

Exercise and Children

With the increasing rates of obesity in children associated with inactivity and poor nutrition, the role of the personal trainer has become crucial. Many personal trainers and fitness instructors specialise in programs catering for the needs of children and adolescents. The AFA Exercise and Children program provides you with the skills and knowledge to be able to instruct exercise sessions for this client group.

This course includes information on:

- The physiology of children
- Communicating effectively
- The benefits of exercise and healthy nutrition
- Exercise considerations and guidelines
- Screening and identifying children with special needs

The course is delivered online.

Upon completion of this course you are eligible for 2 CECs with Fitness Australia and will have the Children and Adolescents Delivery Knowledge & Skill acknowledged on your registration profile.

SISFFIT012 Instruct movement programs to children aged 5 to 12 years
SISFFIT013 Instruct exercise to young people aged 13 to 17 years

Pre-requisite: Certificate III & IV in Fitness. Enrol today for only \$320 and receive 3-months to complete this course online!

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Name: _____ Email: _____
Address: _____ Suburb: _____ State: _____ P/C: _____
Phone: (H) _____ (M) _____ (W) _____
Workshop Name: _____

Course Payment \$320

Visa MasterCard Cardholders Name: _____

Card Number: _____ / _____ / _____ / _____ Exp: _____ / _____

Cardholders Signature: _____ 3 digit verification no. _ _ _

**For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).
www.fitnesseducation.edu.au**

Student Enrolment Form

Date of Birth: ___ / ___ / _____ Gender: Male Female Place of Birth (state): _____

Next of Kin: _____ Your relationship with this person? _____ Emerg ph number: _____

In which country were you born? Australia Other: _____

Are you an Australian Citizen? Yes No

Do you speak a language other than English at home? English Only Other: _____

How well do you speak English? Very Well Well Not Well Not Well at All

Are you of Aboriginal or Torres Strait Islander origin? No Aboriginal Torres Strait Islander

Do you consider yourself to have a disability, impairment or long-term condition? Yes No

If YES, please indicate the areas of disability, impairment or long-term condition:

Hearing/Deaf Medical Condition Physical Intellectual

Learning Acquired Brain Impairment Vision Mental Illness

Other, please specify: _____

Are you still attending secondary school? Yes No

What is your highest year completed at school level? Yr 12 Yr 11 Yr 10 Yr 9

In which year did you complete that school level? _____

Do you hold a higher qualification?

No, I do not hold a higher qualification

Yes, I hold an Australian Qualification

Yes, I hold an International Qualification and have undergone a formal assessment to determine the Australian equivalency

Yes, I hold an International Qualification, but do not know the Australian equivalency

If yes, what qualification do you hold?

Bachelor Degree Advanced Diploma Diploma Certificate I Certificate II

Certificate III or Trade Certificate IV or Technician other, please specify: _____

You may be eligible for **Recognition of Prior Learning**. Do you wish to apply for RPL? Yes No

Victorian Student Number (VSN): Have you studied within the Victorian Education System in the past 12-months?

Yes, My VSN is: _____ Yes, however I do not know my VSN.

No, my studies are prior to 2010 OR I am new to the Victorian Education System and have never attended a Victorian School, TAFE or other Training provider.

Unique Student Identifier (USI): All students participating in nationally recognised training delivered by a registered training organisation MUST have a USI.

I have a USI and give AFA authorisation to verify my USI.

If you do not have a USI, please apply here: <http://usi.gov.au/Students/Pages/default.aspx> (Please note you will receive your USI immediately upon application)

Please advise of your USI here: _____

Of the following categories, which **BEST describes your current employment status?** (Choose one only)

Full-time employee Part-time employee Self-employed – not employing others

Employer Unpaid in family business Unemployed – seeking full-time work

Unemployed – seeking part-time Not employed – not seeking work

Which best describes your **industry of employment?** (either current employment, or previous employment)

Agriculture, Forestry and Fishing Mining Manufacturing

Electricity, Gas, Water and Waste Services Construction Wholesale Trade

Retail Trade Accommodation and Food Services Transport, Postal and Warehousing

Information, Media and Telecommunications Rental, Hiring and Real Estate Services Professional, Scientific & Technical Services

Administrative and Support Services Financial and Insurance Services Public administration and safety

Education and Training Health Care and Social Assistance Arts and Recreation Services

Other, please specify: _____

Which best describes your **occupation**? (either current employment, or previous employment):

- Manager Professional Technician or Trade Community and Personal Service Worker
- Clerical and Administrative Worker Sales Worker Machinery Operator and Driver
- Labourer Other, please specify: _____

Of the following categories, which **BEST** describes your main reason for **undertaking this course**? (Choose one only)

- To get a job To develop existing business To start my own business Job requirement
- Try different Career To get better job or promotion Personal interest or self development
- I wanted extra skills for my job To get into another study course Other, please specify: _____

Do you hold any of the following **concession cards**? (Please circle)

- Health Care Card Pensioner Concession Card Veterans Gold Card No, I do not hold a
(Dependent partner / child) (Dependent partner / child) Concession Card