



PERSONAL TRAINER COURSE

Information Brochure

SIS30315 Certificate III in Fitness (Gym Instructor)

SIS40215 Certificate IV in Fitness

Study to become a Personal Trainer today and get qualified in a field you're passionate about!

Join the fitness industry as a Personal Trainer and turn your love for fitness into a rewarding career. Enjoy the flexibility of being your own boss and feel the satisfaction of knowing you are making a difference to people's lives.

The Certificate III in Fitness is completed prior to the Certificate IV in Fitness, and upon completion of both Certificates, you will be a qualified Gym Instructor and Personal Trainer. The qualifications are both nationally and internally recognised, allowing you to work in the fitness industry across the globe.

Since our establishment in 1993, AFA has become the leading fitness educator in Australia and assisted thousands of graduates into a fitness career. During this time, we've built a strong network of industry relationships which help connect students to some of the biggest fitness businesses in the country.





Why Become a Personal Trainer?



Choose your own hours



Feel empowered running your own business



Work within an existing fitness business



Help people achieve their fitness goals



Change your career and love what you do

Study Options

We recognise that not everyone prefers to learn in the same way or has the same work and lifestyle commitments. That's why we offer our students the choice to study either;



Online

Our online course is self-paced and can be completed from any location in Australia via our custom-built Learner Management System, which is your dedicated hub for all course content, video presentations, assessments, quizzes and student support.

It is self-paced over 12 months for Certificate III and 12 months for Certificate IV, giving you the opportunity to study at your own pace, so you are able to work through the course materials and assessments when it best suits you.

Our Student Support services are readily-available to assist you and help you progress throughout your course.



Face-to-face

Our face-to-face classes are held at AFA in Melbourne, where you will complete both theory and practical sessions utilising the fully-equipped on-campus Training Centre.

This course can be studied either full-time 2 days per week or part-time, including evening attendance 2 nights per week and one day over the weekend. Face-to-face classes run for approximately 16 weeks for each certificate, with a total time of up to 18 months to complete the course.

For start dates and timetabling information, please speak to one of our Career Advisors or visit 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:

- Client Health Screening and Fitness Assessment
- Fitness Program Development and Instruction
- Client Motivation, Setting & Achieving Goals
- Healthy Eating Advice Exercise Science
- Movement Analysis & Exercise Technique
- Exercise Prescription including; Functional
- Movement, Core Training, Strength & Conditioning
- Personal Training including; One-on-One & Group Training
- Setting Up & Operating your own PT Business

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, and a professional practice log book (50 hours) throughout Certificate IV in Fitness.





Online Learning

With the ability to study on your terms, completing this course digitally has become an incredibly popular choice amongst our students, as we now have over 90% of our cohort choosing to study online. Simply fit your studies around other work and lifestyle commitments and progress at your own pace.

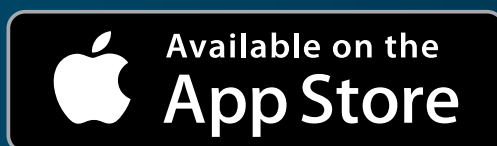
Our comprehensive online learning platform allows you to go through each module of the course through detailed slide shows, videos, animations, articles, downloadable lecture slides, live webcasts and podcasts.



Mobile Learning App

As the leading online fitness education provider in Australia, 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, where you're able to stream or download video presentations and podcasts, view all learning resources, study the lecture slides, and even take quizzes.

This app is available on both Android and iOS devices, and enables you to access your course from anywhere in the world.



Student Support

Our Student Support services are readily-available to assist you and help you progress throughout your course. If you have any questions regarding assessments or coursework, your dedicated Student Support Officers can be contacted at any time via phone, email or chat.

Course Units

SIS30315 Certificate III in Fitness (Gym Instructor)

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
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health & safety
SISFFIT006	Conduct fitness appraisals
SISFFIT024	Instruct endurance programs
SISXCAI001	Provide equipment for activities
SISXFAC002	Maintain sport, fitness and recreation facilities

SIS40215 Certificate IV in Fitness

SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT017	Instruct long-term exercise programs
SISFFIT018	Promote functional movement capacity
SISFFIT019	Incorporate exercise science principles into fitness programming
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
BSBSLS408	Present, secure and support sales solutions
SISXCAI009	Instruct strength and conditioning techniques
SISXCAI010	Develop strength and conditioning programs
SISXCAI005	Conduct individualised long-term training programs
SISFFIT012	Instruct movement programs to children aged 5 - 12 years



Industry Ready Package

Stand out from the crowd amongst other fitness graduates by completing additional qualifications that will equip you with more advanced PT skills.

When you enrol in our combined course, including both Certificate III in Fitness and Certificate IV in Fitness, you will receive our Fitness Australia accredited Industry Ready Pack.



\$1,300 worth of certificates for FREE

These Professional Development Courses will help take your employability to the next level, and open up additional opportunities you hadn't thought of before. Our Industry Ready Pack also gives you over 20 CEC points to put towards your Fitness Australia registration allowing you to maintain professional registration for 4 years.

What's included?

- Olympic Weightlifting Techniques
- Suspension Training
- Supplement and Fad Diet Facts
- Fundamentals of kettlebell training
- Online Marketing for Personal Trainers
- Advanced Periodisation Techniques
- Running Training for Personal Trainers
- Pregnancy & Exercise—Contemporary Training Guidelines



8 Reasons to Choose AFA

01 Great Reputation — as one of the first fitness industry training providers (established in 1993), we are well known and respected within the fitness industry.

02 Unmatched Support — we employ a team of fully qualified tutors to assist you with any questions you may have throughout your course.

03 Leading Online Study — our advanced resources make it fast and easy to learn.

04 Practical Placement — you can complete your practical training in your local gym, and receive an AFA 2XU uniform for FREE.

05 Eight Additional Certificates — you'll graduate 'industry ready' with more knowledge and skills than studying elsewhere.

06 Specialised Mobile Learning App — unique to AFA, our app allows you to learn on the move.

07 Employment Outcomes — graduating with our qualifications can help you gain employment with some of the leading gyms in Australia.

08 Affordable Course Fees — after submitting a small deposit, we offer the low weekly repayments, with ZERO interest.



Employment Pathways

Not only are we committed to providing you with the best possible learning experience, but we're equally committed to supporting you into a successful career in fitness.

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; Fitness First, Goodlife Health Clubs, Anytime Fitness, Genesis, Club Lime, Jetts, Snap Fitness, Zap Fitness, Personal Best, and many other private gyms. Our partners regularly post career opportunities on our website.

Setting Up Your Own Business

If you plan to start your own fitness business, we have a range of topics that will help you achieve that. Our business, sales and marketing units have been designed to provide you with access to the practical tools needed to set up your own PT business and attract clients.

Personal Trainer Salary Potential

Working in an industry which you love, and getting paid for it can sometimes seem too good to be true! However, when considering a career in the fitness industry, it is important to identify the likely salary to ensure it corresponds with your financial commitments and lifestyle. Naturally, one of the first questions people ask when considering a career as a PT is "How much can I earn as a Personal Trainer?"

Below is an example of projected earnings based on charging clients \$60/hour. Of course, you can charge a higher or lower rate depending on your level of expertise and the services you offer. You can also select your preferred hours of work, taking into consideration your personal circumstances and commitments.

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.



Payment Options

Course fees are dependent on the study mode you choose (online or face-to-face) and whether you are eligible for Government funding. We understand course fees are a significant financial investment, that's why we offer flexible interest free payment plans for all of our fitness courses.

Payment plans are arranged to suit your budget with a minimum of just a \$100 deposit and from as little as \$50 per week, directly debited on a day of your choice. The payment plans are completely INTEREST FREE, which means no interest paid and no deductions from your salary for years to come.

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.

For more information, please visit our website.





Ready to Get Started?

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



Email: **info@afa.com.au**



Phone: **1300 232 348**



Website: **www.fitnesseducation.edu.au**



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