





This comprehensive online workshop uses practical demonstrations and applications to provide participants with a detailed understanding of fundamental kettlebell exercises.



Workshop Overview:

- History and principles underpinning kettlebell training.
- Kettlebell programming methods for a variety of clients.
- Key teaching points, modification options and common technique errors associated with Kettlebell exercises.
- Ballistic Exercises including: Swings, Cleans & Snatches.
- Grinding Exercises including: Turkish Get-Ups, Windmills & Renegade Rows.
- Self-paced online course over 3 months.

Pre-requisite:

Participants must have completed the Certificate IV in Fitness and be registered as a Personal Trainer to be eligible to attain AUSactive CECs from this course.

Upon completion of this course, AUSactive Registrants are eligible to have the Strength and Conditioning and Functional Training 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

Name:			Email:		
Address:			Suburb:	State:	Postcode:
Phone: (H):		Phone (M):		Phone (W):	
AUSactive Registration Number:					Date:
Delivery Op	otion: Onlin	e Face to face			
Course Cost	t: \$150				
Visa	Mastercard	Cardholder's Name:		Card Number:	
Expirv:	/	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/DeafMedical ConditionPhysicalIntelectualLearningAcquired Brain ImpairmentVisionMental 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 uyndergone a formal assessment to determine the Australian equialency

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

If YES, what qualification do you hold?

Bachelor Degree Advanced Deploma 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

Pensioner Concession Card

Veterans Gold Card

No, I do <u>not hold</u> a

(Dependent partner / child)

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:

Careers Consultant Signature:

Careers Consultant Name: