

FITNESS COURSE GUIDE



NATIONALLY RECOGNISED
TRAINING

RTO #45428





OUR MISSION IS
TO EMPOWER
OUR GRADUATES
TO TRANSFORM
PEOPLE'S LIVES
FOR GOOD



**A PERSONAL TRAINER IS A
QUALIFIED FITNESS
PROFESSIONAL.**

**WE MAKE A POSITIVE IMPACT
ON OUR CLIENTS, THEIR
FAMILIES AND OUR FOLLOWERS.**

**WE MAKE A REAL
DIFFERENCE.**





“

AS A
PERSONAL
TRAINER,
I HELP PEOPLE
GET ACTIVE,
LOSE WEIGHT
AND FEEL
MOTIVATED.
I LOVE WHAT
I DO.

NATIONAL GRADUATE OPPORTUNITIES



seek

3,205 JOBS
FOUND

There are over 3,000 fitness employment opportunities listed right now across Australia*. This includes a combination of part time and full time employment in addition to opportunities to contract or rent space from an existing gym.

The fitness industry continues to grow and with this growth comes opportunities for our graduates. At the completion of your studies, you will have the option of applying for fitness jobs or starting your own fitness business.

* Search conducted using seek.com.au "Fitness" March 5th, 2019

Employment / Self Employment Opportunities



FITSTOP.



Local and Global Business Opportunities



Fitness Studio



Outdoor Fitness



Online Fitness



PERSONAL TRAINING IS A REWARDING CAREER WITH A WIDE RANGE OF EXCITING OPPORTUNITIES; IT IS BOOMING.

OPPORTUNITIES TO...



**BOOTCAMPS
MIND BODY
PRE/POST NATAL
SENIORS FITNESS
ATHLETE TRAINING
TEAM TRAINING**

**OLDER CLIENTS
KIDS FITNESS
REHAB PROGRAMS
WEIGHT LOSS
OPEN A GYM
BUILD A BUSINESS**

... LIVE YOUR DREAM



YOUR SUCCESS

WHAT IS YOUR BACKGROUND?

What have been your personal experiences and achievements? What challenges have you overcome?

WHAT ARE YOU DOING NOW?

Where do you train/workout? What is your current job/career? What else is on your plate?

WHAT ARE YOUR GOALS?

What are your personal, career and business goals? What is your vision? What do you need to get there?



NATIONALLY RECOGNISED QUALIFICATIONS

Nationally Accredited Courses are provided by Customised Education Pty Ltd Trading as National Fitness College RTO 45428.

Registered training organisations (RTOs) are those training providers registered by ASQA (or, in some cases, a state regulator) to deliver vocational education and training (VET) services.

RTOs are recognised as providers of quality-assured and nationally recognised training and qualifications.

A complete list of RTOs is maintained at training.gov.au, the authoritative national register of the VET sector in Australia.

Only RTOs can deliver nationally recognised courses and accredited Australian Qualifications Framework (AQF) VET qualifications, apply for Australian, state and territory funding to deliver vocational education and training.

After you've completed your qualification you can become a registered Fitness Professional.



AUSactive

SIS30321 - CERTIFICATE III IN FITNESS

COURSE OUTLINE

SIS30321 - Certificate III in Fitness will give you a broad range of knowledge that you will need to work as a fitness instructor.

You will learn the basic knowledge needed to succeed in areas like fitness program instruction, provision of healthy eating information and introduction of exercise for older clients.

Successfully completing this course will allow you to seek employment as a qualified fitness instructor. You will be able to take your skills and work anywhere in Australia, or move into further study to expand your options within the fitness industry.

ENTRY REQUIREMENTS

There are no entry requirements for this course other than the FEO Academy requirements for all students:

- are at least 15 years of age
- have access to a fitness facility and five people for your Practice Sessions
- have a computer, telephone, mobile device and internet access, and
- demonstrate satisfactory levels of language, literacy and numeracy (LLN).



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COURSE DURATION

Enrolment up to 12 months
Extensions are available if more time is needed in accordance with the conditions outlined in the Student Handbook.

COURSE OUTCOME

SIS30321 - Certificate III in Fitness

GRADUATE OUTCOMES

Job roles may include:

- gym instructor
- group exercise instructor
- fitness instructor



COURSE OUTLINE - SIS30321 CERTIFICATE III IN FITNESS

Online Learning: All of our theory learning is delivered via our online learning centre that you can log in to 24 hours a day, 7 days a week. The learning material includes videos, PowerPoint Presentations and Online Learning Materials. You can choose to watch the videos on your phone or read the documents on your tablet, PC or print out hard copies. This is supported by live classrooms (via zoom) and our student support forum.

Practical Learning: You will complete a series of practical tasks for each module including working with your practice clients during your immersions periods. You will create a portfolio along the way and have this signed off by your practice clients and your workplace supervisor.

Practical Assessment: The final step in the process is to complete the Practical Assessment. This step can be completed by submitting a recording of your session or arranging a live assessment of your session.

MEMBERSHIP CONSULTING

BSBPEF301 Organise personal work priorities

SIRXSLS001 Sell to the retail customer

BSBOPS304 Deliver and monitor a service to customers

SISXFAC002 Maintain sport, fitness and recreation facilities

HEALTH APPRAISAL

SISFFIT032 Complete pre-exercise screening and service orientation

SISFFIT033 Complete client fitness assessments

EXERCISE INSTRUCTION

SISFFIT040 Develop and instruct gym-based exercise programs for individual clients

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

GROUP EXERCISE

HLTWHS001 Participate in workplace health and safety

SISFFIT035 Plan group exercise sessions

SISFFIT036 Instruct group exercise sessions

HEALTH COACHING

SISFFIT052 Provide healthy eating information

SISFFIT053 Support healthy eating for individual fitness clients

SISFFIT050 Support exercise behaviour change

FIRST AID

HLTAID003 Provide First Aid (Students are required to arrange completion of HLTAID003 Provide First Aid with an external provider).



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SIS40221 - CERTIFICATE IV IN FITNESS

COURSE OUTLINE

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the fitness industry, including working independently in a broad range of settings, such as within fitness centres, gyms, community facilities and in open spaces.

Those with this level of competency will be expected to train individual clients, on a one on one basis, and may include older clients and children.

Graduates with this level of competency will have the ability to plan, conduct and evaluate exercise training, provide leadership and guidance to clients and other staff and possibly deal with unpredictable situations.

This course also includes training on how to monitor and manage business activities to operate efficiently and profitably.

COURSE DURATION

Enrolment up to 12 months
Extensions are available if more time is needed in accordance with the conditions outlined in the Student Handbook.

COURSE OUTCOME

SIS40221 - Certificate IV in Fitness

GRADUATE OUTCOMES

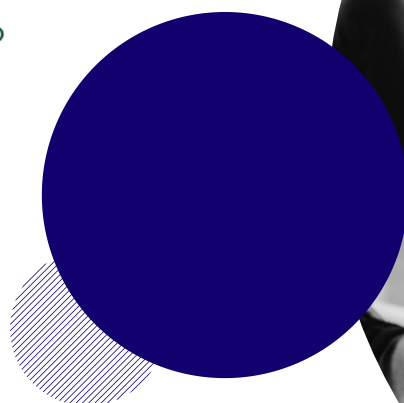
Job roles may include:

- personal trainer
- program coordinator
- children's trainer
- older client trainer
- group fitness instructor
- health coach



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COURSE DELIVERY - SIS40221 CERTIFICATE IV IN FITNESS

Online Learning: All of our theory learning is delivered via our online learning centre that you can log in to 24 hours a day, 7 days a week. The learning material includes videos, PowerPoint Presentations and Online Learning Materials. You can choose to watch the videos on your phone or read the documents on your tablet, PC or print out hard copies. This is supported by live classrooms (via zoom) and our student support forum.

Practical Learning: You will complete a series of practical tasks for each module including working with your practice clients during your immersions periods. You will create a portfolio along the way and have this signed off by your practice clients and your workplace supervisor.

Practical Assessment: The final step in the process is to complete the Practical Assessment. This step can be completed by submitting a recording of your session or arranging a live assessment of your session.

HEALTH COACHING

SISFFIT052 Provide healthy eating information

SISFFIT053 Support healthy eating for individual fitness clients

SISFFIT050 Support exercise behaviour change

ONLINE PROGRAMMING

CHCCOM006 Establish and manage client relationships

SISFFIT041 Develop personalised exercise programs

SISFFIT046 Plan and instruct online exercise sessions

SISFFIT051 Establish And Maintain Professional Practice For Fitness Instruction

PERSONAL TRAINING

SISFFIT034 Assess client movement and provide exercise advice

SISFFIT049 Use exercise science principles in fitness instruction

SISFFIT042 Instruct personalised exercise sessions

SPECIALISED TRAINING

SISFFIT043 Develop and instruct personalised exercise programs for body composition goals

SISFFIT044 Develop and instruct personalised exercise programs for older clients

SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients

FITNESS BUSINESS

BSBESB401 Research and develop business plans

BSBESB402 Establish legal and risk management requirements of new business ventures

BSBESB403 Market the small business

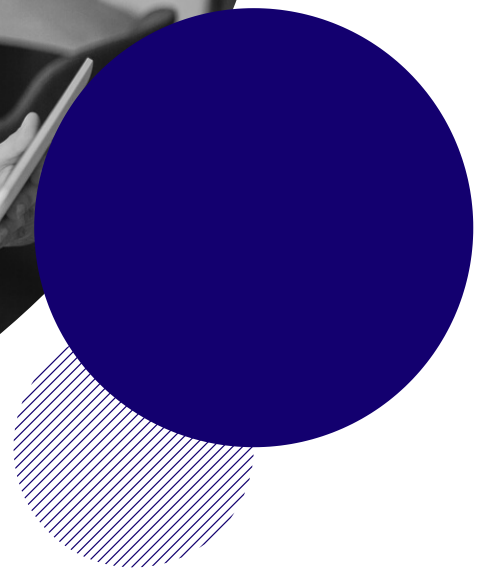
FIRST AID

HLTAID011 Provide First Aid (Students are required to arrange completion of HLTAID011 Provide First Aid with an external provider).



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ENTRY REQUIREMENTS

To begin the SIS40221 Certificate IV in Fitness, students must have the following units of competency:

- 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

In addition to the entry requirements, it is recommended that the student also:

- is at least 15 years of age
- has access to a fitness facility and five people for your Practice Sessions
- has a computer, telephone, mobile device and internet access, and
- demonstrate satisfactory levels of language, literacy and numeracy (LLN).



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SISSS001 GROUP EXERCISE LEADER

COURSE OUTLINE

SISSS00128 - Group Exercise Leader is known as the GEL Course in the Fitness Industry.

This course is a nationally accredited skillset consisting of 4 units. The training will give you the foundation qualifications you need to complete your training with pre designed group exercise sessions such as Les Mills.

Successfully completing this course will allow you to seek employment as a qualified group fitness instructor.

You will be able to take your skills and work anywhere in Australia, or move into further study to expand your options within the fitness industry.

COURSE DURATION

Enrolment up to 6 months
Extensions are available if more time is needed in accordance with the conditions outlined in the Student Handbook.

COURSE OUTCOME

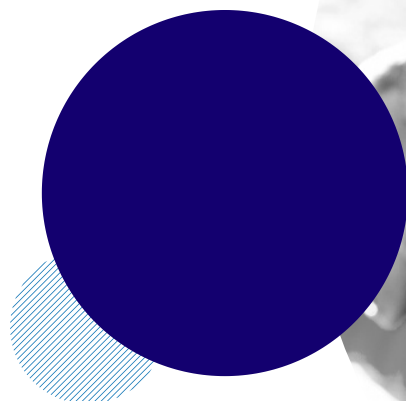
SISSS00128 Group Exercise Leader

GRADUATE OUTCOMES

Job roles may include:
group exercise instructor (pre choreographed)



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CORE UNITS (4)

HLTWHS001 Participate in workplace health and safety
BSBOPS304 Deliver and monitor a service to customers
SISFFIT036 Instruct group exercise sessions
HLTAID011 Provide First Aid*

COURSE DELIVERY

Online Learning: All of our theory learning is delivered via our online learning centre that you can log in to 24 hours a day, 7 days a week. The learning material includes videos, PowerPoint Presentations and Online Text Books. You can choose to watch the videos on your phone or read the documents on your tablet, PC or print out hard copies. This is supported by live classrooms (via zoom) and our student support forum.

Practical Learning: You will complete a series of practical tasks for each module including working with your practice clients during your immersions periods. You will create a portfolio along the way and have this signed off by your practice clients and your workplace supervisor. You will also have access to attend our Hands On Workshops at various locations and dates throughout your course.

Practical Assessment: The final step in the process is to complete the Practical Assessment. This step can be completed by submitting a recording of your session or arranging a live assessment of your session.

ENTRY REQUIREMENTS

To begin the SISSS00128 – Group Exercise Leader, students must:

- be at least 15 years of age
- have access to a fitness facility for your Practice Sessions
- have a computer and internet access, and
- demonstrate satisfactory levels of language, literacy and numeracy (LLN).

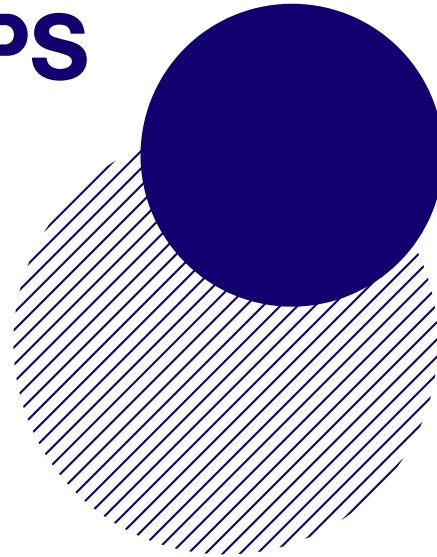


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HANDS ON WORKSHOPS

Includes access to the Fitness Student VIP Group plus Local Hands On Monthly Workshops.



PRIVATE MENTORING

Includes a package of one on one sessions to provide you with additional training and support.

WHY CHOOSE US?

WE ARE LOCAL

WE ARE HANDS ON

WE ARE PROVEN

WE ARE VALUE

WE ARE A TEAM



OUR SUCCESS

1996

Our story began in 1996 with very humble beginnings. Like many others, our founders had a passion for fitness and a desire to make a positive impact to people living in the local community. We lived fitness, we wanted to help others get fit, and hopefully earning a part time income. Our journey began in very small country towns, we were doing what we loved at the grass roots. We had our aerobics tapes and freestyle choreography.

2000

We expanded across Australia, running workshops and programs for Personal Trainers, Gym Owners and Industry Leaders. We connected with hundreds of like-minded people. We formed the Australian Institute of Personal Trainers in 2000, with the mission to raise the standards and improve the profile of personal training in Australia. We grew this organisation to become one of Australia's leading providers of fitness education and sold it to Foundation Education in December 2010.

2011

In 2011 we launched the National Coaching Institute. This organisation provided training for professional coaches who specialised in life coaching, wellness coaching, weight loss coaching, executive and business coaching. Along the way, we have helped our clients to launch their professional speaking careers, become published authors and design their own coaching programs.

NOW

In 2018 we began the next chapter with the launch of Healthy Nation and set up The National Fitness College. We have expanded to include every region within Australia providing our students with access to hands on courses in their local area.





APPLY TODAY

1300 854 257

www.nationalfitnesscollege.edu.au