



CERTIFICATE III IN FITNESS

The Australian Institute of Fitness - First in Fitness Courses and Careers

The Australian Institute of Fitness is the first and largest training provider for the Australian fitness industry. We've been leading the pack for over 30 years now, giving our graduates the technical, industry and business knowledge, and customer service and communications skills that let them build the type of well-rounded careers that others can't match.



THE #1 FITNESS
COURSE

WHY CHOOSE US:

- ▶ No prerequisites required
- ▶ Interactive, fun course work developed and delivered by industry-leading Coaches
- ▶ Tailored to what employers are looking for
- ▶ Create immediate job opportunities

Contact:

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CERTIFICATE III IN FITNESS

Qualification Outcome: SIS30315 Certificate III in Fitness
Study Mode: Face-to-Face (Diamond Fitness)

Have you been dreaming about a career in fitness? The Institute's Fitness Instructor course has helped launch the successful careers of thousands of Fitness Professionals across Australia!

Our unrivalled learning support and Career Head-Start Service™ will give you the best foot forward to start your career as a Gym Floor Instructor, Group Exercise Instructor or Fitness Professional sooner!

Developed in consultation with leading fitness industry employers, the Fitness Instructor course will teach you the essential skills needed to kick-start your fitness career.

Delivered face-to-face at the Diamond Fitness facility in Osborne Park, you will learn how to incorporate the latest health, fitness and training principles into your program writing, as well as learn the most up to date nutritional information to guide you when you are conducting fitness tests and appraisals with your clients. In addition, you will also gain an understanding of how to work effectively in sport, fitness and recreational environments, including how to apply risk management processes.

WHO SHOULD ATTEND?

- ▶ Those who love fitness, and want to make it their career
- ▶ Those who want to help other people achieve their fitness goals and change lives
- ▶ Those with a passion for group fitness and want to jump on the industry's latest group training trends
- ▶ Those who are eager to expand their own fitness knowledge

ENTRY REQUIREMENTS

To be eligible for the Fitness Instructor course, students must have an interest in fitness, have a computer and internet access, be in Year 11 or 12 or of equivalent age, and meet The Institute's acceptance criteria, which includes an eligibility interview and demonstrating satisfactory levels of language, literacy and numeracy.

TRAINING AND ASSESSMENT

Course components include over 30 sessions and a range of knowledge checks and assessments to ensure you are industry-ready.

UNITS OF COMPETENCY

- **HLTAID003** Provide first aid
- **SISFFIT001** Provide health screening and fitness orientation
- **SISFFIT002** Recognise and apply exercise considerations for specific populations
- **SISFFIT003** Instruct fitness programs
- **SISFFIT004** Incorporate anatomy and physiology principles into fitness programming
- **SISFFIT005** Provide healthy eating information
- **SISFFIT014** Instruct exercise to older clients
- **SISXCCS001** Provide quality service
- **SISXFAC001** Maintain equipment for activities
- **SISXIND001** Work effectively in sport, fitness and recreation environments
- **BSBRSK401** Identify risk and apply risk management processes
- **HLTWHS001** Participate in workplace health and safety
- **SISFFIT011** Instruct approved fitness community fitness programs
- **SISFFIT006** Conduct fitness appraisals
- **SISXCAI006** Facilitate groups
- **SISXFAC002** Maintain sport, fitness and recreation facilities

CAREER OPPORTUNITIES

- ▶ Fitness Instructor
- ▶ Gym Instructor
- ▶ Group Exercise Instructor
- ▶ Fitness Manager

CURRENT DEMAND

With obesity and other diseases linked to inactivity on the rise in Australia, the importance of fitness education and services are extremely essential now more than ever.

At The Institute, it is our mission to train our students to be Warriors against SeDs (Sedentary Death Syndrome) to activate a nation to stay fit and healthy. As exercise is now widely recognised as both a pre-habilitative solution and a rehabilitative solution for chronic lifestyle diseases more Doctors are prescribing exercise to their clients, increasing the demand for highly skilled PTs. Personal training is no longer seen as a luxury service and as the fitness industry continues to grow, the uptake of personal training services has never been greater.



CERTIFICATE IV IN FITNESS

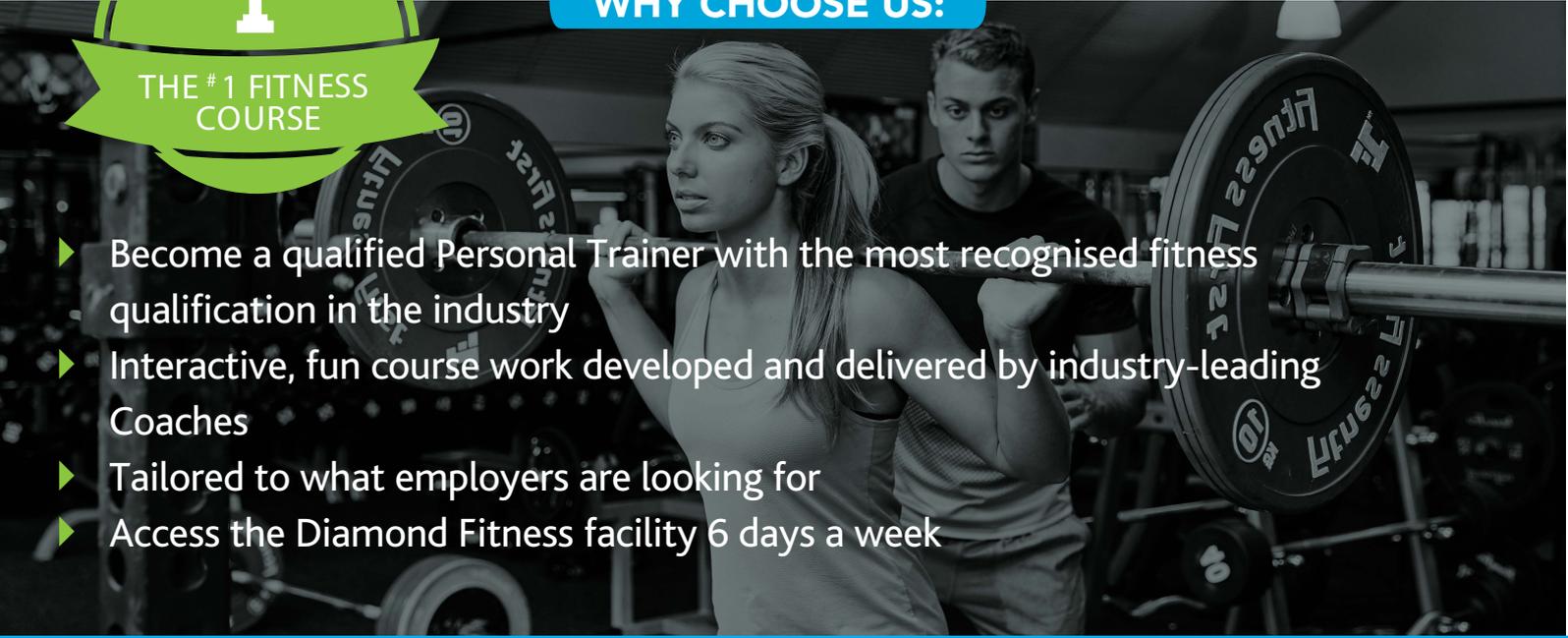
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WHY CHOOSE US:

- ▶ Become a qualified Personal Trainer with the most recognised fitness qualification in the industry
- ▶ Interactive, fun course work developed and delivered by industry-leading Coaches
- ▶ Tailored to what employers are looking for
- ▶ Access the Diamond Fitness facility 6 days a week



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CERTIFICATE IV IN FITNESS

Qualification Outcome: SIS40215 Certificate IV in Fitness
Study Mode: Face-to-Face (Diamond Fitness)

Get qualified as a Personal Trainer with the industry's most recognised training provider and turn your love for fitness into a rewarding career! Study face-to-face at the Diamond Fitness facility in Osborne Park, and become a Personal Trainer with The Institute!

Our Personal Trainer course offers interactive, fun course work and the latest fitness knowhow, developed and delivered by industry leaders and expert Coaches. This program covers all the fitness fundamentals plus much more, including nutritional guidance, anatomy, physiology, how to prescribe exercise as well as training principles and solutions for a range of groups and special populations such as adults, adolescents, older adults, amateur athletes and people with body composition and endurance based goals.

Business will also be a key focus where you will learn how to setup and prepare for your own small business, and learn basic sales and marketing skills necessary to acquire clients. The course will also teach you how to select and use technology for sport, fitness and recreational work plus how to provide motivation to positively influence exercise behaviour.

WHO SHOULD ATTEND?

- ▶ Those who are passionate about fitness, and want to make it their career
- ▶ Those who want to help others achieve their fitness goals and change lives
- ▶ Those interested in the receiving the highest quality education in fitness, superior learning support and the greatest opportunities to start a successful fitness career

ENTRY REQUIREMENTS

To be eligible for this course, students must have completed the relevant entry requirement units from SIS30315 Certificate III in Fitness with supporting evidence, have a computer and Internet access, be in Year 11 or 12 or of equivalent age, and meet The Institute's acceptance criteria, which includes an eligibility interview and demonstrating satisfactory levels of language, literacy and numeracy.

TRAINING AND ASSESSMENT

The Institute's Personal Trainer course includes over 45 delivery sessions, with knowledge checks and assessment challenges.

UNITS OF COMPETENCY

- **SISFFIT019** Incorporate exercise science principles into fitness programming
- **SISFFIT016** Provide motivation to positively influence exercise behaviour
- **SISFFIT018** Promote functional movement capacity
- **SISFFIT015** Collaborate with medical and allied health professionals in a fitness context
- **SISFFIT013** Instruct exercise to young people aged 13 to 17 years
- **SISFFIT017** Instruct long-term exercise programs
- **SISFFIT020** Instruct exercise programs for body composition goals
- **SISFFIT021** Instruct personal training programs
- **SISFFIT023** Instruct group personal training programs
- **SISFFIT025** Recognise the dangers of providing nutrition advice to clients
- **SISFFIT026** Support healthy eating through the Eat for Health Program
- **SISXRES001** Conduct sustainable work practices in open spaces
- **BSBSMB401** Establish legal and risk management requirements of small business
- **BSBSMB403** Market the small business
- **BSBSMB404** Undertake small business planning

CAREER OPPORTUNITIES

- ▶ Personal Trainer
- ▶ Outdoor Trainer
- ▶ Personal Training Manager

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