



Running Training for Personal Trainers

This online course covers running technique, programming and drills and how they can be used to get results for clients with running specific fitness goals.



Workshop Overview:

- The role of the personal trainer when providing advice on running training.
- How to develop, implement and instruct a variety of running drills.
- Running technique: common errors to look for and how to correct them.
- Programming and planning a fitness program for common running events such as 'fun runs'.
- 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 Fitness Australia CECs from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to have the Sports Specific Conditioning and Cardiovascular Training 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): _____

Fitness Australia Registration Number: _____ Date: _____

Delivery Option: Online Face to face

Course Cost: \$250

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: / /