



Suspension Training (online)

This comprehensive online workshop uses practical demonstrations to provide participants with the skills and knowledge to plan and deliver a variety of suspension exercises for clients.



Workshop Overview:

- Background and history of suspension training.
- Types of suspension training equipment and how to safely set up, adjust and utilise a suspension device.
- Principles of suspension training including the principles of levers, stability, neuromuscular activation, base of support and their impact on exercise intensity.
- Teaching points, modification options and common technique errors associated with upper and lower body strength exercises, core conditioning and cardiovascular exercises and exercises for flexibility and balance.
- Self-paced online course over 3 months.

Pre-requisite:

Participants must have completed the Certificate III in Fitness and be registered as a Gym Instructor to be eligible to attain Fitness Australia CECs from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to receive the Functional Training and Strength and Conditioning delivery knowledge and skill areas recognised on their registration profile.

For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).

To enrol complete details below and email to info@afa.com.au or fax to 03 9532 9044.

Name:

Email:

Address:

Suburb:

State:

Postcode:

Phone: (H):

Phone (M):

Phone (W):

Fitness Australia Registration Number:

Date:

Course Cost: \$150

Visa

Mastercard

Cardholder's Name:

Card Number:

Expiry:

/

CSV:

Student Enrolment Form

| | | | | | | | |
|---|--|---|---|---|-----------------|-------------------------|--|
| Date of Birth: | / | / | Gender: | Male | Female | Place of Birth (State): | |
| Next of Kin: | | | Relationship to this person: | | | Emergency 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 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 level of school? | | 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: | | | | |
| Of the following categories, which BEST suits 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 | | Unemployed—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 Water 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 Recreational 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 & 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? (Choose one only) | | | | | | | |
| Health Care Card (Dependent partner / child) | Pensioner Concession Card (Dependent partner / child) | Veterans Gold Card | No, I do <u>not</u> hold a Concession Card | | | | |
| 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: | | | |

I, _____ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date: / /