

FIA FITNATION
FITNESS INSTITUTE AUSTRALIA

**2012
Course
Prospectus**



The Gold Standard in Fitness Education

www.fiafination.com.au



A career in fitness is a great way to educate the community on nutrition and exercise, with professionals able to play their part in improving the health outcomes of Australians through positive, preventative measures.

Whether you are helping some one lose weight, recover after an injury or just to feel better about themselves, job satisfaction rates for fitness professionals are amongst the highest of any profession.

In case that's not enough to convince you, here are 5 more reasons to join the Fitness industry:

1

Type 2 diabetes is expected to become the leading cause of disease burden for males and the second leading cause for females by 2023, mainly due to the expected growth in the prevalence of obesity. If this occurs, it is anticipated annual health care costs will increase from \$1.4 billion to \$7 billion by 2032.

2

If the current trends continue over the next 20 years, it is estimated that nearly three-quarters of the Australian population will be overweight or obese in 2025.

3

Many fitness professionals find their career is financially as well as emotionally rewarding. The most recent Salary Survey (2010) by Sportspeople showed 27.3% of full-time respondents from the fitness industry earned \$80,000 or above in 2009.

4

The Fitness Industry Economic Contribution report from July 2009 (commissioned by Fitness Australia and prepared by Access Economics) estimated that Australia's fitness centres could provide savings in direct health care costs of up to \$108 million per year.

5

Job satisfaction within the industry is high, with the 2010 Salary Survey by Sportspeople showing 85.1% of fitness professionals were either satisfied or very satisfied in their current job, with 88.1% intending to stay in the industry long-term.

MAKE THE ULTIMATE COMMITMENT

Become a Personal Trainer and start your career in Health & Fitness with the leaders in fitness education, FIAFitnation. Study what you love, live your passion, and learn from the best.

Our charismatic lecturers are industry experts who bring theoretical and practical learning to life, ensuring you graduate with a first class qualification, job ready skills, and a big smile on your face.

**Enquire now on
1300 348 628 or 1300 136 632
or online at www.fiafitnation.com.au**

*Study on campus or online.
Payment plans available.*

FIA FITNATION
FITNESS INSTITUTE AUSTRALIA

The Gold Standard in Fitness Education



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*45 Years of
Combined
Experience
Delivers the
Gold Standard
in Fitness
Education*



Two of Australia's most respected fitness education and training providers have joined forces as FIAFitnation from 1 August 2011.

Melbourne based Fitnation, and Sydney based FIA, together offer certificate and diploma qualifications through online and on-campus delivery for those seeking a career in the health and fitness sector.

Key industry identities and education specialists, Dr Paul Batman and Andrew Richardson, said the merger would strengthen the provider's reputation as the "gold standard" in fitness education.

Graduates of FIAFitnation include celebrity trainer Steve "Commando" Willis of Biggest Loser fame and gold medal Olympic diver, Matt Mitchum. FIAFitnation also boasts industry partnerships with NSWIS, QIS and the Sydney Academy of Sports.

Students currently enrolled with each of the respective organisations will finish their education and graduate with the entity they enrolled with.

Students currently studying with FIAFitnation online and on campuses in Sydney Central, Melbourne CBD and Fortitude Valley in Brisbane. As well students from throughout Australia, South East Asia and expats in Iraq are also currently studying.



The Australian fitness industry: moving ahead in leaps and bounds

There are many factors contributing to the continuing boom of Australia's fitness industry. Consumer interest in health management has never been higher and the Australian Government is making a significant investment in the promotion of healthy lifestyles to fight the rise in chronic disease and obesity and support Australia's ageing population.

"The fitness industry is growing rapidly and employment prospects for passionate and focussed fitness graduates has never been higher to meet increasing consumer demand for our industry's services," said National Manager of the Fitness Institute Australia (FIA) and Fitnation Janet Richardson.

"On the popular culture front, the boom in cooking and fitness reality shows have also contributed to greater consumer awareness of the health and wellbeing industry and we are seeing that flow through to greater demand for fitness and diet support." "The huge expansion of new gym chains in Australia over the past five years and the spike in the popularity of corporate fitness programs are also fuelling increased demand for qualified fitness practitioners. I am literally inundated daily with employers seeking my students and as a result many secure a position before graduating."

Many fitness professionals are driven by the opportunity to reduce the burden of avoidable illness by encouraging people to live healthier, more active and productive lives.

There is also a diverse range of career opportunities available for fitness graduates to consider. Fitness professionals can pursue careers within private gyms, corporate fitness facilities, fitness studios or operating their own personal training business employing other trainers. There are also fitness roles available in health clubs, leisure centres, sporting facilities, schools, holiday resorts, hospitals, community centres, nursing homes, government agencies and even cruise ships.

"I'm noticing an increase in fitness professionals partnering with chiropractors and physiotherapists to refer clients to each other which can be very effective," Ms Richardson said.

"We've also seen graduates use their expertise to break into the entertainment industry and the media and present at conferences and expos around the world."

"Let's not forget the fact that working in the fitness industry is fun. It is seen by many as the ultimate lifestyle job that gives people the opportunity to help people from all walks of life look great, feel great and adopt a positive mindset. Every person you help can lead a longer, healthier life thanks to the proven benefits of exercise and a healthier diet.

Ms Richardson said flexible work options were another reason job satisfaction within the industry is so high.

"A fitness career has the advantage of allowing professionals to fit their job around their life and develop their own timetables. For this reason it can be a great option for mothers with child-care responsibilities, or those wishing to work part-time."



Why FIAFitnation?

This trend is backed up by research, with the 2010 Salary Survey showing nearly half of the fitness sector works on a part-time basis (49.4%).

It is also quite an empowering industry to work in because successful professionals are able to stipulate their own pay rates as they gain more experience and a higher profile.

Ms Richardson said she was noticing more fitness graduates undertaking further study in natural health areas such as aromatherapy and homeopathy as they wished to have the expertise to practice in both areas.

The strength behind FIAFitnation makes it a force to be reckoned with in fitness education.

45 years of combined experience have created world-renowned courses that qualify students as highly desirable professionals. Our team of instructors includes Dietitians, Exercise Physiologists and Scientists, Physiotherapists and Nutritionists. These experts have both the technical knowledge and applied experience to lead in their respective fields. For our students this means inspired and passionate teaching to help achieve fitness goals.

Courses with FIAFitnation include Certificate III, Certificate IV and Diploma in Fitness. In addition to these foundation courses FIAFitnation offers an extensive continuing education program as well as skills upgrade qualifications including Sports Trainer and Massage Therapy. All FIAFitnation courses are fully accredited and internationally recognised. The career opportunities with an FIAFitnation qualification are limitless.

FIAFitnation have been recognised for providing comprehensive and industry specific education courses. With an extensive range of partnerships and affiliations including Australian Catholic University, FIAFitnation has the expertise, resources and reputation to lead the way in fitness education.



“

*Engaging and informative,
information is easily absorbed
due to delivery of lectures.*

Ian Gibson



Accreditation

FIAFitnation qualifications are recognised throughout Australia as well as internationally. Our vocational education courses meet the requirements of the VET Quality Framework ensuring strength of curriculum, teaching and training facilities.

Professional Registration

The requirement of Professional Registration has been in place in Australia since the mid 1980's and in 2001 was linked to federal government controlled education standards.

The process of Professional Registration protects the best interests of the industry and gives both consumers and prospective employers knowledge that the Instructor/Trainer they engage has not only acquired the necessary qualifications but also commits to ongoing professional development.

Graduates of FIAFitnation courses are able to register with Professional Associations including Fitness Australia.

Additional Registration Requirements:

- Current first aid certificate
- Collect Continuing Education Credits (CECs)

Contact Details:

Fitness Australia www.fitness.org.au

Kinect www.kinectaustralia.org.au

ICREPS www.icreps.org

International Recognition:

Graduates of FIAFitnation courses are in high demand across the globe. Our rigorous accreditation process ensures high standards in education and ongoing professional development.

It is important for students to be aware that different countries have differing requirements when it comes to working in the Fitness industry. For example USA has no national standards and Brazil and France require tertiary level qualifications.

Further information can be obtained by contacting Fitness Australia (www.fitness.org.au) or speaking directly with a prospective employer.

Flexible Learning

Fitness professionals work in a variety of settings from outdoors, to gym franchises, from small group personal training to highly tailored consulting in the health and corporate markets.

The majority of courses offered are available via flexible learning methods, either on campus, online or a combination of both. This makes FIAFitnation an ideal choice for International students.

Fitness Instructor
– Certificate III Fitness

Personal Trainer
– Certificate IV Fitness

Massage Therapist
– Certificate IV Massage Therapy Practice

Fitness Specialist
– Diploma of Fitness

Massage Therapist
– Diploma of Remedial Massage

Students who are not an Australian or New Zealand citizen and do not hold permanent residency in Australia qualify as International students.

As all FIAFitnation courses are conducted in English, students must demonstrate proficiency in their English language skills.

Flexible Delivery

Study on Campus or Online - the choice is up to you! We appreciate students have a range of work and personal commitments that will affect their approach to study so we offer flexible delivery methods to allow you to study in an environment that best suits.

Don't wait for your lifestyle to accommodate study, make study fit your lifestyle!

Online Courses

FIAFitnation's fitness courses are offered online. With a range of tools and resources available as well as an online portal, the online learning experience is both interactive and convenient. You are provided with a Tutor who is available to assist as you progress through the course.

On Campus

FIA has long been renowned for its highly engaging (and even fun) approach to face to face course delivery. Combining this with Fitnation's extensive learning materials and the introduction of a brand new Fitness training package means students get the industry's best on-campus learning experience. FIAFitnation's campuses are purpose built learning facilities based in city central locations for convenience. The campuses offer light filled classrooms, practical gym areas and student break out and study spaces.

Without doubt, the FIAFitness course is the one that I recommend. Paul and Andrew's passion and dedication to the fitness industry are reflected in their services.

Richard Chew, Owner, Elix'r Health Clubs



Campuses

Our education centres provide an inspired and innovative learning environment for theory and practical sessions. The modern facilities offer a comfortable learning atmosphere for classes, and students have access a fully equipped Gym and Skills Centre to provide a highly practical learning experience.

Brisbane

The Brisbane campus is situated in the city fringe suburb of Fortitude Valley, with ample car parking facilities and within easy walking distance to cafes and public transport

Campus: Ground Level
269 Wickham Street
Fortitude Valley Qld 4006

Phone: (07) 3257 1100
Fax: (07) 3257 1900

Melbourne CBD

The Melbourne campus is located in the heart of the city, close to public transport, as well as Melbourne's famous shopping and restaurant districts, cinemas and entertainment. The campus is just a quick walk from Melbourne Central Station.

Campus: Level 3
368 Elizabeth Street
Melbourne Vic 3000

Phone: (03) 9596 5533
Fax: (03) 9595 6599

Sydney

FIAFitnation's newest campus is a flagship space built with sustainable materials and conveniently located near shops and public transport in central Sydney.

Campus: Level 3
815 – 825 George Street
Sydney NSW 2000

Phone: (02) 8204 7800
Fax: (02) 9280 4948

Careers

Instructor

Working as an Exercise Instructor offers a range of diverse and dynamic opportunities. Exercise Instructors may be employed in fitness centres, schools and sporting groups, community based/not for profit organisations, in corporate arenas, by Government agencies and in the travel and tourism industry.

The opportunities are infinite – where there are people, there will be a need to motivate and guide on fitness and wellbeing.

Qualification required:
**Certificate III Fitness
SIS30310**

Available via:
**On Campus
Online**



We are proud to source our high calibre staff from the Fitness Institute Australia. FIA graduates have proven to be well educated, mature and promote a professional image for our company. We look forward to continuing our great working relationship!

**Janine Leigh-Estall,
Steiner Training Ltd Recruitment Manager,
New Zealand & Australia**



I have given every lecturer and your admin staff ten out of ten. Thank you.

Jessie Tan, Singapore



I found all lecturers to be smart, interesting, funny and well worth listening to! Thank you

Darren Byess, City Gym

Personal Trainer

If you thought the opportunities available as a Fitness Instructor were endless, those of a Personal Trainer have no limits.

Start your own personal training business run from home or a commercial space, run outdoor boot camps, run one-on-one or group sessions on the beach or in a green space, set up corporate programs for organisations and of course work in fitness centres. As a Personal Trainer you are able to work alongside other health and wellbeing experts like Dietitians, Massage Therapists, Physiotherapists and Nutritionists to create a whole wellness experience for your clients.

Qualification required:
**Certificate IV Fitness
SIS40210**

Available via:
**On Campus
Online**



The business management module is an excellent base for starting a business - I wish I'd had access to this information when I managed a fitness centre a few years ago. The module is set out clearly and concisely and is a great resource.

Colleen Hart



Doing 1 day per week was the best option as I could still work the other days and if I can understand everything in the course I will be a better trainer.

Michael Ettingshausen



Graduate Stories



Angie Lambert

OAM, Olympic Gold Medalist

The Fitnation course is thoroughly structured to include all relevant areas required to be a successful personal trainer and I have found the staff and external study materials wonderful. I am looking to retire from International sport after the 2008 Olympic Games and I look forward to gaining my Certificate IV in Fitness. I then hope to use this qualification and also my teaching degree in order to lead a successful and happy life after elite sport.

Stephen O'Keefe

NSW Blues Player and Twenty/20 Rep

Fitnation has been flexible around my sporting commitments. The Fitnation team has gone above and beyond to assist me in finishing the course and I now have a viable option to combine my teaching degree with personal training to continue working in health and fitness when I retire from Cricket. I appreciate all the help Fitnation has given me while I have been studying.

Shea McAleese

NZ Men's Hockey Team/Beijing Olympian

I have really enjoyed studying through Fitnation. The way the modules are structured means that I have an excellent balance between study, being an elite athlete and my home life. When I have an upcoming series or major event, I can pool all my resources towards that event and be 100% focussed and ready to go. Fitnation allows me to do this as I have 6 months to complete each paper, meaning I can focus one week on hockey and the next on study. This leads to a really well balanced lifestyle!

I am planning on using my Diploma in Fitness to help towards a degree in Sports Biomechanics. I will also use it to earn money while studying further and continuing to play hockey.

Moises Henriques

NSW Blues Player and Australian Twenty/20 Rep

I would like to thank you Nadia and Fitnation for offering such a well organised and flexible personal training course. I couldn't of asked for more support, not to mention the wealth of knowledge both you and your colleagues offer. Thanks again!

Nigel Lappin

3 Times Premiership Winner with Brisbane Lions and now Assistant Coach with Geelong

Considering I am in the fitness industry, a course involving health and exercise seemed like a smart choice. A correspondence course with Fitnation gives me time to spend with my family. The Certificate III in Fitness is clearly laid out, and if I ever need any assistance the staff members at Fitnation are there to help. I have thoroughly enjoyed all aspects of the course so far, especially the physiology and resistance training principles. All of the knowledge I have acquired so far, I will use forever. One thing that is important to me is to make sure my daughters grow up fit and healthy.

Sophie Edington

World Champion Swimmer

FIA has given me the opportunity to study from home and around my busy training and racing schedule. I have been lucky enough to study what I love and it is helping me prepare myself for life after my sport."



Certificate III in Fitness

SIS 30310

Exercise instructors work in a variety of settings and are largely responsible for the implementation and supervision of members and clients during exercise programs conducted on the gym floor.

Course Outcomes

Exercise instructors conduct screenings of new members/clients and assess their fitness using a variety of methods. They also teach the correct exercise technique for all aspects of fitness and use an array of exercise equipment to achieve results.

The *FIAFitness Exercise Instructor Course* has been developed to promote high levels of competence in fitness industry practitioners. This course is a perfect fit for those students who wish to develop their knowledge and skills in the delivery and instruction of exercise programs and move towards Personal Training. It prepares the student to work on the fitness centre floor with confidence.

Study Mode

The *Certificate III in Fitness* is offered as flexible delivery and can be completed as campus based delivery with both part time and full time intensives in combination with our world-class online student campus. Students can also complete the *Certificate III in Fitness* by online learning in combination with practical intensive workshops. All students complete a workplace assessment. Campus based intensives are offered every month while online students can enrol at any time.

Entry Requirements

A healthy interest in fitness is all that is required to start a rewarding career in fitness. School leavers to mature age students are encouraged to apply.

Course Structure

Subject	Subject Code
Foundations of Exercise Science	FIT 301
Client Screening and Health assessment	FIT 302
Nutrition and Health Management	FIT 303
Planning and Instructing Exercise	FIT 304
Exercise for Special Populations	FIT 305

**Senior First Aid certification is a compulsory requirement for the Certificate III.*

Competencies Covered

Units of Competency	Unit Code
Provide fitness orientation and health screening	SISFFIT301A
Provide quality service in the fitness industry	SISFFIT302A
Develop and apply an awareness of specific populations to exercise delivery	SISFFIT303A
Apply anatomy and physiology principles in a fitness context	SISFFIT305A
Provide healthy eating information to clients in accordance with recommended guidelines	SISFFIT306A
Maintain sport and recreation equipment for activities	SISXFAC201A
Work effectively in sport and recreation environments	SISXIND101A
Follow occupational health and safety policies	SISXOHS101A
Undertake risk analysis of activities	SISXRSK301A
Apply first aid	HLTFA301C
Instruct and monitor fitness programs	SISFFIT304A
Undertake client health assessment	SISFFIT307A
Plan and deliver gym programs	SISFFIT308A
Plan and deliver endurance training programs	SISFFIT312A
Instruct strength and conditioning techniques	SISSTC301A

The Certificate III in Fitness can launch your exciting career as an exercise instructor

Professional Recognition

FIAFitnation graduates may apply for registration and insurance with Fitness Australia (Fitness Industry Registration peak body) as a Gym Instructor. Fitness Australia is a member of the International Confederation of Registers for Exercise Professionals (ICREPS) allowing students to become internationally registered Gym Instructors.

Student Online Campus

All students are admitted to our world-class online campus where all aspects of the course can be delivered and supported and complete assessments. The purpose of this online experience is to provide the student with cutting edge information and assessments made available in a user-friendly format. Students are invited to become part of our academic environment by entering our online campus and moving from room to room as if studying at an external campus.

Our online campus consists of a number of rooms the student will visit to learn and complete tasks.

Lecture Room

Students will view powerpoint lectures for each topic or subject where required.

Reading Room

Students will be given selected reading materials for each topic within the subject.

Training Room

Students will complete a series of training tasks that will enhance the lecture and reading requirements.

Examination Room

Formal assessments will consist of multiple choice questions, short answer questions, case studies, practical assessments, simulated case studies.

The Fitness Centre

The Fitness Centre is a virtual gym including an exercise library.

Recognition of Prior Learning (RPL) / Credit Transfers

Students may apply for advanced standing for recently studied subjects at other institutions or work/life experiences that relate to the course.

Payment Options

Payment occurs when students enrol in the course, either as upfront payment or on a flexible and affordable payment plan.

Career Opportunities

After registration FIAFitnation students can gain employment as a Professional Gym Instructor with fitness centres throughout Australia and overseas.

FIAFitnation students are also eligible to complete the following optional electives to gain further registration categories with Fitness Australia:

- **Older adults unit - SISFFIT314A**
Plan and deliver exercise to older clients with managed conditions.
- **Kids unit - SISFFIT313A**
Plan and deliver exercise to apparently healthy children and adolescents.

Registration Categories

- **Personal Trainer** - Certificate IV
- **Specialised Trainer** - Diploma
- **Gym Instructor** - Certificate III
- **Group Exercise Freestyle** - Certificate III
- **Group Exercise Pre-Choreographed** - Certificate III

The courses stand out head and shoulders above the rest – not just because of the lecturers knowledge but because of the way they deliver the message



Certificate IV in Fitness

SIS 40210

Personal Trainers work in a variety of settings and are largely responsible for the development, implementation and supervision of exercise programs with individual clients or small groups.

Course Outcomes

Personal Trainers conduct screenings of new clients and assess their fitness using a variety of methods to develop training programs to suit their needs. They also teach correct exercise techniques and use an array of exercise equipment to achieve results.

The *FIAFitness Personal Trainer* program has been developed to promote the highest level of competence in Personal Training and is regarded as the Gold Standard in the fitness industry. This program is a perfect fit for those students who wish to develop their knowledge and skills in the delivery and instructing of exercise programs in fitness centre settings or outdoor environments for individual clients or small groups.

Study Mode

The *Certificate IV in Fitness* is offered as flexible delivery and can be completed as campus based delivery with both part time and full time intensives in combination with our world-class online student campus. Students can complete the *Certificate IV in Fitness* by distance online learning in combination with practical intensive workshops. All students complete a workplace assessment and a practical assessment. Campus based intensives are offered on a regular basis while distance online students can enrol at any time.

Entry Requirements

Certificate III in Fitness (SIS30310) and current *Apply First Aid*

Course Structure

Subject	Subject Code
Nutrition and Performance	FIT 401
Applied Exercise Science	FIT 402
Exercise Programming and Prescription	FIT 403
Exercise for Older Adults	FIT 404
Personal Training Business Essentials	FIT 405

**A selection of subjects include a professional practice component including an assessment workbook.*

Competencies Covered

Units of Competency	Unit Code
Establish legal and risk management requirements of small business	BSBSMB401A
Market the small business	BSBSMB403A
Undertake small business planning	BSBSMB404A
Work collaboratively with allied health professionals	SISFFIT415A
Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals	SISFFIT416A
Undertake long term exercise planning	SISFFIT417A
Undertake appraisals of functional movement	SISFFIT418A
Apply exercise science principles to planning exercise	SISFFIT419A
Plan and deliver exercise programs to support desired body composition outcomes	SISFFIT420A
Plan and deliver personal training	SISFFIT421A
Monitor and manage small business operations	BSBSMB405A
Develop strength and conditioning programs	SISSTC402A
Operate computing packages	ICAU2006B
Manage projects	SISXIND406A
Plan and deliver exercise to older clients with managed conditions	SISFFIT314A

The Certificate IV in Fitness can launch your exciting career as a personal trainer

Professional Recognition

FIAFitnation graduates may apply for registration and insurance with Fitness Australia (Fitness Industry Registration peak body) as a Personal Trainer. Fitness Australia is a member of the International Confederation of Registers for Exercise Professionals (ICREPS) allowing students to become internationally registered Personal Trainers.

Student Online Campus

All students are admitted to our world-class online campus where all aspects of the course can be delivered and supported and complete assessments. The purpose of this online experience is to provide the student with cutting edge information and assessments made available in a user-friendly format. Students are invited to become part of our academic environment by entering our online campus and moving from room to room as if studying at an external campus.

Our online campus consists of a number of rooms the student will visit to learn and complete tasks.

Lecture Room

Students will view powerpoint lectures for each topic or subject where required.

Reading Room

Students will be given selected reading materials for each topic within the subject.

Training Room

Students will complete a series of training tasks that will enhance the lecture and reading requirements.

Examination Room

Formal assessments will consist of multiple choice questions, short answer questions, case studies, practical assessments, simulated case studies.

The Fitness Centre

The Fitness Centre is a virtual gym including an exercise library.

Recognition of Prior Learning (RPL) / Credit Transfers

Students may apply for advanced standing for recently studied subjects at other institutions or work/life experiences that relate to the course.

Payment Options

Payment occurs when students enrol in the course, either as upfront payment or on a flexible and affordable payment plan.

Career Opportunities

After registration students can gain employment as a Professional Personal Trainer with fitness centres or Personal Training studios throughout Australia and overseas or build their own Personal Training business. Students are also given the option to combine their Certificate IV in Fitness with other industry related qualifications to build their career prospects. Combinations of courses offered include:

- Certificate IV in Fitness (Personal Trainer) and Group Exercise Instruction (Group Exercise Leader, Aqua Instructor and Freestyle Group Exercise Instructor)
- Certificate IV in Fitness and Certificate IV in Massage (Personal Trainer and Certified Massage Therapist)

Conversion Qualifications

FIAFitnation has developed conversion qualifications for graduates of the Certificate IV in Fitness and Diploma of Fitness. Graduates of these programs will be awarded advanced standing towards additional Massage and Sports Trainer qualifications. These qualifications have been specifically developed for the fitness professional in order to expand their business offerings or expertise in sports massage and corrective exercise.

FIAFitnation conversion courses include the Certificate IV in Massage Therapies and Practice (HLT 40307), Diploma of Massage (HLT 50307), Certificate III in Sports Trainer, Mat Pilates Instructor and Yoga Instructor.

Advanced Qualifications

Students who complete the FIAFitnation Certificate III in Fitness and the Certificate IV in Fitness can progress into fully recognised Bachelor of Health Science degrees majoring in Musculoskeletal Therapy, Nutritional Science, Acupuncture, Homeopathy, Naturopathy and Western Herbal Medicine at Endeavour College of Natural Health.

Diploma of Fitness

SIS 50210

Specialised Exercise Trainers work in a variety of settings and are largely responsible for the development, implementation and supervision of individual clients or small groups with special needs.

Course Outcomes

Specialised Exercise Trainers conduct screenings of new clients and assess their fitness using a variety of methods and implement specific training programs to suit their needs. *Diploma of Fitness* students plan and deliver exercise programs in a variety of settings, in conjunction with allied health and/or medical professionals as well as plan and deliver sports conditioning programs. In addition, students undertake management tasks, project management and guide health promotion activities.

The FIAFitration Specialised Exercise Trainer program has been developed to promote the highest level of competence in this specialised field and is regarded as the Gold Standard in the fitness industry. This program is a perfect fit for those students who wish to develop their knowledge and skills in the delivery and instructing of exercise programs in a clinical setting working with allied health professionals with clients who have special needs.

Study Mode

Students can complete the *Diploma of Fitness* by distance online learning in combination with internships and enrol at anytime.

Entry Requirements

Certificate IV in Fitness (SIS40210)
+ industry experience.

Course Structure

Subject	Subject Code
Muscle Mechanics	FIT 501
Musculoskeletal Rehabilitation	FIT 502
Corrective Exercise Prescription	FIT 503
Clinical Exercise Prescription	FIT 504
Advanced Strength and Conditioning	FIT 505
Case Management	FIT 506

Advanced First Aid certification is a compulsory requirement of this course.

Competencies Covered

Units of Competency	Unit Code
Manage education initiatives	SISXIND507A
Deliver prescribed exercise to clients with a disability or neurological impairment	SISFFIT529A
Deliver prescribed exercise to older clients with chronic conditions	SISFFIT531A
Plan and implement high performance training programs	SISXCAI507A
Apply advanced first aid	HLTFA402B
Conduct projects	SISXIND405A
Address clients needs	SISXCCS404A
Apply research findings to exercise management strategies	SISFFIT528A
Undertake health promotion activities to decrease risk factors and prevent chronic disease	SISFFIT527A
Deliver prescribed exercise to clients with musculoskeletal condition	SISFFIT526A
Advise on injury prevention and management	SISFFIT525A
Deliver prescribed exercise to clients with metabolic conditions	SISFFIT524A
Deliver prescribed exercise to clients with cardio-respiratory conditions	SISFFIT523A

The Diploma of Fitness can take you to an exciting career as a specialised exercise trainer

Professional Recognition

FIAFitnation graduates may apply for registration and insurance with Fitness Australia (Fitness Industry Registration peak body) as a Specialised Exercise Trainer. Fitness Australia is a member of the International Confederation of Registers for Exercise Professionals (ICREPS) allowing students to become internationally registered Specialised Exercise Trainers.

Student Online Campus

All students are admitted to our world-class online campus where all aspects of the course can be delivered and supported and complete assessments. The purpose of this online experience is to provide the student with cutting edge information and assessments made available in a user-friendly format. Students are invited to become part of our academic environment by entering our online campus and moving from room to room as if studying at an external campus.

Our online campus consists of a number of rooms the student will visit to learn and complete tasks.

Lecture Room

Students will view powerpoint lectures for each topic or subject where required.

Reading Room

Students will be given selected reading materials for each topic within the subject.

Training Room

Students will complete a series of training tasks that will enhance the lecture and reading requirements.

Examination Room

Formal assessments will consist of multiple choice questions, short answer questions, case studies, practical assessments, simulated case studies.

The Clinic

Students will be required to complete workplace scenarios, case studies and an internship as part of their Case Management.

Recognition of Prior Learning (RPL) / Credit Transfer

Students may apply for advanced standing for recently studied subjects at other institutions or work/life experiences that relate to the course.

Payment Options

Payment occurs when students enrol in the course, either as upfront payment or on a flexible and affordable payment plan.

Career Opportunities

After registration students can gain employment as a Specialised Exercise Trainer with fitness centres, Institutes or Personal Training studios throughout Australia and overseas or build their own specialised training business.

Conversion Qualifications

FIAFitnation has developed conversion qualifications for graduates of the Certificate IV in Fitness and Diploma of Fitness. Graduates of these programs will be awarded advanced standing towards additional massage and sports trainer qualifications. These qualifications have been developed for the fitness professional in order to expand their business offerings or expertise in sports massage and corrective exercise.

FIAFitnation conversion courses include the Certificate IV in Massage Therapies and Practice (HLT 40307), Diploma of Remedial Massage (HLT 50307), Certificate III in Sports Trainer, Mat Pilates Instructor and Yoga Instructor.

Advanced Qualifications

Students who complete the FIAFitnation Diploma of Fitness may progress into recognised Bachelor of Health Science degrees majoring in Musculoskeletal Therapy, Nutritional Science, Homeopathy, Naturopathy, Western Herbal Medicine and Acupuncture at Endeavour College of Natural Health.

A very interesting course with lots of great ideas and paths now to follow.

Donna O'Keefe



Certificate IV in Massage

HLT 40307

Acting on the advice and recommendation of stakeholders in the fitness industry the FIAFitnation has designed the Certificate IV in Massage Therapy Practice specifically for students who would like to expand their business offerings by providing the additional service of massage therapy to their clients. The course is for students who are seeking to widen their knowledge and skills relating to the application of sports massage and corrective exercise.

CONVERSION COURSE: CERTIFICATE IV IN MESSAGE THERAPY & PRACTICE (HLT 40307)

This course covers a wide variety of sports massage techniques, observational/assessment, and exercise-related skills that will enable the practitioner to identify and address soft tissue dysfunction and associated muscle imbalances.

QUALIFICATION AWARDED:

Certificate IV in Massage Therapy Practice (HLT 40307)

PREREQUISITE:

Certificate III & Certificate IV in Fitness

How is the Course Offered?

This course is offered as flexible delivery and can be completed as either a campus based intensive and/or online learning for all theory subjects (see below).

PLEASE NOTE: Massage Therapies 1 and Clinical Practice are only offered as campus based (see below). The Certificate IV in Massage Therapy Practice is delivered in the unique blended learning approach consisting of campus-based lectures, practical experience, online study and clinical experience. Students undertaking Certificate IV in Massage will be required to attend the FIA campus for the Massage Therapies 1 and a Clinical Practice (various days). Additionally, students will also be required to complete additional readings, weekly assessment tasks online and a clinical practice.

How Am I Assessed?

Students will have completed the subject material for Certificate III and IV in Fitness and then convert their qualifications by completing the following:

- Tutorials online (a variety of tutorial assessments at student online)
- Formal (multiple choice) assessments completed at student online
- Completion of Massage Therapies 1
- Completion of FIA Clinical Hours

What are the Subjects in the Certificate IV in Massage Therapy & Practice?

- Exercise Rehabilitation
- Corrective Exercise Prescription
- Clinical Exercise Prescription
- Muscle Mechanics (all subjects above CB or DoL)
- Sports Trainer (weekend course)
- Massage Therapies 1 (Campus Based only)

WHEN CAN I GAIN EMPLOYMENT?

On completion of all assessments students will be eligible to gain registration with AMT as a Massage Therapist and gain insurance to work anywhere in Australia.

KEY Competencies in the Certificate IV in Massage Therapy and Practice

Common Competencies

Work effectively with others	BSBCM204A
Communicate effectively with clients	HLTCOM404B
Make referrals to other health care professionals when appropriate	HLTCOM406B
Use specific health terminology to communicate effectively in health	HLTCOM408B
Apply basic first aid	HLTFA301B
Communicate and work effectively with others	HLTHIR301A
Contribute to OHS processes	HLTOHS300A
Comply with infection control policies and procedures in health work	HLTIN301A
Confirm physical health status	HLTAP401A

Specialisation Competencies

Work within a Massage framework	HLTREM401B
Provide massage treatment	HLTREM406B
Plan massage treatment	HLTREM407B
Apply massage assessment framework	HLTREM408B
Perform massage health assessment	HLTREM409B

Diploma of Remedial Massage

HLT 50307

Acting on the advice and recommendation of stakeholders in the fitness industry the FIAFitnation has designed the Diploma of Remedial Massage specifically for students who would like to expand their business offerings by providing the additional service of remedial massage and advanced sports massage to their clients. The Diploma of Remedial Massage offers the trainer the knowledge and skills to apply remedial massage, sports massage and corrective exercise therapy in a fitness, sport, sports injury or clinical setting.

CONVERSION COURSE: DIPLOMA OF REMEDIAL MASSAGE (HLT 50307)

The course will cover all the principles of Swedish massage techniques, remedial massage techniques, sports massage techniques, trigger point techniques, myo-fascial tension techniques, observation assessment as well as clinical practice, risk management and customer relation competencies. Massage Therapies subjects and Clinical Practice are only offered as campus based and some workplace experience.

What you will receive

You will receive all the materials required to complete this course. Textbooks (online) and all assessment manuals are included, plus all campus based lectures and practical labs. Access to our world class student online tools for the duration of the course (see the student online area for more information), plus all campus based lectures and practical labs.

QUALIFICATION AWARDED:

Diploma of Remedial Massage (HLT 50307)

PREREQUISITE:

Certificate III & Certificate IV in Fitness

How is the Course Offered?

This course is offered as flexible delivery and can be completed as either a campus based intensive and/or online learning for all theory subjects (see below).

PLEASE NOTE: Massage Therapies 1 & 2, Sports Trainer and the Clinical Practice are only offered as campus based (see below). This course is delivered as flexible delivery, consisting of campus-based lectures, practical experience, online study and clinical experience.

How Am I Assessed?

Students will complete a variety of flexible assessments both formal and informal.

- Tutorials online (a variety of tutorial assessments at student online)
- Formal (multiple choice) assessments completed at student online
- Completion of Massage Therapies 1 & 2 assessments
- Completion of Clinical Practice 1 & 2

What are the Subjects in the Diploma of Remedial Massage?

- Exercise Rehabilitation
- Corrective Exercise Prescription
- Muscle Mechanics
- Clinical Exercise Prescription
- Advanced Strength Conditioning
- Sports Trainer (campus based only - 1 weekend)
- Massage Therapies 1 (term 1 - campus based only)
- Massage Therapies 2 (term 2 - campus based only)
- Clinical Practice 1 & 2 (completed at FIA and in the workplace)

Who Should Enrol?

This course can be completed by anyone who has completed Certificate III & Certificate IV in Fitness and is looking to expand their knowledge and skills in the fitness industry. Students who have completed Certificate III & IV in Fitness with other Registered Training Organizations (RTOs) can apply for Recognition of Prior Learning (RPL) by supplying all relevant details.

Students have a maximum of 12 months to complete this course, including all campus based lectures if CB and any workplace training, massage clinics and assessments online (see the full terms and conditions of enrolment on the course enrolment form).

*** Add on Case Management and Graduate with a double Diploma (Diploma of Remedial Massage and Fitness)*

KEY Competencies in the Diploma of Remedial Massage

Compulsory Units

Develop professional expertise	HLTCOM502A
Manage a practice	HLTCOM503A
Reflect and improve upon professional practice	CHCORG28A
Implement and monitor compliance with legal and ethical requirements	HLTHIR506B
Analyse health information	HLTAP501B
Maintain an effective health work environment	HLTHIR501A

Specialisation Units

Provide remedial massage treatment	HLTREM502B
Plan a remedial massage treatment strategy	HLTREM503B
Apply remedial massage assessment framework	HLTREM504B
Perform remedial massage health assessment	HLTREM505B
Provide specialised remedial massage treatments	HLTREM506B

Elective Units

Provide massage treatment to athletes	HLTREM513A
Provide the TCM remedial massage (An Mo Na) treatment	HLTTCM503B
Provide traumatology treatment within a TCM remedial massage (An Mo Na) framework	HLTTCM504B

2012 Face to Face Course Calendar

Or Start Online Anytime

Certificate III in Fitness SIS 30310

Course fee: \$1770

	Campus	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Full Time (FT) Mon – Fri (2 weeks) 9.30 am – 4 pm	NSW	9	6	12	16	14	18	16	13	10	15	12	10
	QLD		6		30			30			1		
	VIC	30		19		28		23		17		19	
Part Time (PT) Mon, Tue, Wed (5 weeks) 6 pm – 8 pm Plus 1 weekend Practical	NSW		27			7			6			5	
	QLD				16				20				
	VIC			5					13				

Certificate III in Fitness Additional Two Day Prac Attendance compulsory

Course fee: \$1600

	Campus	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Wed/Thurs 9.30am – 4pm	NSW	18/19	15/16	21/22		23/24	27/28	25/26	22/23	19/20	24/25	21/22	19/20
	QLD		15/16			9/10			8/9		10/11		
	VIC		8/9	28/29			6/7		1/2	26/27		28/29	
Sat/Sun 9.30am – 4pm	NSW			17/18	27/28	19/20			18/19		20/21		
	QLD					5/6				1/2			
	VIC			24/25					25/26				

Senior First Aid Compulsory for Certificate III Students

Course fee: \$170

	Campus	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Tuesdays 9.30am – 4pm	NSW	17	14	20	24	22	26	24	21	18	23	20	18
	QLD		14			8			7		9		
	VIC		7	27			5	31		25		27	

Certificate IV in Fitness SIS 40210

Course fee: Subjects \$490 each (5 in total) \$2450

	Campus	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Full Time (FT) Mon + Tue (4weeks) 9.30am – 4pm	NSW		20	26		28		30		24		26	
	QLD					14					22		
	VIC		13		16			18	6		8		
Part Time (PT) Mon, Tue, Wed (5 weeks) 6pm – 8pm Plus 1 weekend Practical	NSW						18					19	
	QLD						18				15		
	VIC				30					24			

Certificate IV in Fitness Additional Two Day Prac

Attendance compulsory

Course fee: Included in Certificate IV course fee

	Campus	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Sat/Sun 9.30am – 4pm	NSW			3/4	14/15		16/17 & 30/1		11/12		6/7		1/2 & 8/9
	QLD					26/27	30/1				27/28	3/4	
	VIC		25/26		28/29	12/13	30/1		18/19		13/14 & 20/21		

Diploma of Fitness SIS 50210

Course fee: Subjects \$490 each (6 in total) \$2940

	Campus	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Thurs (10week overs two terms) 9.30am – 4.30pm	NSW					10					4		
	QLD					10					4		
	VIC					10					4		

Upgrade Courses - Upgrade your Certificate III & IV in Fitness

For course fees, contact info@fiafitnation.com.au.

	May	OCT
Sports Trainer – Certificate III in Sports Trainer SIS 30810		
Massage Therapist – Certificate IV In Massage Therapy & Practice HLT 40307	10 (Sydney)	4 (Sydney)
Remedial Massage Therapist – Diploma Remedial Massage HLT 50307		

Electives

Course fee: \$525 per elective subject

Choose from these optional electives to specialise. Elective subjects are offered on weekends from 9am to 5pm, and the dates shown are for **Sydney only**.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Group Exercise Instructor (Aerobics)						23					10	
Group Exercise Instructor (Fitness)		18			12		28		22		24	
Aqua Fitness Instructor			17									1
Sports Trainer Weekend					19					17		

For Upgrade and Elective course dates on other campuses please contact info@fiafitnation.com.au.

2012 Course Fee Summary*

Paid subject by subject \$490 each

Certificate III in Fitness

Online:	\$1600
On Campus:	\$1770

Certificate IV in Fitness

Online:	\$2450	subjects \$490 each (5 in total)
On Campus:	\$2450	subjects \$490 each (5 in total)

Combination Courses – Certificate III + IV

Online:	\$3650	(\$400 saving)
On Campus:	\$3820	(\$400 saving)

Diploma of Fitness

Online	\$2940	subjects \$490 each (6 in total)
On Campus	\$2940	subjects \$490 each (6 in total)

Combination Courses – Certificate IV + Diploma

Online:	\$4900	11 subjects (\$490 saving)
On Campus:	\$4900	11 subjects (\$490 saving)

Combination Courses – Certificate III, IV + Diploma

Online:	\$6400	(\$590 saving)
On Campus:	\$6570	(\$590 saving)

Optional Electives

Aqua Fitness Instructor	
Sports Trainer Weekend	\$525 based in full (Value: 15 CEC each)
Group Exercise Instructor (Aerobics)	
Group Exercise Instructor (Fitness)	
Senior First Aid	\$170

Transfer fees from online to on campus

Transfers allowable 3 months from course start date

Certificate III	\$300
Certificate IV	\$300
Diploma	\$300

For complete course study options and fees contact info@fiafitnation.com.au
Payment Plans available.

* Fees are correct at time of publication and are subject to change without notice. Prices shown are for upfront payment in full. Payment plan options and fees are available on request.

Continuing Education

Very well put together outfit! Like the other courses I have attended with FIA, this was exemplary!

James Lutze

With ongoing research targeting population demographics and current trends comes new best practices and policies for the industry. As a Fitness Instructor/Trainer it is easy to make a commitment to ongoing professional development with FIAFitnation Continuing Education Courses.

The FIAFitnation Professional Membership Association forms an important part in professional development. You will be given access to a range of tools and resources to assist in keeping abreast of industry changes and connecting you with like-minded professionals.

Benefits include:

- Continuing Education Credits (CECs) – 7 per year
- Access to the Research Review Library
- Access to the Fitness Forums Library
- Access to the Career and Job Network
- Receive discounts on products and courses with a range of industry based suppliers (check online for our current partners)
- FIAFitnation Members Pack

Membership

For details on becoming a FIAFitnation Professional Member please contact an FIAFitnation Enrolment Advisor.



Short Courses

Kids/Older Adults

Fitness and Nutrition for Children

15 CEC Points

Children are a unique population group, so trainers are taught to consult this group in an effective way. Trainers need to apply specific programs to emphasize the importance of health and physical activity in children, as well as ensure a lifetime commitment to a fit and healthy lifestyle. The certificate is broken down into 3 sections; group exercise for children, personal training for children and nutrition for children.

Nominal Hours	50 hours
Available Via	Online
Assessment Method	Case study based questions and a practical assessment submitted by DVD/USB.
Cost	\$525

Note: A current Australian Blue Card is required to work with children.

Fitness for Older Adults

15 CEC Points

With an ageing population, the requirement to work with older adults is becoming more prevalent; however there are additional considerations and necessities in doing so. The Certificate of Fitness for Older Adults provides personal trainers and gym instructors with the skills and knowledge that can be applied to facilitate them working with older clientele.

Nominal Hours	50 hours
Available Via	Online
Assessment Method	Case study based questions and a practical assessment submitted by DVD/USB.
Cost	\$525

Upon successful completion students will be issued with a Statement of Attainment.

Mini Moves Accreditation Course

15 CEC Points

Discover the perfect solution for running your own business taking children's pre-choreographed programs. Create fitness through fun with the Mini Moves package. Qualified Instructors and Personal Trainers qualify to enrol in this course to gain accreditation as a Mini Moves Instructor.

Nominal Hours	20 hours
Available Via	On Campus Online
Assessment Method	Short answer questionnaire and practical assessment completed either by DVD/USB submission or on campus
Cost	\$525 Course fees plus Equipment Kit \$1500

Equipment Kit

10 Skittles	1 Parachute (Large)
21 Scarves	20 Cones
1 Set Stretch Cards	2 Physioballs
1 Drink Bottle	10 Hoops
1 Launch Board	1 Cap
40 Sashes	2 Boxing Gloves
4 Small Skipping Ropes	1 Set Number Cards
2 Hockey Sticks	12 Rubber Spot Floor Markers
1 Ladder 4 Quoits	12 Medium Size Balls
2 Dumbbells	1 Beach Ball
1 Balance Board	20 Balloons
4 Mini Balls	20 Bean Bags
12 Tennis Balls	1 Set Alphabet Cards
2 Waffle Bats	48 Ping Pong Balls
1 Target Mat	1 Mat
3 Hurdles	Assessment and office support included

Nutrition

Certificate in Exercise Nutrition

15 CEC Points

Aimed at those in the fitness industry, the Certificate in Exercise Nutrition offers the skills and knowledge to propose basic information about healthy eating and nutrition.

Nominal Hours	50 hours
Available Via	Online
Assessment Method	Case study based questions
Cost	\$525

Upon successful completion students will be issued with a Statement of Attainment for SRFFIT013B Provide information and exercise related to nutrition and body fat.

Nutrition and Weight Management

4 CEC Points

The management of overweight clients is something fitness instructors and personal trainers need to understand, this course delivers the knowledge to do so.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Nutrition for Specific Medical & Physical Conditions

4 CEC Points

For those fitness instructors and personal trainers with a basic understanding of nutrition and its contribution to a healthy lifestyle, gain a deeper insight into the principles of nutrition as it relates to specific medical and physical conditions.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Personal Training

Advanced Boxing for PTs

5 CEC Points

Following on from the Boxing Training for PTs workshop, this course incorporates more advanced punch combinations and drills suitable for participants with some experience in boxing training. Get those boxing gloves ready as practical participation in a range of advanced boxing drills, is a must.

Nominal Hours	3 - 8 hours
Available Via	On Campus
Assessment Method	Short answer questionnaire
Cost	\$175

Advanced Pilates Floor Exercises

4 CEC Points

A continuation on from Pilates Floor Exercises, acquire a range of floor exercises targeted towards Personal Training clients who can complete the basic Pilates floor exercise competently and possess a good base strength. These clinical Pilates floor exercises further develop core strength and control.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Boxing Training for PTs

6 CEC Points

Following on from the Boxing Training for PTs workshop, this course incorporates more advanced punch combinations and drills suitable for participants with some experience in boxing training. Get those boxing gloves ready as practical participation in a range of advanced boxing drills, is a must.

Nominal Hours	3 - 8 hours
Available Via	On Campus
Assessment Method	Short answer questionnaire
Cost	\$210

Conducting Outdoor PT Sessions

4 CEC Points

For those considering taking outdoor group or personal training sessions, this course provides the information and knowledge to assist in addressing all the required considerations.

Nominal Hours	3 - 8 hours
Available Via	On Campus
Assessment Method	Short answer questionnaire
Cost	\$140

Functional Training – Sports Conditioning Level 2

4 CEC Points

Personal trainers will be given an understanding of movement patterns to develop functional strength specific to sports. The course includes guidelines for sports conditioning using a periodical approach and is applicable for trainers who work with athletes and performance focused clients.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Functional Training – Strength Training Level 1

4 CEC Points

The aim of this course is to provide personal trainers with an understanding of functional movement patterns and how they can be incorporated into a strength program. The course includes an extensive exercise library designed to challenge clients who have already developed a good strength base.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Case study based questions
Cost	\$140

Functional Training and Advanced Core Conditioning

4 CEC Points

Discover a range of functional exercises designed to develop core strength and stability. The course includes a range of full body exercises performed using different equipment and surfaces to increase the instability of the movement.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Pilates Fitness Certificate

12 CEC Points

Gain the skills and knowledge to provide clients with exercise programs incorporating Pilates techniques. The course includes a description of exercises, instructional techniques and safety considerations.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$420

Pre and Post Natal

Pilates Floor Exercises

4 CEC Points

Be presented with a complete spectrum of clinical Pilates floor exercises for core strength development and control.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Pilates on the Swissball

4 CEC Points

A continuation of the Pilates and Advanced Pilates Floor Exercises courses, this workshop adds the Swissball to Pilates exercise prescription, providing a new dimension to training programs. This will motivate your Personal Training clients to try new and varied exercise regimes.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Power and Speed Training

4 CEC Points

Develop power and speed programs for group or personal training, utilising information and techniques in this course.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Case study based questions
Cost	\$140

Swissball Instructors Certificate

15 CEC Points

For those working in the fitness industry this course provides the skills and knowledge to deliver exercise programs for personal training clients using Swissballs. It includes a description of exercises, instructional techniques and safety considerations.

Nominal Hours	16 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$525

Weights on the Swissball

4 CEC Points

Designed to follow on from Swissball Exercises for Conditioning & Core Stability, this course features resistance training exercises for experienced and conditioned personal training clients using the Swissball.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Pre & Post Natal Exercises

4 CEC Points

This course provides a review of the anatomical, physiological and biomechanical changes that occur during the three trimesters of pregnancy as well as post pregnancy. It also examines the implications for safe and effective exercise programming and prescription.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140



Rehabilitation

Certificate in Exercise Rehabilitation

15 CEC Points

Addresses the role of a fitness professional in the rehabilitation process, with specific emphasis on the knee, shoulder and back. Topics covered include principles of rehabilitation, functional anatomy, biomechanics, Orthopaedic and Cardio Exercises.

Nominal Hours	30 - 40 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$525

Dealing with Back Pain

4 CEC Points

Being able to diagnose and treat back pain takes years of training. The purpose of this course is to give fitness professionals an understanding of common back conditions, helping to ensure they recognise their role in the rehabilitation process.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Dealing with Knee Injuries & Conditions

4 CEC Points

The objective of this course is to not only alert fitness professionals to a range of common knee injuries and conditions but also their role in the rehabilitation process. It is important however to note that being able to diagnose and treat knee pain takes years of training.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Dealing with Shoulder Injuries & Conditions

4 CEC Points

Being able to diagnose and treat shoulder pain takes years of training, however it's important that fitness professionals are aware, both of common shoulder injuries and conditions, as well as recognising the role they play in the rehabilitation process.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140

Physical Conditions & Exercise Disabilities

4 CEC Points

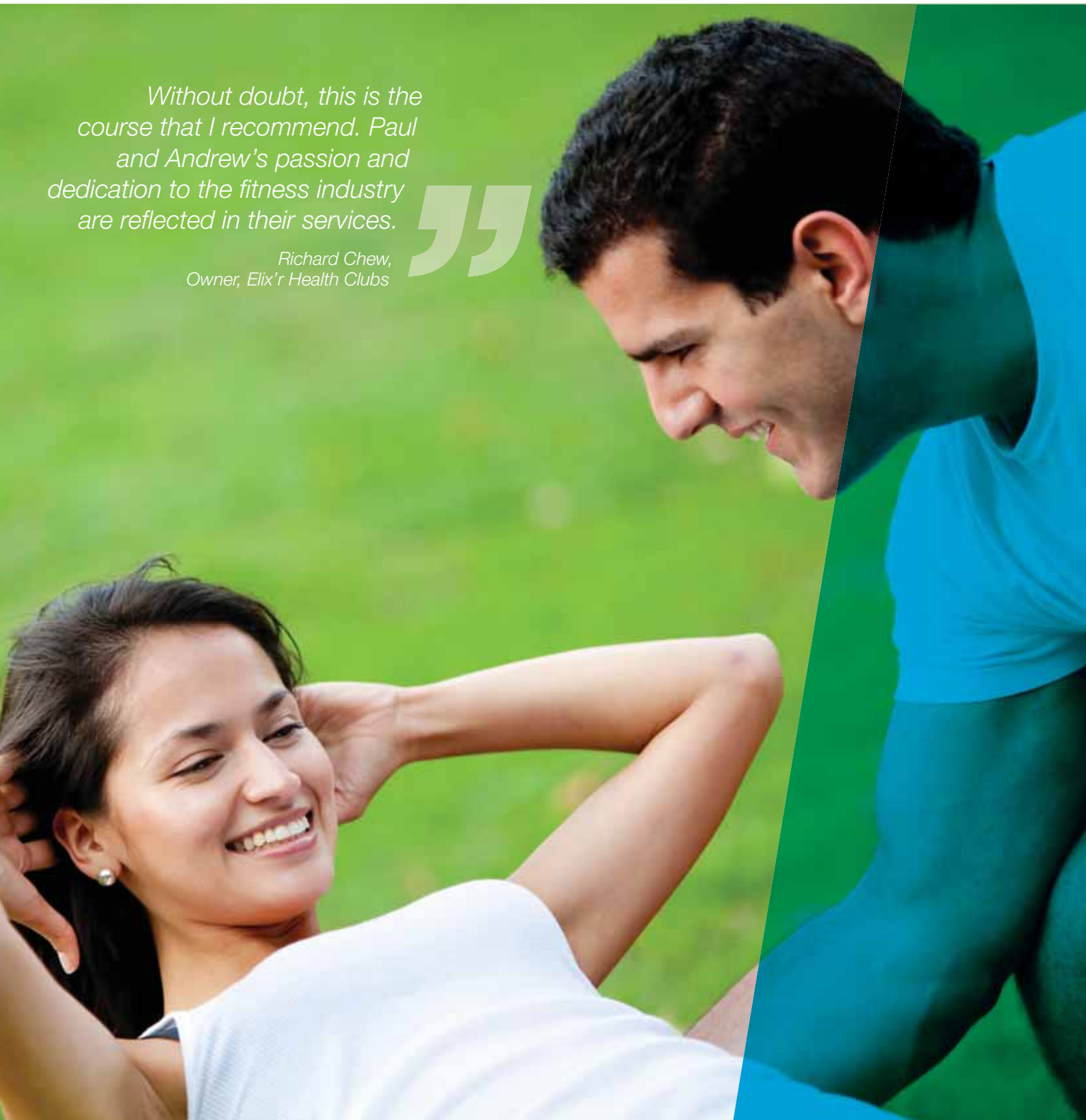
As when dealing with children, older adults and pregnancy, exercise prescription for those with a physical condition, has its own unique parameters. The aim of this course is to provide an overview of the consideration and principles involved.

Nominal Hours	3 - 8 hours
Available Via	Online
Assessment Method	Short answer questionnaire
Cost	\$140



Without doubt, this is the course that I recommend. Paul and Andrew's passion and dedication to the fitness industry are reflected in their services.

*Richard Chew,
Owner, Elix'r Health Clubs*



Entry Requirements

Diploma of Fitness Application

Enrolment in the *Diploma of Fitness* is reserved for students that meet the entry requirements of the training package. The *Diploma of Fitness* qualifies graduates as a Specialised Exercise Trainer, so must meet high standards for entry and graduation of the qualification.

This qualification is designed for those existing fitness professionals who have considerable experience in exercise delivery. Entry to this qualification is open to those who have achieved the following units of competency and have significant vocational experience in the fitness industry:

- SISFFIT415A** Work collaboratively with medical and allied health professionals
- SISFFIT416A** Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
- SISFFIT417A** Undertake long term exercise programming
- SISFFIT418A** Undertake appraisals of functional movement
- SISFFIT419A** Apply exercise science principles to planning exercise
- SISFFIT420A** Plan and deliver exercise programs to support desired body composition outcomes
- SISFFIT421A** Plan and deliver personal training
- BSBSMB401A** Establish legal and risk management requirements of small business

To fulfil the requirements of entry into the Diploma applicants must submit:

1. Evidence of Certificate IV in Fitness, including the pre requisite units
2. Evidence of a Current "Apply First Aid" qualification
3. Evidence of programming for a diverse range of clients outlined in the checklist below.
 - Program for Athlete
 - Program for Older adult
 - Program for previously inactive client
 - Program for client referred by health professional
 - Circuit Program
 - Flexibility Program
 - Weight Loss Program
 - Program for Special Populations Client (Pre or post natal client, asthma, high BP).
 - Cross training program (incorporating swissball, functional training)
 - Advanced Strength Training Program

Applicants must also include a letter of reference from a gym manager or client, endorsing their experience as a trainer.

Certificate IV in Fitness Pre Requisites

Enrolment in the *Certificate IV in Fitness* is reserved for students that meet the entry requirements of the training package.

Entry to this qualification is open to those who hold a current first aid qualification and current CPR certificate and who have achieved the following units of competency:

- SISFFIT301A** Provide fitness orientation and health screening
- SISFFIT302A** Provide quality service in the fitness industry
- SISFFIT303A** Develop and apply an awareness of specific populations to exercise delivery
- SISFFIT304A** Instruct and monitor fitness programs
- SISFFIT305A** Apply anatomy and physiology principles in a fitness context
- SISFFIT306A** Provide healthy eating information to clients in accordance with recommended guidelines
- SISFFIT307A** Undertake client health assessment
- SISFFIT308A** Plan and deliver gym programs
- SISXOHS101A** Follow occupational health and safety policies
- SISXRSK301A** Undertake risk analysis of activities



FIAFitnation Enrolment – 2012

Personal Information

First Name: _____

Last Name: _____

Address: _____

P/Code: _____

Date of Birth: _____ / _____ / _____

Gender: Male Female

Phone: (h) _____
(m) _____

Email: _____

In which country were you born?

Australia Overseas (*please specify*) _____

How well do you speak English?

Very well Well Not well Not at all

Are you of Aboriginal or Torres Strait Islander origin?

No Aboriginal TS Islander

Do you consider yourself to have a disability, impairment or long term condition?

No Yes (if yes, please specify)
 hearing, deaf physical intellectual
 learning mental illness medical condition
 acquired brain impairment other

Previous Education

What is your highest completed school level (tick one box only)?

Year 12 or equivalent Year 9 or equivalent
 Year 11 or equivalent Year 8 or below
 Year 10 or equivalent Never attended school

In which year did you complete that school level? _____

Are you still attending school? Yes No

Have you successfully completed any of the following qualifications?

Bachelor Degree or Higher
 Advanced Diploma or Associate Degree
 Diploma or Associate Diploma
 Certificate IV (or Advanced Certificate)
 Certificate III (or Trade Certificate)
 Certificate II
 Certificate I
 Certificate other than the above

Employment Status

Of the following categories which best describes your current employment status?

Full-time employee
 Part-time employee
 Self employed – not employing others
 Employed – unpaid worker in a family business
 Employer
 Unemployed – seeking full-time work
 Unemployed – seeking part-time work
 Not employed – not seeking employment

Of the following categories which best describes your main reason for undertaking this course?

To get a job
 To develop my existing business
 To start my own business
 To try for a different career
 To get a better job or promotion
 It was a requirement of my job
 I wanted extra skills for my job
 To get into another course of study
 For personal interest or self development
 Other reasons

Course Information

Has the course information provided you with sufficient information about the course, method of delivery, assessment requirements, language, literacy and numeracy requirements and support services?

- Yes
 No – please contact FIAFitration for further assistance

Please select the course, delivery option and payment method

- Campus** Melbourne Brisbane Sydney
Attendance Full time Part time Distance Online

Course / Module	Delivery Option		Upfront	Deposit + Instalments*
	Start Date	Online		
<input type="checkbox"/> Certificate III in Fitness (SIS30310)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Certificate IV in Fitness (SIS40210)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Certificate III and IV in Fitness	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Diploma of Fitness (SIS50210)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Certificate IV in Massage Therapy & Practice (HLT 40307)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Diploma of Remedial Massage (HLT 50307)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Senior First Aid	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Group Exercise Instructor (Aerobics)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Group Exercise Instructor (Fitness)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Aqua Fitness Instructor	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____
<input type="checkbox"/> Sports Trainer Weekend	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> \$ _____

* Visit www.fiafitration.com.au for payment plan details under "Quick Links".

Payment Details:

Total Amount: \$ _____

- Money Order Visa Mastercard
 Cheque payable to "FIAFitration"

Credit Card Number:

□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
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Card Holder's Name:

Expiry Date: _____ / _____

CCV No.: _____

Signature: _____

Send to:

Melbourne
 FIAFitration
 Level 3, 368 Elizabeth Street
 Melbourne VIC 3000

Sydney
 FIAFitration
 Level 3, 815 – 825 George Street
 Sydney NSW 2000

Terms and conditions

I _____

have read and understood the terms and conditions of the FIAFitration course. I agree to pay the course cost in full including payment terms.

Signature: _____ Date: _____

Entry requirements

Please include evidence of your eligibility to enrol in the qualification for all qualifications above Certificate III. For information on entry requirements please check the student entry requirements information. Please note enrolments cannot be processed without evidence of meeting entry requirements.

Terms & Conditions

TERMS AND CONDITIONS (T&C's) OF A FIAFITNATION COURSE OR SUBJECT ENROLMENT

Course entry requirements

There are no entry requirements for the Certificate III in Fitness course, there are prerequisites for all other courses (see the entry requirements document).

Flexible Delivery

The FIAFITNATION provides flexible delivery with all of their educational courses. Students will be expected to complete their course requirements via an integrated system of workplace training and assessment, structured campus based (CB) education and/or as a distance online learning (DoL) education course. Students will be responsible for having access to the internet for some or all of their course work for all courses and subjects. All courses and/or subjects have specific academic timetables, formal and informal assessments and workplace assessments, students are responsible for meeting all of these requirements.

Cancellation and refund policy

Your signed enrolment form acts as confirmation that you accept and commit to paying the fees, as they are stated on your student enrolment form, for any forms submitted electronically you will need to read and agree to the T&Cs online to submit your form and by doing so accept the T&Cs fully.

Cancellation Fees

7 days notice

\$200 cancellation per course/subject

Less than 7 days notice

\$400 cancellation per course/subject

Cancellation fees apply to each course/subject within a "combination" program.

Course or subject fees

All cancellation requests must be submitted in writing to FIAFITNATION. The student agrees to pay FIAFITNATION the total course and/or subject fee listed on the enrolment form under totals investment. Payment in full is required before completion of any course or subject. A deposit may be made in the case of a payment plan to secure a place in a contact course or to commence an online course.

Student requests for refunds must be received before commencement of the course. Once an enrolment is processed and course resources provided (either electronically or in hard copy) it is deemed the student to have received the course. FIAFITNATION reserve the right to postpone courses at their own discretion should student numbers not reach a minimum number. In this case students enrolled will have the option to transfer to the later course, transfer to another course of the same value or transfer to a DoL course.

DoL courses or subjects are considered to have commenced from the date the course or subject materials have been sent to the student, regardless of when they are received.

Combination of Courses

Wherever a student has obtained a discount from FIAFITNATION for enrolling in any combination of courses or subjects or via any special offer and then wishes to cancel their enrolment for any part of a course or subject, the above refund policy applies however they may withdraw from the course 7 days prior to the commencement of the new course. In this case students will be charged in full for the first course, and a \$300 admin fee as well as the full recommended retail price for any promotional items/products received as part of a Combination promotion or special offer.

Transfer/Deferment

Students are able to transfer to the same course or subject for up to 6 months if FIAFITNATION has received a request in writing up to 7 days prior to the commencement of a course or subject. If the transfer/deferment request is received in less than 7 days prior to a course starting a \$50.00 transfer fee will apply for each course. DoL course transfers to CB

courses are required to be received within 3 months of commencement of the course. The transfer will also incur an administration fee of \$300.00.

Assessment Items

Any workplace assessment materials that need to be re-submitted will incur a \$30.00 resubmission fee. All formal exams must be completed in the allocated period, if any formal exams are not completed in the allocated time, students will be deemed Not Yet Competent (NYC) and will be required to pay a re-enrol fee of \$100.00 per formal exam, but only if the student has applied for and been granted an extension in writing.

Appeals Procedure

You may request a Not Yet Competent (NYC) assessment result to be reviewed for up to five working days from receipt of the result. Requests for a review of an assessment item must be made in writing to the FIAFITNATION Education officer : Admin@FIAFITNATION.com.au

General

The Certificate III in Fitness course has a maximum* of 6 months to complete and all other courses, including the Certificate IV and/or Diploma courses have a maximum* of 12 months to complete from enrolling. This time period includes all campus based lectures if CB and any workplace training and assessments/ clinics, exams online or any other assessment items. All students will be issued with an academic timetable and completion dates for their course or subjects to ensure they meet the time frame above. Students may gain extensions on the academic timetable issued up to a maximum of 5 weeks, if they apply in writing prior to the end of the course or subject academic timetable completion date and it is within the full time frame above. No extension can be given over the maximum time allocated.

* Maximum time is at the discretion of the FIAFITNATION Education Review Panel. Students must make every endeavour to complete their FIAFITNATION course as per their allocated finish dates.

Students completing the Certificate III in Fitness course via DoL can attend any of the weekend campus based practical workshops at no additional costs (see the course calendar for details). Students completing the Certificate III in Fitness course via DoL are not enrolled in the Campus based Senior First Aid course but may pay and enroll if they like or complete an equivalent senior first aid course elsewhere. A current Senior First Aid qualification is a requirement to gain and maintain registration as a qualified instructor with fitness Australia.

The FIAFITNATION reserves the right to change course dates and venues, or to cancel courses if necessary. In the event of a course or subject being cancelled every effort will be made to avoid inconvenience by transferring attendees to other scheduled courses or subjects. Students enrolling in subjects (pay as you learn) and that go across a calendar year will be subject to any price increases for the year and also any subject timetable changes.

On enrolment students are confirming they have read the course information pack, and student handbook, and are therefore aware of the requirements and structure of the course.

RPL/Credit Transfer Policy

FIAFITNATION recognises other Australian Quality Training Framework (AQTF) qualifications and Statements of Attainment awarded by other schools and colleges. Students may apply to FIAFITNATION for recognition of any relevant courses or subjects undertaken at FIAFITNATION or at any other institution. Requests for RPL will not be considered once a course or subject has started. Students seeking an RPL are required to complete the RPL form (available from the FIAFITNATION website or from the FIAFITNATION Office)

Grievance And Student Complaint Policy

If a student has a minor grievance or complaint, they can e-mail the FIAFITNATION Education Manager: admin@fiafitnation.com.au. If the complaint is more serious, notification should be made directly to the FIAFITNATION Compliance Manager: david.ball@fiafitnation.com.au. All grievances will be treated with confidentiality and will not be detrimental to the student initiating the complaint.

Access And Equality

FIAFITNATION is committed to integrating access and equality principles within all services that we provide to our students.

Anti Discrimination

If you feel you have been discriminated against, e-mail the FIAFITNATION Compliance Manager: david.ball@fiafitnation.com.au. If your complaint is still un-resolved, you may wish to seek external advice.

Language, Literacy And Numeracy Support

FIAFITNATION can provide you with information about specialist assistance for students who require support with language, literacy or numeracy. FIAFITNATION will work in co-operation with the external specialist service to ensure successful outcomes.

Support Services

Our organisation provides adequate protection for the health, safety and welfare of our students. This includes appropriate support services in terms of learning and personal counselling. e-mail the FIAFITNATION Compliance Manager: david.ball@fiafitnation.com.au for more information.

Disciplinary Procedures

Students who are found acting outside the Training Providers' code of conduct maybe disciplined by a member of staff. Any student who commits a breach of discipline or is deemed as presenting a significant risk to themselves or others may not be able to continue their study with FIAFITNATION.

Restricted Use

Unless we agree otherwise in writing, you are provided with access to this web site only for your personal use. You are authorised to print a copy of any information contained on this web site for your personal use, unless such printing is expressly prohibited. Without limiting the foregoing, you may not without our written permission on-sell information obtained from this web site.

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This web site may contain links to other web sites (linked web sites). Those links are provided for convenience only and may not remain current or be maintained. We are not responsible for the content or privacy practices associated with linked web sites. Our links with linked web sites should not be construed as an endorsement, approval or recommendation by us of the owners or operators of those linked web sites, or of any information, graphics, materials, products or services referred to or contained on those linked web sites, unless and to the extent stipulated to the contrary.

**“ Take care of your body,
it’s the only place you
have to live. ”**

Contact

Sydney (Head Office)

Level 3, 815-825 George Street

Sydney NSW 2000

T: 61 2 8204 7800

F: 61 2 9280 4948

Brisbane

Ground Level, 269 Wickham Street

Fortitude Valley Qld 4006

T: (07) 3257 1100

F: (07) 3257 1900

Melbourne

Level 3, 368 Elizabeth Street

Melbourne Vic 3000

T: 61 3 9596 5533

F: 61 3 9595 6599

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1300 348 628

1300 136 632

www.fiafination.com.au

info@fiafitnation.com.au