DISCIPLINE
STRENGTH
SUPPORT

BE SOMEONE

NEW BEGINNING
BEGINNING

ONE’S...
FIAFitnation provides the outstanding standard in fitness education to students all around Australia.

Get to know FIAFitnation

What you might not know about us is that we have been around for a long time, though we used to go by a few different names.

Sydney-based Fitness Institute of Australia (FIA) was a child of the 1980s (with requisite neon Lycra, sweatband and leg warmers) and was the original registering body for personal trainers as a not-for-profit organisation, as well as an education provider. By the mid 1990s FIA had moved to specialise in education, building on its reputation as the industry leader in classroom delivery.

Melbourne-based Fitnation were pioneers in delivering quality distance education in the 1990s. They built on this foundation to become market leaders in online learning.

In 2011, 45 years of combined experience in education and training was merged to create FIAFitnation, building on its existing reputation as the industry leader in fitness education.
Why choose FIAFitnation

Our campuses
We offer flexible study options, combining our industry-leading online platform with modern facilities at our Sydney and Melbourne campuses.

Expert trainers & assessors
Our educators all have significant industry experience. This means our students enjoy inspired and passionate teaching, drawn from a wealth of technical knowledge and applied experience. Our team of instructors includes Exercise Physiologists, Sports Scientists, Physiotherapists and Nutritionists.

Career pathways
We’ll help you choose the right course for the career you want. With diploma and certificate qualifications, as well as a large range of specialised short courses, you can choose to start by dipping your toes in the water or jump right in. All FIAFitnation courses are fully accredited and internationally recognised, so there are no limits to where your qualification can take you.

Unique industry courses
We’re leading the way in upskilling our students in business with our Diploma of Fitness (SIS50215).
The fitness industry is responding to changes in consumer expectations. People want more personalised service, which is reflected in the booming market for group personal training and personalised nutrition.*

MELBOURNE

The Melbourne campus is located in the heart of the city, close to public transport. The campus is just a quick walk from Melbourne Central Station.

Campus: Level 3
368 Elizabeth Street
Melbourne VIC 3000
Phone: (03) 9595 6500
Fax: (03) 9595 6599

SYDNEY

The Sydney campus is built with sustainable materials and is 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
BE SOMEONE’S TRANSFORMER

Compare career pathways in less time than it takes to drink a protein shake

Fitness Instructor
Certificate III in Fitness SIS30315

- Give general advice in a gym environment
- Learn more about your own training
- Work as a gym instructor leading small group sessions
- Work on a gym floor
- Work as a group exercise instructor
Personal Trainer
Certificate IV in Fitness
SIS40215

Once you have completed your Certificate III in Fitness, become a qualified Personal Trainer;
• Work outdoors
• Run your own business
• Be qualified to work with children

Specialist Trainer
Diploma in Fitness
SIS50215

Once you have completed your Certificate IV in Fitness and obtained one year of industry experience, become a qualified Specialist Trainer;
• Develop advanced training methods
• Implement injury prevention strategies
• Marketing for Fitness Professionals, Managing Staff Performance
I WANT TO WORK IN THE WELLNESS INDUSTRY
If you're interested in working in the fitness industry but have no qualifications you could complete a CEC or PDP short course whilst working in a support role.
Course areas: Functional Training, Kids/Older Adults, Nutrition, Personal Training, Rehabilitation, First Aid.
Jobs: Gym reception, customer care, manager

I WANT TO BE AN EXERCISE INSTRUCTOR
Certificate III in Fitness – SIS30315
Conduct screenings of new members/clients and assess their fitness. Teach the correct exercise techniques for all aspects of fitness and use an array of exercise equipment to achieve results.
Jobs: Gym instructor, fitness instructor, group exercise instructor

I WANT TO BE A PERSONAL TRAINER
Certificate IV in Fitness – SIS40215
Conduct fitness assessments and develop personalised training programs. Teach correct exercise techniques and use an array of exercise equipment to achieve results.
Jobs: Corporate trainer, outdoor trainer, mature age trainer
With further specialised study: Sports coach, strength and conditioning coach, pre and post natal training

I WANT TO BE A SPECIALISED EXERCISE TRAINER
Diploma of Fitness – SIS50215
Conduct fitness assessments and implement specific training programs. Plan and deliver exercise and sports conditioning programs in a clinical setting working with allied health professionals with clients who have special needs.
Jobs: Specialised exercise trainer with fitness centres, institutes or personal training studios or build a specialised training business

I WANT TO BE A HIGH-LEVEL PROFESSIONAL TRAINER
ACPE Bachelor of Applied Fitness
Provide advice for corporate health, special needs training, fitness writing, and event presentation.
Jobs: Specialised fitness trainer, strength & conditioning coach, high performance manager

I WANT TO BE A NUTRITIONIST
Endeavour College of Natural Health Bachelor of Health Science (Nutritional & Dietetic Medicine)
Provide dietary advice and prescribe nutritional supplements to assist in the treatment of a broad range of health conditions.
Jobs: Clinical practitioner, corporate health coach, education roles, food technologist and product development

*Admission to these degrees is subject to meeting the entry requirements of the relevant College
OUR COURSES

Certificates

Certificate III in Fitness SIS30315
› Gym instructor
› Gym exercise instructor
› Older adult instructor

Certificate IV in Fitness SIS40215
› Personal trainer
› Younger adult instructor

PT Express: Certificate IV in Fitness SIS40215
Includes Certificate III in Fitness pre-requisites
› Personal trainer

Fitness Combo: Certificate III & IV in Fitness SIS30315, SIS40215
› Gym instructor
› Gym exercise instructor
› Older adult instructor
› Personal trainer
› Younger adults instructor

Diplomas

Diploma of Fitness SIS50215
› Advanced personal trainer
› Fitness services coordinator
› Personal training manager
With ongoing research on population demographics and current trends, best practices and policies for the industry are regularly updated. Fulfil your commitment to ongoing professional development with specialised short courses to expand your skill set and gain Continuing Education Credits (CEC) or Professional Development Points (PDP).

<table>
<thead>
<tr>
<th>Functional Training</th>
<th>Nutrition</th>
<th>Kids and Older adults</th>
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<tbody>
<tr>
<td>› Adaptation to exercise</td>
<td>› Exercise nutrition</td>
<td>› Fitness for older adults</td>
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<td>› Olympic lifting</td>
<td>› Nutrition &amp; weight management</td>
<td>› Instruct exercise to young people aged 13-17 years</td>
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<td>› Functional training</td>
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<td>› Strength training level 1</td>
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<td>Rehabilitation</td>
<td>Group Fitness</td>
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<td>› Dealing with back pain</td>
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<td>› Dealing with knee injuries &amp; conditions</td>
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<td>› Behaviour change strategies</td>
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<td>› Dealing with shoulder injuries &amp; conditions</td>
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<td>› Physical conditions &amp; exercise disabilities</td>
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<th>First Aid</th>
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<tr>
<td>› Provide first aid (HLTAID003)</td>
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Plant your foot firmly on the gym floor with the Certificate III in Fitness (SIS30315), your pathway into the fitness industry.

Career Opportunities

• Gym floor instructor
• Gym instructor
• Group exercise instructor
• Older adult instructor

If your goal is to become a Personal Trainer, your journey starts with the Certificate III in Fitness (SIS30315) before progressing to the Certificate IV in Fitness (SIS40215), the minimum qualifications required to become a Personal Trainer.
Entry Requirements

- Have completed Australian Year 10 or equivalent; OR
- Achieve an Exit Level 2 score and working at level 3 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
- In line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Please refer to our admission policy for further details.

Course Outline

The Certificate III in Fitness (SIS30315) is the entry level course for the fitness industry, covering 5 units of study, plus a first aid qualification:

<table>
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<tr>
<th>Course</th>
<th>Code</th>
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<tbody>
<tr>
<td>Anatomy and Physiology for Fitness</td>
<td>AFP310</td>
</tr>
<tr>
<td>Healthy Eating Guidelines</td>
<td>HEG311</td>
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<tr>
<td>Fitness Screening &amp; WHS</td>
<td>FSW312</td>
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<tr>
<td>Exercise Instruction and Programming</td>
<td>EIP313</td>
</tr>
<tr>
<td>Programming for Specific Populations</td>
<td>PSP314</td>
</tr>
</tbody>
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Course Competencies

There are 16 Units Of Competency: 9 core and 7 elective.

Incorporate anatomy and physiology principles into fitness programming SISFFIT004

Provide healthy eating information SISFFIT005

Provide health screening and fitness orientation SISFFIT001

Conduct fitness appraisals SISFFIT006

Provide quality service SISXCCS001

Work effectively in sport, fitness and recreation environments SISXIND001

Identify risk and apply risk management processes BSBRSK401

Participate in workplace health and safety HLTWHS001

Instruct fitness programs SISFFIT003

Instruct group exercise sessions SISFFIT007

Instruct approved community fitness programs. SISFFIT011

Maintain equipment for activities SISXAC001

Facilitate inclusion for people with a disability SISXDIS001

Instruct exercise to older clients SISFFIT014

Recognise and apply exercise considerations for specific populations SISFFIT002

Provide first aid HLTAID003

* At an additional cost HLTAID003 Provide first aid is a requirement to complete the SIS30315 Certificate III in Fitness. It is provided by ReViva First Aid and Resuscitation Training Pty Ltd or Vital First Aid and Training Services, depending on your campus location.

Delivery Mode

At FIAFitnation, we will support you by creating a tailored study plan to suit your lifestyle.

Study on campus

Day Intensive: In an intensive 5 weeks on campus, Monday, Tuesday and Wednesday from 8:30am-3pm, you’ll cover all your theory and practical subject matter as well as your practical assessment. Following these 5 weeks, you’ll have a further 8 weeks to complete all course requirements.

Evening: Delivered over 13 weeks, classes will run on a Monday and Wednesday from 6.30-9.30pm. You must also attend a practical assessment at the end of the course (Saturday and Sunday, 9.30am-5.00pm).

Weekend: Delivered over 13 weeks, classes will run on Saturdays from 9.30am-4.00pm, with two additional Sundays in week 1 and week 13 from 9.30am-5.00pm.

Provide first aid: You will have the opportunity to complete Provide first aid HLTAID003 with an external provider at FIAFitnation at an additional cost of $170. As a campus based student you will also have the added convenience of access to FIAFitnation’s industry leading online learning platform. Via the online platform, you will be able to review your lecture slides, complete your subject readings, and sit practice exams. You will also complete your theoretical exams online.

Study online

FIAFitnation use a number of different educational, and technological tools that provide an outstanding online student experience. These include:

- Asynchronous Learning: Students have the ability to self-pace their studies
- Flexible Study Guides: Students can either study a part time, or full time option
- Online Trainers: Students will be held accountable to their studies through their online trainer, who will also motivate students to complete their courses
- Interactive Assessments: Combining the latest in technology to advanced means of assessment; videos, multi-choice, drag and drop, labeling, and more!

With the online study mode, you can choose from a full time or part time study load.
- A full time study load will be structured for completion in 3 months
- A part time study load will be spread over 6 months

Online students must complete a 15 hour workplace internship with a gym instructor of their choice. This internship is a pre-requisite for attendance at the practical assessment.

Online students must also attend a practical assessment, with the option of attending on a Tuesday & Wednesday, or a Saturday & Sunday. Please see the calendar for further information.

You will need to complete Provide first aid HLTAID003, with the opportunity to do this with one of our external providers on a Sunday, as per the calendar.

Assessments

Students will be required to complete a series of online assessment for each unit of study. These assessments come in the form of multiple choice, short answer assessments and case studies.

In addition to this, students must also complete 30 hours of workplace activity. If you study with us face to face, you will complete all of these hours during your class time. The final two days of your course will involve practical assessment in which you will be involved in role play of various trainer-client interactions in screening, gym inductions and group exercise delivery.

If you study online, you will be required to complete a 15 hour workplace internship prior to attendance at the two day practical assessment (described above) to support you in the completion of this assessment task. This internship will require experience in client screening, gym inductions and group exercise delivery.

Students must also complete HLTAID003 Provide First Aid.

Campus Locations

Sydney: Level 3/815-825 George Street, Sydney NSW 2000
Melbourne: Level 3/368 Elizabeth Street, Melbourne VIC 3000
GRADUATE AS A PERSONAL TRAINER.

Personal Trainers screen new clients and assess their fitness levels using a variety of methods.

You’ll learn how to work with clients to set goals and develop training programs to suit their needs. You’ll be taught correct exercise techniques, and use an array of innovative exercise equipment to help your clients achieve results.

You’ll also get the skills to set up and manage your own fitness business.

This qualification is ideal if you wish to develop your knowledge and skills in the delivery and instruction of exercise programs in fitness centres, outdoor environments with individual clients and small groups. Selected units of competency from the Certificate III in Fitness (SIS30315) are a pre-requisite for this qualification.
Entry Requirements

• Have completed Australian Year 11 or equivalent; AND
• Hold the pre-requisite units of competency from the SIS30315 Certificate III in Fitness.
• Achieve an Exit Level 3 score working at level 4 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
• Have attained HLTAID003 Provide first aid
• In line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Please refer to our admission policy for further details.

Course Outline

Within the SIS40215 Certificate IV in Fitness you will complete the following units of study:

Advanced Screening & Scope of Practice
Personal Training Essentials
Group Personal Training
Exercise for Young Peoples
Business Essentials for Personal Training

In each Unit of Study you will find course readings, lecture content, online assessments and study resources such as videos and supplementary materials.

Course Competencies

There are 20 Units Of Competency: 12 core and 8 elective.

Collaborate with medical and allied health professionals in a fitness context SISFFIT015
Provide motivation to positively influence exercise behaviour SISFFIT016
Promote functional movement capacity SISFFIT018
Recognise the dangers of providing nutrition advice to clients SISFFIT025
Support healthy eating through the Eat for Health Program SISFFIT026
Instruct long-term exercise programs SISFFIT017
Instruct endurance programs SISFFIT024
Conduct individualised long-term training programs SISXCA005
Instruct exercise programs for body composition goals SISFFIT020
Instruct personal training programs SISFFIT021
Incorporate exercise science principles into fitness programming SISFFIT019
Instruct group personal training programs SISFFIT023
Conduct sustainable work practices in open spaces SISXRES001
Instruct exercise to young people aged 13-17 years SISFFIT013
Address client needs SISXCCS003
Conduct basic warm up and cool down programs SISXSSPT303A
Establish legal and risk management requirements of small business BSBMB401
Market the small business BSBMB403
Undertake small business planning BSBMB404
Monitor and manage small business operations BSBMB405

Delivery Mode

At FIAFitnation, we will support you by creating a tailored study plan to suit your lifestyle.

Study on campus

Day intensive: 5 weeks on campus, each Wednesday, Thursday and Friday from 8.30am-3pm, you’ll cover all your theory and practical subject matter as well as your practical assessment. Following these 5 weeks, students will have a further 21 weeks to complete all course requirements. During this time you will complete 25 hours of work experience shadowing a personal trainer, with the flexibility to choose one or multiple trainers at any number of different gyms.

Evening classes: Face to face classes will be delivered over 13 weeks. Classes will run on a Tuesday and Thursday from 6.30-9.30pm. Students must also attend a practical assessment at the end of the course (with Thursday & Friday or Saturday & Sunday options, 9.30am-5.00pm). Following these 13 weeks, you will have a further 13 weeks to complete 25 hours of work experience shadowing a personal trainer, with the flexibility to choose one or multiple trainers at any number of different gyms, and complete remaining online theory assessments.

Weekend classes: Face to face classes will be delivered over 13 weeks. Classes will run on Saturdays from 9.30am-4.00pm, with two additional Sundays in week 1 and week 13 from 9.30am-5.00pm. Following these 13 weeks, you will have a further 13 weeks to complete 25 hours of work experience shadowing a personal trainer, with the flexibility to choose one or multiple trainers at any number of different gyms, and complete remaining online theory assessments. As a campus based student you will complete all theory + practical subject matter face to face. You will also have the added convenience of access to FIAFitnation’s industry leading online learning platform. Via the online platform, you will be able to review your lecture slides, complete your subject readings, and sit practice exams. You will also complete your theoretical exams online.

Study online

FIAFitnation use a number of different educational, and technological tools that provide an outstanding online student experience. These include:

• Asynchronous Learning; Students have the ability to self-pace their studies
• Flexible Study Guides; Students can either study a part time, or full time option
• Online Trainers; Students will be held accountable to their studies through their online trainer, who will motivate students to complete their courses
• Interactive Assessments; Combining the latest in technology to advanced means of assessment, videos, multi-choice, drag and drop, labelling, and more!

With the online study mode, students can choose from a full time or part time study load.

• A full time study load will be structured for completion in 6 months
• A part time study load will be spread over 12 months

Students will complete a 25 hour internship with a qualified personal trainer of their choice.

After this, in addition to completing the online work, students must also attend a practical assessment (with Thursday & Friday or Saturday & Sunday options, 9.30am-5.00pm) in order to complete the practical components of the course. If you are an online student, you must complete the workplace internship prior to attendance at the practical assessment.

Assessments

Students will be required to complete a series of online assessment for each unit of study. These assessments come in the form of multiple choice, short answer assessments and case studies.

In addition to this you must also complete 40 hours of workplace activity. These 40 hours will comprise of a two day practical assessment, and a 25 hour workplace internship with a personal trainer of the student’s choice. These practical assessments will focus on advanced client screening, posture, delivering exercise for children and planning and delivering small group and individual personal training sessions.

Campus Locations

Sydney
Level 3/815-825 George Street, Sydney NSW 2000

Melbourne
Level 3/368 Elizabeth Street, Melbourne VIC 3000

Please refer to our admission policy for further details.
PT EXPRESS

Fast track your career as a personal trainer in as little as 8 months with FIAFitnation’s new PT Express course which includes a Certificate IV in Fitness – SIS40215 and pre-requisites from the Certificate III in Fitness – SIS30315.
FAST TRACK YOUR CAREER AS A PERSONAL TRAINER.

This qualification provides an opportunity for you to fast track your studies to begin your career in the fitness industry as a Personal Trainer. If you haven’t yet studied a Certificate III in Fitness (SIS30315), you can enrol into PT Express. This includes the pre-requisites from the Certificate III in Fitness (SIS30315) and the complete Certificate IV in Fitness (SIS40215).

Once you have completed PT Express you will hold a Certificate IV in Fitness (SIS40215) – the Nationally Accredited qualification that allows you to train clients one on one in a gym setting, deliver training sessions outdoors and work with younger adults and children. PT Express provides you with the knowledge and skills to ensure you cater for the needs of all individual clients.

**Total tuition cost:**
$4,150
Discounted for upfront payment and payment plan ($3,850 after discount)

**Duration:**
32 - 58 weeks

**Study modes:**
- Certificate III in Fitness – SIS30315 pre-requisite units:
  1 x 6 weeks
  (regardless of selected study mode, with the option to request an extension to support additional time to complete all units of competency).

- Certificate IV in Fitness – SIS40215:
  - Day intensive full time 26 weeks
  - Evening full time 26 weeks
  - Weekend full time 26 weeks
  - Online full time 26 weeks
  - Online part time 52 weeks

**Entry Requirements**
- Have completed Australian Year 11 or equivalent; OR
- Achieve an Exit Level 3 score working at level 4 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
- In line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into a full fitness qualification. However, if you are under 18, you could commence the pre-requisite units of competency from the SIS30315 Certificate III in Fitness which are part of the PT Express course. Once you have attained these units of competency and have turned 18 you could then commence the Certificate IV in Fitness (SIS40215).

Please refer to our admission policy for further details.

Course fees do not include the HLTAID003 Provide first aid component of the pre-requisite requirements for the SIS40215 Certificate IV in Fitness. HLTAID003 Provide first aid training can be purchased via the FIAFitnation enrolment form and is provided by ReVIVA First Aid and Resuscitation Training Pty Ltd or Vital First Aid and Training Services depending on your campus location.
Delivery Mode

At FIAFitnation, we will support you by creating a tailored study plan to suit your lifestyle.

Certificate III in Fitness (SIS30315)

Pre-requisite Competencies

Study on campus

If you wish to complete the pre-requisite units on campus, you may join one of our Certificate III in Fitness (SIS30315) Day Intensive cohorts. This would see you attend Monday, Tuesday and Wednesday from 8.30am – 3.00pm for 5 weeks, incorporating all practical assessments. You would then have one further week to finish the online assessment tasks.

Study online

Complete the pre-requisite units online. This would see you work through all online assessments over a period of 6 weeks, before joining us on campus for a practical weekend to be assessed on the practical components of the course.

Certificate IV in Fitness (SIS40215)

Study on campus

Day intensive: 5 weeks on campus, each Wednesday, Thursday and Friday from 8.30am-3pm, you’ll cover all your theory and practical subject matter as well as your practical assessment. Following these 5 weeks, students will have a further 21 weeks to complete all course requirements. During this time you will complete 25 hours of work experience shadowing a personal trainer, with the flexibility to choose one or multiple trainers at any number of different gyms.

Evening classes: Face to face classes will be delivered over 13 weeks. Classes will run on a Tuesday and Thursday from 6.30-9.30pm. Students must also attend a practical assessment at the end of the course (with Thursday & Friday or Saturday & Sunday options, 9.30am-5.00pm). Following these 13 weeks, you will have a further 13 weeks to complete 25 hours of work experience shadowing a personal trainer, with the flexibility to choose one or multiple trainers at any number of different gyms, and complete remaining online theory assessments.

Weekend classes: Face to face classes will be delivered over 13 weeks. Classes will run on Saturdays from 9.30am-4.00pm, with two additional Sundays in week 1 and week 13 from 9.30am-5.00pm. Following these 13 weeks, you will have a further 13 weeks to complete 25 hours of work experience shadowing a personal trainer, with the flexibility to choose one or multiple trainers at any number of different gyms, and complete remaining online theory assessments.

As a campus based student you will complete all theory + practical subject matter face to face. You will also have the added convenience of access to FIAFitnation’s industry leading online learning platform. Via the online platform, you will be able to review your lecture slides, complete your subject readings, and sit practice exams. You will also complete your theoretical exams online.

Study online

FIAFitnation use a number of different educational, and technological tools that provide an outstanding online student experience. These include:

- Asynchronous Learning; Students have the ability to self-space their studies
- Flexible Study Guides; Students can either study a part time, or full time option
- Online Trainers; Students will be held accountable to their studies through their online trainer, who will motivate students to complete their courses
- Interactive Assessments; Combining the latest in technology to advanced means of assessment; videos, multi-choice, drag and drop, labelling, and more!

With the online study mode, students can choose from a full time or part time study load.

- A full time study load will be structured for completion in 6 months
- A part time study load will be spread over 12 months

Students will complete a 25 hour internship with a qualified personal trainer of their choice.

After this, in addition to completing the online work, students must also attend a practical assessment (with Thursday & Friday or Saturday & Sunday options, 9.30am-5.00pm) in order to complete the practical components of the course. If you are an online student, you must complete the workplace internship prior to attendance at the practical assessment.

Assessments

Certificate III in Fitness (SIS30315)

Pre-requisite Competencies

You will be required to complete a series of online assessments for each unit of competency. These assessments come in the form of multiple choice, short answer assessments and case studies. You must also attend a two day practical assessment, regardless of study mode. These practical assessments will focus on client screening, and exercise instruction.

Certificate IV in Fitness (SIS40215)

As with the Certificate III in Fitness (SIS30315) pre-requisite units, you will complete a series of online assessments for each unit of study. In addition to this, you will complete 40 hours of workplace activity. These 40 hours will comprise of a two day practical assessment, and a 25 hour workplace internship with a personal trainer of the student’s choice. The practical assessments will focus on advanced client screening, postural analysis and delivering a range of personal training sessions for a variety of clients both indoors and outdoors.

If you choose to complete your Certificate IV in Fitness (SIS40215) online, you will be required to complete your 25 hour workplace internship prior to attendance at the two day practical assessment to support you in completion of this assessment task.
Course Competencies

Certificate III in Fitness (SIS30315)

Pre-requisite Competencies*

- Provide health screening and fitness orientation SISFFIT001
- Recognise and apply exercise considerations for specific populations SISFFIT002
- Instruct fitness programs SISFFIT003
- Incorporate anatomy and physiology principles into fitness programming SISFFIT004
- Provide healthy eating information SISFFIT005
- Conduct fitness appraisals SISFFIT006
- Instruct exercise to older clients SISFFIT014
- Provide quality service SISXCCS001

*HLTAID003 Provide first aid is also a requirement to meet the entry criteria to the SIS40215 Certificate IV in Fitness. HLTAID003 Provide first aid as it is delivered by external providers Reviva First Aid and Resuscitation Training Pty Ltd or Vital First Aid and Training Services depending on your campus location.

Certificate IV in Fitness (SIS40215)

- Collaborate with medical and allied health professionals in a fitness context SISFFIT015
- Provide motivation to positively influence exercise behaviour SISFFIT016
- Promote functional movement capacity SISFFIT018
- Recognise the dangers of providing nutrition advice to clients SISFFIT025
- Support healthy eating through the Eat for Health Program SISFFIT026
- Instruct long-term exercise programs SISFFIT017
- Instruct endurance programs SISFFIT024
- Conduct individualised long-term training programs SISXCAI005
- Instruct exercise programs for body composition goals SISFFIT020
- Instruct personal training programs SISFFIT021
- Incorporate exercise science principles into fitness programming SISFFIT019
- Instruct group personal training programs SISFFIT023
- Conduct sustainable work practices in open spaces SISXRES001
- Instruct exercise to young people aged 13-17 years SISFFIT013
- Address client needs SISXCCS003
- Conduct basic warm up and cool down programs SISSSPT303A
- Establish legal and risk management requirements of small business BSB52401
- Market the small business BSB52403
- Undertake small business planning BSB52404
- Monitor and manage small business operations BSB52405

Course Outline

Firstly, you will complete 8 units of competency from the Certificate III in Fitness (SIS30315) course, plus a first aid qualification. On completing this, you will then progress to the Certificate IV in Fitness (SIS40215), as outlined below:

- Advanced Screening & Scope of Practice ASP410
- Personal Training Essentials PTE411
- Group Personal Training GPT412
- Exercise for Young Peoples EYP413
- Business Essentials for Personal Training BPT414

In each Unit of Study you will find course readings, lecture content, online assessments and study resources such as videos and supplementary materials.
THE TWO ESSENTIAL COURSES YOU NEED TO GET STARTED AS A PERSONAL TRAINER, PACKAGED UP FOR YOU.

If your ultimate career goal is to become a Personal Trainer, using your pre-requisite Certificate III in Fitness (SIS30315) qualification to get started as an instructor on the gym floor or in the group exercise studio is a great way to start earning while you’re still learning.

Build relationships and warm up your future client base as you study your Certificate IV in Fitness (SIS40215), which is the minimum qualification you will need to become a Personal Trainer.
Entry Requirements

- Have completed Australian Year 11 or equivalent and be able to provide evidence of such; OR
- Achieve competency in Exit Level 3 score and working at Level 4 within the Australian Core Skills Framework assessments in Reading and Numeracy: AND
- Show capability to be successful in the course;
- In line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Please refer to our admission policy for further details.

Delivery Mode

At FIAFitnation, we will support you by creating a tailored study plan to suit your lifestyle.

Study on Campus

Day Intensive

The day intensive option will see you attend campus 3 days per week for 5 weeks on Monday, Tuesday and Wednesday for your SIS30315 Certificate III in Fitness. During this time, you will cover all theory and practical subject matter, as well as the practical hours. You will then have a further 8 weeks to complete all other course requirements, with a focus on the online assessments.

Once you have completed the SIS30315 Certificate III in Fitness, you can then select the SIS40215 Certificate IV cohort that suits you best. The day intensive cohorts for this course also run over five weeks, on a Wednesday, Thursday and Friday. During this 5 weeks, you will cover all theory and practical subject matter, as well as the practical assessments. Following this five weeks, you will have a further 21 weeks to meet all course requirements, including all online theory assessments, and a 25 hour workplace internship with a personal trainer of your choice.

Evening Classes

The evening classes will be delivered over 13 weeks on a Monday and Wednesday from 6.30-9.30pm for the SIS30315 Certificate III in Fitness component. During this time, students must complete all course requirements, including online assessments. Students must also attend a practical weekend assessment at the end of these 13 weeks. This session will run on both Saturday and Sunday from 9.00am-5.30pm.

The SIS40215 Certificate IV in Fitness is structured in the same way, with 13 weeks of delivery, followed by a practical weekend. These classes will run on Tuesday and Thursday from 6.30-9.30pm.

Following these 13 weeks, students have an additional 13 weeks to complete all remaining course requirements, including a 25 hour workplace internship with a personal trainer of their choice.

Weekend Classes

Weekend cohorts also run over 13 weeks, on Saturdays from 9.30am-4.00pm, with two additional Sundays in week 1 and week 13, which run from 9.30am-5.00pm. This structure applies for both the SIS30315 Certificate III in Fitness and SIS40215 Certificate IV in Fitness.

For the SIS30315 Certificate III in Fitness, all course requirements, including online assessments, must be met during the 13 weeks.

When studying the SIS40215 Certificate IV in Fitness, students have an additional 13 weeks to complete all course requirements, including a 25 hour workplace internship with a personal trainer of their choice.

Study Online

FIAFitnation use a number of different educational, and technological tools that provide an outstanding online student experience. These include:

- Asynchronous Learning: Students have the ability to self-pace their studies
- Flexible Study Guides: Students can either study part time, or full time option
- Online Trainers: Students will be held accountable to their studies through their online trainer, who will motivate students to complete their courses
- Interactive Assessments: Combining the latest in technology to advanced means of assessment; videos, multi-choice, drag and drop, labelling, and more!

With the online study mode, students can choose from a full time or part time study load.

- A full time study load provides a total completion timeframe of 39 weeks (13 weeks for the SIS30315 Certificate III in Fitness, 26 weeks for the SIS40215 Certificate IV in Fitness)
- A part time study load increasing the duration to 78 weeks (26 for the SIS30315 Certificate III in Fitness and 52 weeks for the SIS40215 Certificate IV in Fitness).

Students will work through the course at their own pace within this timeframe with the support and guidance of tutors and student advisors.

Online students must attend an on campus practical weekend assessment for each course. These practical weekends will run on Saturday and Sunday from 9.00am-5.30pm on both days.

Prior to attending these practical assessments, students must have met specific pre-requisites. In the case of the SIS30315 Certificate III in Fitness, students must have completed specific online assessments, as well as a 15 hour workplace internship with an exercise instructor of their choice.

Within the Certificate IV, students must have students must have completed specific online assessments, as well as a 25 hour workplace internship with an exercise instructor of their choice.

Please note, students must have completed the pre-requisites from the SIS30315 Certificate III in Fitness prior to commencing the SIS40215 Certificate IV in Fitness.

Campus Locations

Sydney  Level 3/815-825 George Street, Sydney NSW 2000
Melbourne  Level 3/368 Elizabeth Street, Melbourne VIC 3000
Assessments
Throughout both the SIS30315 Certificate III in Fitness and the SIS40215 Certificate IV in Fitness, students will be required to complete a series of online assessments in the form of multiple choice, short answer assessments and case studies.

Practical components are assessed in a variety of ways. In the SIS30315 Certificate III in Fitness, all on campus students will complete the practical elements during attendance at on campus classes. Online students will complete the practical components through participation in a 15 hour workplace internship with an exercise instructor of their choosing, as well as attendance at a 2 day practical weekend assessment. Online students must complete the workplace internship prior to attending the practical assessment days.

In the SIS40215 Certificate IV in Fitness, on campus students will meet practical requirements through attendance at on camps classes, as well as a 25 hour workplace internship with a personal trainer of their choice. Online students will complete practical requirements by completing a 25 hour workplace internship with a personal trainer of their choice, as well as attendance at a 2 day practical weekend assessment. Online students must complete the workplace internship prior to attending the practical assessment days.

Course Outline
Certificate III in Fitness (SIS30315)
- Anatomy and Physiology for Fitness APF310
- Healthy Eating Guidelines HEG311
- Fitness Screening & WHS FSW312
- Exercise Instruction and Programming EIP313
- Programming for Specific Populations PSP314

Certificate IV in Fitness (SIS40215)
- Advanced Screening & Scope of Practice ASP410
- Personal Training Essentials PTE411
- Group Personal Training GPT412
- Exercise for Young Peoples EYP413
- Business Essentials for Personal Training BPT414

Course Competencies
Certificate III in Fitness (SIS30315)
- Provide health screening and fitness orientation SISFFIT001
- Recognise and apply exercise considerations for specific populations SISFFIT002
- Instruct fitness programs SISFFIT003
- Incorporate anatomy and physiology principles into fitness programming SISFFIT004
- Provide healthy eating information SISFFIT005
- Conduct fitness appraisals SISFFIT006
- Instruct exercise to older clients SISFFIT014
- Provide quality service SISXCCS001

*HLTAID003 Provide first aid is also a requirement to meet the entry criteria to the SIS40215 Certificate IV in Fitness. HLTAID003 Provide first aid as it is delivered by external providers ReVIVA First Aid and Resuscitation Training Pty Ltd or Vital First Aid and Training Services depending on your campus location.

Certificate IV in Fitness (SIS40215)
- Collaborate with medical and allied health professionals in a fitness context SISFFIT015
- Provide motivation to positively influence exercise behaviour SISFFIT016
- Promote functional movement capacity SISFFIT018
- Recognise the dangers of providing nutrition advice to clients SISFFIT025
- Support healthy eating through the Eat for Health Program SISFFIT026
- Instruct long-term exercise programs SISFFIT017
- Instruct endurance programs SISFFIT024
- Conduct individualised long-term training programs SISXCAI005
- Instruct exercise programs for body composition goals SISFFIT020
- Instruct personal training programs SISFFIT021
- Incorporate exercise science principles into fitness programming SISFFIT019
- Instruct group personal training programs SISFFIT023
- Conduct sustainable work practices in open spaces SISXRES001
- Instruct exercise to young people aged 13-17 years SISFFIT013
- Address client needs SISXCCS003
- Conduct basic warm up and cool down programs SISSSPT303A
- Establish legal and risk management requirements of small business BSBSMB401
- Market the small business BSBSMB403
- Undertake small business planning BSBSMB404
- Monitor and manage small business operations BSBSMB405
Campus Locations

Sydney  Level 3/815-825 George Street, Sydney NSW 2000
Melbourne  Level 3/368 Elizabeth Street, Melbourne VIC 3000
GRADUATE AS A SPECIALISED
EXERCISE TRAINER.

Become a Specialised Exercise Trainer by gaining the knowledge and skills to develop advanced training methods and implement injury prevention strategies.

Increase career progression opportunities and develop your own business by enhancing your leadership skills, gaining further insight into business operations, strengthen relationships with allied health professionals and take your exercise instruction and programming to the next level.

Total tuition cost:
$3,997.50

Duration:
Full time - three trimesters (3 x 13 weeks) online only
Part time - six trimesters (6 x 13 weeks) online only
Entry Requirements

• Meet any specified course entry requirements; AND
• Provide a copy of your Senior Secondary Certificate of Education (i.e. a Year 12 qualification); OR
• Achieve an Exit Level 3 score and working at level 4 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
• Hold a Certificate IV in Fitness (SIS40210 or SIS40215) for one year and be practising for one year prior to course entry.
• Have attained HLTAID003 Provide first aid.
• If under the age of 18 years, must be turning 18 with 6 months of acceptance into this course and have written consent of a parent or guardian.

Please contact us for further enquiries.

Course Competencies

There are 18 Units Of Competency: 5 core and 13 elective.

Trimester 1

Instruct advanced exercise programs SISFFIT030
Use communication skills to build relationships CHCCOM002
Apply anatomy and physiology to advanced personal training SISFFIT029
Reflect on and improve own professional practice CHCPPR003
Assess readiness for and effect behaviour change HLTPOP014

Trimester 2

Implement injury prevention strategies SISFFIT031
Apply evidence-based practice to exercise programs SISFFIT028
Conduct health promotion activities SISFFIT027
Manage budgets and financial plans BSBFIM501
Manage risk BSBRSK501
Undertake project work BSBPMG522

Trimester 3

Support the recruitment, selection and induction of staff BSBHRM405
Manage people performance BSBMGT502
Implement and monitor marketing activities BSBMKG514
Instruct strength and conditioning techniques SISSTTC301A
Develop strength and conditioning programs SISSTTC402A
Select and use technology for sport, fitness and recreation work SISXICT001

Delivery Mode

At FIAFitnation, we will support you by creating a tailored study plan to suit your lifestyle.

Study online

FIAFitnation use a number of different educational, and technological tools that provide an outstanding standard of online student experience. These include:

• Online Trainers; Students will be held accountable for their studies by their online trainer, who will also motivate students to complete their courses
• You can choose whether to study full time (3 trimesters) or part time (6 trimesters) if selecting the online study option
• Interactive Assessments; Combining the latest in technology to advanced means of assessment; videos, multi-choice, drag and drop, labelling, and more!

Assessments

Student will be required to complete a series of online assessment for each unit of study. These assessments come in the form of multiple choice, short answer assessments, case studies and short reports.

Throughout the selected period of study, students will be required to complete a total of 50 hours of workplace activity. This will comprise of a series of video submissions, as well as completion of practical logbooks for each trimester in which students use their current ‘real-life’ clients to demonstrate application of learning. Practical assessment will cover aspects such as advanced personal training, delivery of advanced exercise technique, strength and conditioning activities and communication and leadership skills.

Course Outline

Trimester 1

Advanced Personal Training APT510
Advanced Anatomy & Physiology AAP511
Professional Development in Fitness PDF512
Psychology of Personal Training PPT513

Trimester 2

Injury Prevention Strategies IPS520
Health Promotion Initiatives HPI521
Budgeting for Managers BFM522
Undertake Project Work UPW523

Trimester 3

Training the Athletic Population TAP532
Technology for Fitness TFF533
Managing Staff Performance MSP530
Marketing for Fitness Professionals MFP531

At an additional cost HLTAID003 Provide first aid is a requirement to complete the SIS30315 Certificate III in Fitness. It is provided by Re:VIVA First Aid and Resuscitation Training Pty Ltd or Vital First Aid and Training Services, depending on your campus location.

Campus Locations

Sydney Level 3/815-825 George Street, Sydney NSW 2000
Melbourne Level 3/368 Elizabeth Street, Melbourne VIC 3000
FIAFitnation offers a suite of short courses which are accredited with Fitness Australia and Physical Activities Australia. These courses have the Continuing Education Credits (CEC) and Professional Development Points (PDP) you need as a certified Personal Trainer in Australia to retain your accreditation.

Continue your professional development with a short course in: functional training, group fitness, rehabilitation, personal training, kids and older adults, nutrition, and first aid.

For up to date short course fees and available CEC’s & PDP’s, please visit our website at: https://www.fiafitnation.com.au/cec-pdp-courses

### FUNCTIONAL TRAINING

<table>
<thead>
<tr>
<th>Course</th>
<th>Delivery Mode</th>
<th>Duration</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>The science of adaptation to exercise</td>
<td>Online</td>
<td>90 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>Olympic lifting</td>
<td>Sydney and Melbourne</td>
<td>12 hours</td>
<td>Multiple choice and video recording</td>
</tr>
<tr>
<td>Functional Training and Advanced Core Conditioning</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>Functional training - strength training level 1</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>Training for power</td>
<td>Online</td>
<td>12 hours</td>
<td>Case study based questions</td>
</tr>
</tbody>
</table>

### GROUP FITNESS

<table>
<thead>
<tr>
<th>Course</th>
<th>Delivery Mode</th>
<th>Duration</th>
<th>Assessment Method</th>
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</thead>
<tbody>
<tr>
<td>Group exercise instructor</td>
<td>Online and on campus</td>
<td>120 hours / 2 days</td>
<td>Short workbook &amp; video recording.</td>
</tr>
</tbody>
</table>
REHABILITATION

<table>
<thead>
<tr>
<th>Course</th>
<th>Delivery Mode</th>
<th>Duration</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dealing with back pain</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>The Dealing with back pain course is designed to teach Personal Trainers about common back conditions and to help them recognise their role in the rehabilitation process.</td>
<td></td>
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</tr>
<tr>
<td>Dealing with knee injuries &amp; conditions</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>The Dealing with knee injuries &amp; conditions course is designed to teach instructors about common knee conditions and to recognise their role in the rehabilitation process.</td>
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</tr>
<tr>
<td>Dealing with shoulder injuries &amp; conditions</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>The Dealing with shoulder injuries &amp; conditions course is designed to teach fitness instructors about how to treat common shoulder conditions.</td>
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<tr>
<td>Physical conditions &amp; exercise disabilities</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>The Physical conditions &amp; exercise disabilities course provides an overview of exercise prescription for clients who may have a medical condition.</td>
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KIDS AND OLDER ADULTS

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<tr>
<th>Course</th>
<th>Delivery Mode</th>
<th>Duration</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness for older adults</td>
<td>Online</td>
<td>50 hours</td>
<td>Case study based questions and a practical assessment submitted by DVD/USB.</td>
</tr>
<tr>
<td>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.</td>
<td></td>
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<tr>
<td>Instruct exercise to young people aged 13-17 years</td>
<td>Online</td>
<td>90 hours</td>
<td>Online short answer assessment, and the design and delivery of 5 exercise sessions for children (recorded).</td>
</tr>
<tr>
<td>This course will examine the key factors that a personal trainer must consider during the planning and delivery of exercise to children. This will primarily be based on the physical, psychological and social differences that exists between adults and children, determining how they impact on exercise performance.</td>
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NUTRITION

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<tr>
<th>Course</th>
<th>Delivery Mode</th>
<th>Duration</th>
<th>Assessment Method</th>
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</thead>
<tbody>
<tr>
<td>Exercise nutrition</td>
<td>Online</td>
<td>50 hours</td>
<td>Case study based questions</td>
</tr>
<tr>
<td>The industry-recognised Exercise nutrition course provides fitness instructors and Personal Trainers with the skills and knowledge they need to provide basic nutritional advice to their clients.</td>
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<tr>
<td>Nutrition &amp; weight management</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>The Nutrition and weight management short course provides fitness instructors with excellent skills and knowledge to be able to provide basic nutrition advice to clients.</td>
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PERSONAL TRAINING

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<tr>
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<th>Duration</th>
<th>Assessment Method</th>
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</thead>
<tbody>
<tr>
<td>Behaviour change strategies for personal trainers</td>
<td>Online</td>
<td>50 hours</td>
<td>Short answer assessments</td>
</tr>
<tr>
<td>Make lasting changes to your clients lifestyle by gaining a greater understanding of the formation of healthy habits.</td>
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<tr>
<td>Pre &amp; post-natal exercises</td>
<td>Online</td>
<td>3-8 hours</td>
<td>Short answer questionnaire</td>
</tr>
<tr>
<td>The Pre &amp; post-natal exercises course provides an overview of principles for instructors to follow when advising pregnant women and new mums.</td>
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FIRST AID

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<tr>
<th>Course</th>
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<th>Duration</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide first aid - HLTAID003</td>
<td>Sydney and Melbourne</td>
<td>6.5 hours</td>
<td>N/A</td>
</tr>
<tr>
<td>This Provide first aid Course will show you how to administer basic life support measures safely and confidently as an initial response to an emergency situation.</td>
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</table>

Campus Locations

Sydney Level 3/815-825 George Street, Sydney NSW 2000
Melbourne Level 3/368 Elizabeth Street, Melbourne VIC 3000
Whatever your current lifestyle and eventual career goals, we strongly believe that studying with us can turn your life around.

Study online, anywhere, anytime

Our online learning platform is set up to simulate an on-campus experience. Online learning facilitators use LIVE Webinars, Skype chat rooms and YouTube clips to create a rich student experience. Each of your subjects will be broken down into easy to handle segments, which you will find organised and prioritised in our online platform.

On campus study, face-to-face learning

Some people just love learning in a classroom environment. If this is you then you will appreciate that FIAFitnation provides options for designing your own on-campus study program. Talk with your career consultant about the availability of day, night and weekend classes for your course. You’ll complete your theoretical, practical and first aid certificate (if required) learning on campus and complete at-home study, workbooks and exams with the support of our online learning platform.

We understand that studying will be an important part of your life, but not the only thing in your life.

We pride ourselves on the flexibility of our study options and will support you in creating a learning environment that works for you, be that learning on campus, online or a combination of the two.
Graduate success

“Amazing teachers, amazing service. Loved the course.”

Gary, Certificate III in Fitness (SIS30313)
DANIEL KNUST
Graduate 2009
Owner and Director, Definition Fitness Training and Definition Gym
Launching off the platform of his successful indoor/outdoor personal training business, 2013 saw Daniel open his own gym, with not only the requisite equipment and personal trainers, but also educational weekend ‘healthy chef’ workshops for members.

VICKI HAINES
Graduate 2012
Co-owner and Director, Tuff Buggers
As well as working as a personal trainer, Vicky runs all-inclusive outdoor adventure and education weekends via Tuff Buggers. Nutritious meals are prepared for ‘Tuff Buggers’ camping in the Australian bush with hiking, kayaking and mountain bike activities organised each day.

PAULETTE TOUMA
Graduate 2013
Personal trainer, Titans Coogee
Before Paulette had even completed her course she had a job lined up with prestigious Sydney training club, Titans Coogee. Juggling a busy schedule as a mum and National Figure Champion, she is passionate about helping other mums regain and exceed their fitness goals after having children.

MELISSA MALONE
Graduate 2015
Owner, Evolution Health Services
Starting a family at the same time as starting a small business is not for the faint-hearted. Melissa completed her Certificate IV in Fitness (SIS40210) whilst pregnant and then opened Evolution Health Services, a family run business that aims to provide a holistic approach to weight loss, injury management, and rehabilitation with general fitness goals. Melissa then went on to complete the Diploma of Nutrition & Dietetics for Personal Trainers (10454NAT) and can now offer her clients nutritional coaching sessions on top of their personal training packages, rounding out the family business’ full-service model.
WHAT OUR STUDENTS SAY
WHAT OUR STUDENTS SAY

“Great place with amazing lecturers. Staff looked after me and made me feel welcome.”
SONNY LEIATAUA, Diploma of Fitness (SIS50213)

“All the lecturers were great! Full of knowledge and really motivating. They made wanting to work in the industry exciting.”
GEMMA VICKERY, Certificate III in Fitness (SIS30313)

“The trainers are friendly and engaging, creating a positive environment which helps students bond and learn together.”
DANIEL DURRANT, Certificate IV in Fitness (SIS40210)

“It was exactly the right course for me. I have studied for years with FIAFitnation and I find their delivery and course content is the best in the industry.”
BETI NICOLAS, Diploma of Nutrition and Dietetics (10454NAT)
BE SOMEONE'S CHAMPION
Here are five things FIAFitnation love about working in the wellness industry and why you’ll feel good becoming part of it in 2019!

01
Hot trends that keep us on our toes
Often literally! Body weight training, strength training, personal training, functional fitness, fitness programs for older adults, and exercise & weight loss - all topped the list of hot fitness trends for last year.

02
It’s never too late to start
30% of fitness professionals are over 30 years of age*. Many of our graduates have traded in draining day jobs for a fulfilling career in fitness and never looked back.

03
Working in a growth sector
Growth is expected to continue for fitness industry services. As our population grows and ages, the government invests in preventative health and infrastructure and improved links are created between the health and fitness sectors*.

04
Feeling good about what we do
The most recent Sportspeople salary shows over 85% of fitness professionals were either satisfied or very satisfied with their job. Whether you are helping someone lose weight, recover from injury or improve their general wellbeing, it feels amazing to help others achieve their fitness goals.

05
Promoting the health benefits of physical activity
Type 2 diabetes is expected to become the leading cause of disease burden for males and the second cause for females by 2023, mainly due to the expected growth in the prevalence of obesity in Australia. Positive preventative measures and an increase in the links between the health and fitness industries are key to a brighter – and lighter – future for a fit and healthy nation.

*WORLDWIDE SURVEY OF FITNESS TRENDS FOR 2016: 10th Anniversary Edition Thompson, Walter R. Ph.D., FACSM.
After you’ve completed your qualification you’ll need to register with Fitness Australia or Physical Activity Australia. Professional registration has been a requirement in Australia since 1980.

**Professional recognition**

These registering bodies verify and hold record of your qualification and keep you up to date with what’s happening in the industry in terms of forecasting trends and reporting on new research. Remember to maintain your registration so your qualifications remain current.

Each of the registering bodies has slightly different requirements for maintaining registration, but this usually involves some continuing education, for which you will gain a certain number of credits or points (commonly referred to as CECs or PDPs). This continuing education serves to demonstrate that you are keeping your knowledge of the industry current.

We advise all our students to check current registration requirements with either Fitness Australia or Physical Activity Australia direct.

**A note on international recognition**

Different countries have constantly changing requirements when it comes to working in the fitness industry and we encourage students to speak with potential overseas employers, or contact Fitness Australia to understand what may be needed to transfer qualifications gained in Australia to a specific overseas country.
Licensing or Accreditation Outcomes (if required)

Registration checklist

1. Which registration body are you with?

In order to trade as a registered Personal Trainer in Australia, you will need to adhere to certain educational requirements. Based on maintaining the most up-to-date skills, these educational requirements differ from organisation to organisation. For example, Personal Trainers who are registered with Fitness Australia are required to complete CEC courses, whereas Personal Trainers registered with Physical Activity Australia are required to complete PDP courses.

2. How many CEC or PDP courses do you need to complete?

Within a 2-year registration period, Personal Trainers will need to complete a varying number of courses. These courses consist of ‘points’ which need to be obtained in order for your registration to stay current and in line with industry standards. Trainers registered with Fitness Australia must complete 20 CEC credit points, with individuals registered with Physical Activity Australia required to complete six PDP credit points (at least one of these points must be a health and fitness program or course).

3. What skills/ new services would you like to provide your clients?

Personal Trainers can complete a range of CEC & PDP courses in order to stay registered, based on their interests and/or their clients’ needs. Functional training, rehabilitation, group fitness, nutrition and personal training focused courses are available at recognised educational institutions right around Australia. To find out more about which CEC or PDP course would work best for your business and personal development; contact one of the friendly team at FIAFitnation.

ADDITIONAL NOTE:

The number of credits assigned to a course is based on its duration, quality and the type of assessments that need to be completed. Courses that have the highest CEC or PDP points are generally longer, more in-depth and require trainers to complete a skill or knowledge based test.
Entry requirements

Certificates

For entry into our Certificate III In Fitness (SIS30315), you need to:

• have completed Australian Year 10 or equivalent; OR
• achieve an Exit Level 2 score and working at level 3 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
• in line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

For entry into our Certificate IV in Fitness (SIS40215), you need to:

• have completed Australian Year 11 or equivalent; OR
• hold a Certificate III in Fitness (SIS30313 or SIS30315).
• achieve an Exit Level 3 score working at level 4 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
• have attained HLTAID003 Provide first aid
• in line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Diplomas

For entry into our Diploma courses, you need to:

• meet any specified course entry requirements; AND
• provide a copy of your Senior Secondary Certificate of Education (i.e. a Year 12 qualification); OR
• achieve an Exit Level 3 score and working at level 4 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
• hold a Certificate IV in Fitness (SIS40210 or SIS40215), for the Diploma of Nutrition & Dietetics for Personal Trainers (10454NAT).
• hold a Certificate IV in Fitness (SIS40210 or SIS40215) for the Diploma of Fitness (SIS50215) for one year and be practising for one year prior to course entry.
• have attained HLTAID003 Provide first aid.
• must be over the age of 18

Please contact us for further enquiries.

Please refer to the Admissions Policy – VET on the FIAFitnation website which outlines all the up-to-date criteria pertaining to entry into our programs.
CONTACT
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