



# INFORMATION BROCHURE

PERSONAL TRAINER COURSE

SIS30321 Certificate III in Fitness

SIS40221 Certificate IV in Fitness



# AUSTRALIAN FITNESS ACADEMY

## ABOUT AFA AUSTRALIA

As the leading online fitness educator since 1993, the Australian Fitness Academy has launched thousands of fitness careers.

Over 31 years of experience has allowed us to offer the highest quality nationally-recognised fitness qualifications.

Complete the [Certificate III and IV in Fitness](#) to unlock multiple career opportunities from right across the fitness industry, both in Australia and around the world.

The [Certificate III in Fitness](#) will teach you how to analyse movement to enable you to assist gym members with correct technique and equipment usage, as well as the ability to develop and instruct Group Fitness sessions.

The [Certificate IV in Fitness](#) builds on your existing knowledge and skills and covers more advanced methods of programming including one-on-one PT, functional movement analysis, marketing and business strategies, and much more.

## WHY STUDY THIS COURSE?



### Flexible hours

Choose your own hours to fit around your busy life



### Be your own boss

Feel empowered running your own business



### Helping others

Help people achieve their fitness goals



### Be part of the fitness industry

Work within an existing fitness business



# STUDYING ONLINE



We recognise that students have different learning styles, as well as ongoing work and lifestyle commitments, so we offer two modes of study accordingly:



## Online

Our online course, accessible across Australia, offers a **self-paced** learning experience via our [Learner Management System](#). This platform hosts all course content, video lectures, assessments, quizzes, and student support. You can progress through the curriculum at a comfortable pace with a 12 month course duration for each certificate. Our readily available Student Support services assist you through your learning journey.



## Face-to-Face

At Australian Fitness Academy in Caulfield South, Melbourne, we offer [face-to-face](#) courses with both theoretical and practical sessions in our fully-equipped Training Centre. You can study **full-time** across two week days per week from 9am - 4pm **or part-time** across two weekday evenings (One of these classes will be virtual) and one weekend. For start dates and timetable details, consult our [Career Advisors](#) or check our website.

## COURSE TOPICS

As you progress through this Personal Trainer Course, we will equip you with all the knowledge and practical skills you need to work as a Personal Trainer in Australia. The set qualifications for this nationally-recognised qualification include some of the following topics:

Anatomy & Physiology

Principles of Nutrition

Health & Safety

Programming / Instruction for Gym & Group Fitness

Establishing Yourself As A PT

Client Movement & Analysis

Personal Training For Body Composition Goals

Personal Training For Older Adults & Adolescents

Business Development & Planning

## PRACTICAL PLACEMENT

Completing Work Experience is a great way to put what you have learned into practice and to prepare you for the 'hands-on' elements of the fitness industry. It is a requirement in all modes of study and helps you to gain real-life experiences, whilst also enhancing your job prospects. Many students end up gaining employment as a result of their work experience placement.

You can perform your placement at an approved fitness centre or PT Studio of your choice under the supervision of a qualified Personal Trainer. Should you have any difficulties securing placement, AFA can utilise our industry partnerships to assist you to find a suitable facility and mentor.

You are required to complete 32 hours for the Certificate III and 30 hours for the Certificate IV, as well as delivering 2 PT sessions for a client over a 4-week period throughout the Certificate IV in Fitness.







## Online Learning

Studying our course digitally provides the flexibility to learn at your own pace, making it a favored choice for over 90% of our students. This method lets you balance studying with work and lifestyle commitments. Our rich online platform offers modules in diverse formats, including detailed slideshows, videos, animations, articles, downloadable lectures, live webcasts, and [podcasts](#).



## Student Support

Our readily available Student Support services ensure your smooth course progress. Reach out to our dedicated team of experienced fitness and education professionals for any assessment or coursework queries via phone, [email](#), or chat.

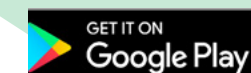
Regardless of your location, we assure continuous access to our support team.



## Mobile Learning App

We're always seeking for ways to improve our students' ability to learn, by making it easier to access our online content.

With this in mind, we created our own mobile app to allow you to access the course from your own phone or tablet. This app is available on both [Android](#) and [iOS devices](#), and enables you to access your course from anywhere in the world.







# COURSE UNITS

SIS30321 Certificate III in Fitness

## SIS30321 Certificate III in Fitness

SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
HLTWHS001	Participate in workplace health and safety
HLTAID011	Provide first aid
SISFFIT040	Develop and instruct gym based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
SISFFIT052	Provide healthy eating information
BSBOPS304	Deliver and monitor a service to customers
BSBPEF301	Organise personal work priorities
BSBXTW301*	Work in a team
SISXIND009*	Respond to interpersonal conflict
HLTHPS010*	Interpret and use information about nutrition and diet
CHCPRP003*	Reflect on and improve own professional practice

*\*Elective units*





# COURSE UNITS

SIS40221 Certificate IV in Fitness

## SIS40221 Certificate IV in Fitness

SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT053	Support healthy eating for individual fitness clients
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT049	Use exercise science principles in fitness instruction
CHCCOM006	Establish and manage client relationships
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT034*	Assess client movement and provide exercise advice
SIRXHWB001*	Maintain personal health and wellbeing
BSBESB301 *	Investigate business opportunities
BSBESB401*	Research and develop business plans
BSBESB404*	Market new business ventures
SISXCAI009*	Instruct strength and conditioning techniques
HLTPOP014*	Assess readiness for and effect behaviour change

*\*Elective units*





### Complimentary Professional Development Courses

Enhance your profile by acquiring additional qualifications for advanced PT skills. Enrol into the Certificate III and IV in Fitness to receive access to up to **4 Professional Development Courses worth \$750**. These courses will not only boost your employability but also unlock new opportunities and provide credits towards industry registration.

**PLUS, add on our Pilates Matwork Instructor Course for only \$1,000 ~~\$1750!~~**

Course	CECs	Price
<a href="#">Optimising Recovery After Exercise</a>	10 CECs	\$300
<a href="#">Helping Clients Build Healthy Habits</a>	5 CECs	\$250
<a href="#">Advanced Squatting Techniques</a>	5 CECs	\$250
<a href="#">Online Marketing For Personal Trainers</a>	5 CECs	\$250
<a href="#">Advanced Periodization Techniques</a>	4 CECs	\$250
<a href="#">Olympic Weightlifting Techniques</a>	3 CECs	\$200
<a href="#">Running For Personal Trainers</a>	2 CECs	\$150
<a href="#">Fundamentals of Kettlebell Training</a>	2 CECs	\$150
<a href="#">Suspension Training</a>	2 CECs	\$150
<a href="#">Exercise &amp; Pregnancy Training Guidelines</a>	2 CECs	\$150
<a href="#">Supplement and Fad Diet Facts</a>	No CECs	\$150

#### 1) Great Reputation

As one of the first fitness industry training providers (established in 1993), we are well known and respected within the fitness industry.

#### 2) Unmatched Support

We employ a team of fully qualified tutors to assist you with any questions you may have throughout your course.

#### 3) Leading Online Study

Our advanced resources make it fast and easy to learn.

#### 4) Practical Placement

You can complete your practical training in your local gym, and receive an AFA 2XU uniform for FREE.

#### 5) Specialised Mobile Learning App

Unique to AFA, our app allows you to learn on the move.

#### 6) Employment Outcomes

Graduating with our qualifications can help you gain employment with some of the leading gyms in Australia.

#### 7) Affordable Course Fees

After submitting a small deposit, we offer low weekly repayments, with ZERO interest.

#### 8) Refer a Friend & Earn

You and your friend could both earn \$100 for every new referral that has never contacted us before.



# EMPLOYMENT PATHWAYS

## Pilates Matwork Instructor Course

Looking to stand out amongst Group Fitness Instructors and Personal Trainers? Designed specifically for fitness and health professionals who have completed a Fitness Certification, [this course](#) is a great opportunity to add an additional skill set to your career and will equip you with the skills and knowledge to instruct Mat Pilates in either a group or 1:1 setting, as well as assist clients in achieving their Pilates goals.

## Career Opportunities

As one of the largest training providers in the country, we have connections with some of the largest businesses in the fitness industry, including many other private gyms. [Our partners](#) regularly post career opportunities on our website.

## Setting Up Your Own Business

Planning to kickstart your own fitness venture? We offer a variety of topics to guide you. Our business, sales, and marketing modules are designed to equip you with the essential tools to establish your PT business and draw in clients.

## Personal Trainer Salary Potential

Choosing a fitness career can be fulfilling and profitable, but it's crucial to align the expected salary with your financial needs and lifestyle. Often, potential Personal Trainers wonder about their earning potential. Here's a glimpse: at \$60/hour, your earnings can vary based on your expertise, the services provided, and your work hours, which can be tailored to suit your personal obligations.

Daily Personal Training 1hr (\$60 / session)	Daily Income	Weekly Income	Monthly Income	Annual Income (48 weeks)	Annual income inc. 1 bootcamp/ class per week	Annual income inc. 2 bootcamps/ classes per week	Annual Income inc. 3 bootcamps/ classes per week
2 PT sessions	\$120	\$600	\$2,520	\$28,800	\$36,480	\$44,160	\$51,840
3 PT sessions	\$180	\$900	\$3,780	\$43,200	\$50,560	\$58,560	\$66,240
4 PT sessions	\$240	\$1,200	\$5,040	\$57,600	\$65,280	\$72,960	\$80,640
5 PT sessions	\$300	\$1,500	\$6,300	\$72,000	\$79,680	\$87,360	\$95,040
6 PT sessions	\$360	\$1,800	\$7,560	\$86,400	\$94,080	\$101,760	\$109,440
7 PT sessions	\$420	\$2,100	\$8,820	\$100,800	\$108,480	\$116,160	\$123,840

*Note: This is an example of projected example earnings only and should not be considered as financial advice. It is recommended you seek professional assistance for any questions regarding your financial situation.*



## Low-Cost Despoit & Flexible Payment Plans

Course fees vary based on your chosen study mode (online or face-to-face) and eligibility for government funding. Acknowledging the financial commitment, we provide **interest-free payment plans** for all fitness courses, designed to fit your budget. With a minimum of **\$100 deposit** and repayments from **\$50 per week**, directly debited on a day of your choice.

## Centrelink Assistance

You may be eligible for financial assistance through Centrelink. For further information on eligibility for Youth Allowance, Austudy or Abstudy contact Centrelink on 13 24 90 and quote the Australian Fitness Academy reference number **3P322**.

## Government Funding

Australian Fitness Academy is approved to deliver government subsidised training within Queensland via the Queensland Certificate III Guarantee. If you are eligible you can study with help from the Queensland and Commonwealth governments.







# READY TO GET STARTED?

Submit an enquiry today to  
turn your passion for fitness  
into a thriving career!



[info@afa.com.au](mailto:info@afa.com.au)



1300 232 348



[fittededucation.edu.au](http://fittededucation.edu.au)