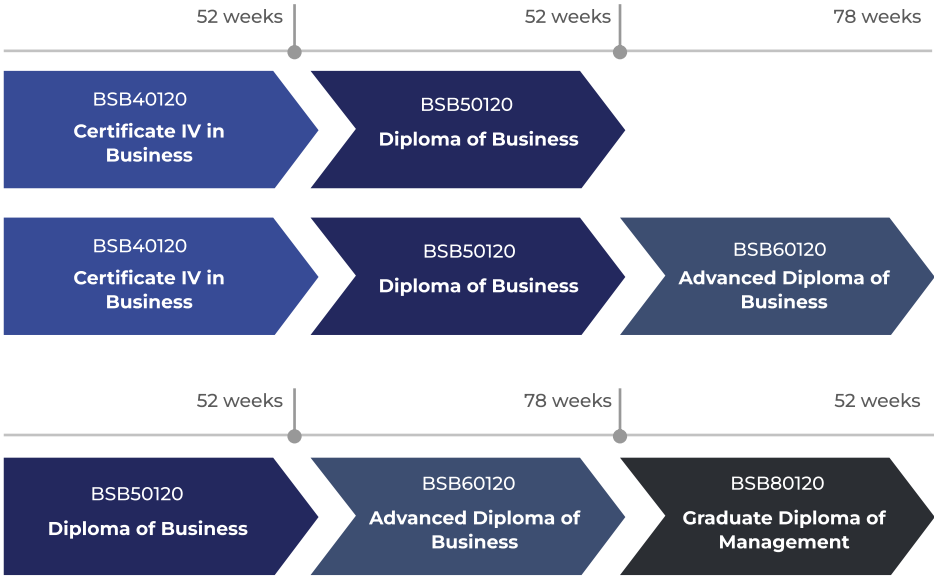
BSB80120 Graduate Diploma of Management (Learning)

CRICOS 107907A - 52 weeks

Code	Title	Core or Elective
TAELED803	Implement improved learning practice	Core
BSBHRM613	Contribute to the development of learning and development strategies	Core
BSBLDR811	Lead strategic transformation	Core
BSBFIN801	Lead financial strategy development	Elective
BSBHRM611	Contribute to organizational performance development	Elective
BSBSTR801	Lead innovating thinking and practice	Elective
BSBLDR812	Develop and cultivate collaborative partnerships and relationships	Elective
BSBINS603	Initiate and lead applied research	Elective



Example Study Plan



Our Graduate Diploma of Management (Learning) is designed to maximise your knowledge in your chosen field. This course equips you with specialised skills in organisational learning and capability development. Ideal for those pursuing management and leadership roles, you'll benefit from our comprehensive resources. Upon completion, you'll be adept at solving complex problems, leading strategic transformations, and fostering innovative thinking—preparing you to excel in your field.



Academic Calendar

2026-2028

2026

Term 1 Intake 1	05 Jan – 08 Feb
Term 1 Intake 2	09 Feb – 15 Mar
Holiday 1	16 Mar – 05 Apr
Term 2 Intake 1	06 Apr – 10 May
Term 2 Intake 2	11 May – 14 Jun
Holiday 2	15 Jun – 05 Jul
Term 3 Intake 1	06 Jul – 09 Aug
Term 3 Intake 2	10 Aug – 13 Sep
Holiday 3	14 Sep – 04 Oct
Term 4 Intake 1	05 Oct – 08 Nov
Term 4 Intake 2	09 Nov – 13 Dec
Christmas Holiday	14 Dec – 10 Jan 2027

2027

Term 1 Intake 1	11 Jan – 14 Feb
Term 1 Intake 2	15 Feb – 21 Mar
Holiday 1	22 Mar – 11 Apr
Term 2 Intake 1	12 Apr – 16 May
Term 2 Intake 2	17 May – 20 Jun
Holiday 2	21 Jun – 11 Jul
Term 3 Intake 1	12 Jul – 15 Aug
Term 3 Intake 2	16 Aug – 19 Sep
Holiday 3	20 Sep – 10 Oct
Term 4 Intake 1	11 Oct – 14 Nov
Term 4 Intake 2	15 Nov – 19 Dec
Christmas Holiday	20 Dec – 09 Jan 2028

2028

Term 1 Intake 1	10 Jan – 13 Feb
Term 1 Intake 2	14 Feb – 19 Mar
Holiday 1	20 Mar – 09 Apr
Term 2 Intake 1	10 Apr – 14 May
Term 2 Intake 2	15 May – 18 Jun
Holiday 2	19 Jun – 09 Jul
Term 3 Intake 1	10 Jul – 13 Aug
Term 3 Intake 2	14 Aug – 17 Sep
Holiday 3	18 Sep – 08 Oct
Term 4 Intake 1	09 Oct – 12 Nov
Term 4 Intake 2	13 Nov – 17 Dec
Christmas Holiday	18 Dec – 07 Jan 2029

Contact Us

If you would like some more information or if you would like advice to choose your career path, our friendly team is here to support you.

Main Campus

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ABM Practical Gym

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