



This online workshop highlights the advantages and disadvantages of popular supplements and fad diets and provides the fitness professional with the knowledge to respond to common client questions.

## Workshop Overview:

- What is a Fad diet and do they work? If not, why not?
- Uncover the benefits and weaknesses of current popular Fad diets, including; The Raw Food Diet, Paleo Diet, Mediterranean Diet, High Fat Diet, 5:2 Fasting Diet, Low/No Carbohydrate Diet.
- The background behind supplements, including; how to classify them, who uses them, what to be wary of.
- Understand the facts surrounding the effects of common supplements, such as; Protein, Pre-workout supplements, Beta- alanine, Creatine, Fish Oil.
- Fitness Professional Scope of Practice, including: how to respond to client questions, what information to provide, tips for helping your clients.
- Self-paced online course (over 3 months)

## Pre-requisite:

This course is open to anyone, no previous qualifications are required. This course does not count towards CEC points, but it highly recommended to anyone wishing to understand more about diet fads and the facts surrounding supplements.

Upon completion of this course, you will have greater Nutrition Support/Body Composition knowledge and can offer more advice to your clients.

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

To enrol complete details below and email to: <a href="mailto:info@afa.com.au">info@afa.com.au</a>

Name:			Email:		
Address:			Suburb:	State:	Postcode:
Phone: (H):		Phone	(M):	Phone (W):	
AUSactive R	egistration Numb	er:			Date:
Delivery Op	tion: Onlin	e Face to face			
Course Cost	t: \$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:

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: <a href="http://usi.gov.au/Students/Pages/">http://usi.gov.au/Students/Pages/</a> <a href="mailto:default.aspx">default.aspx</a> (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: