

PEAK FITNESS TRAINER

NATIONALLY RECOGNISED QUALIFICATIONS
CERTIFICATE III IN FITNESS - SIS30315
PLUS CERTIFICATE IV IN FITNESS - SIS40215

This course kick starts your career in the fitness industry and covers a range of topics which are invaluable to fitness professionals. These qualifications are the necessary requirements for you to work in this industry.

The range of skills include:

- * Fitness screen and assess new clients
- * Monitor fitness levels and client development
- * Provide fitness training to a single or group of clients
- * Provide good advice on all forms of exercise and equipment
- * Administration duties of a fitness centre or gym
- * Anatomy and physiology and the basics of exercise science
- * Principles of healthy eating
- * Exercise for special demographics such as young people or older adults

Learning to be a Personal Trainer teaches you how to work with clients to set goals and develop training programs to suit their needs. In this program, you will be taught correct exercise techniques, and use an array of exercise equipment to help your clients achieve results.

In the '**Peak Fitness Trainer**' course you will also gain the skills to set up and manage your own 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.

WHEN

Enrolment: **Before 24th October 2019**
Course Duration: **13 November 2019 - 5 March 2020**
(excluding a break over Christmas / New Year)
Class times: **9.30am - 4.30pm**
Pre-register by phone (02) 9704 1550 or email training@austrg.com.au or
Txt your name, email address and age to 0409 223 823 for a link to the
online 'Expression of Interest' form.
Places are limited, so register early.

WHERE

Australian Training Company
30-32 Pomeroy St (Cnr Underwood Rd) Homebush NSW 2140
P: (02) 9704 1550 E: training@austrg.com.au

Parking is available onsite however public transport is also easily accessible on popular bus routes. Our Training Centre is just a short 10 minute walk from North Strathfield or Homebush train stations.

DURATION

16 Weeks (3 days classwork plus 1 day of work placement per week)

DELIVERY

Face to face, plus practical learning activities.

ASSESSMENTS

Assessment methods may include both oral or written questions, case studies, group work as well as observation in a workplace or simulated work environment.



EMPLOYMENT

On successful completion of the '**Peak Fitness Trainer**' course, employment opportunities are available in the following areas:

- * Personal trainer
- * Group exercise instructor
- * Gym instructor

This qualification also provides a pathway to work in a diversity of fitness industry businesses including fitness centres, gyms, aquatic facilities, community facilities and in open spaces. Qualified fitness instructors work independently, and use discretion to solve non-routine problems in addition to monitoring and managing their own business activities.



'Peak Fitness Trainer' course

Certificate III in Fitness & Certificate IV in Fitness

Certificate III in Fitness

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service
- SISXFAC001 Maintain equipment for activities
- SISXIND001 Work effectively in sport, fitness and recreation environments
- SISFFIT006 Conduct fitness appraisals
- HLTAID003 Provide first aid
- BSBRK401 Identify risk and apply risk management processes
- HLTWHS001 Participate in workplace health and safety
- SISXCAI006 Facilitate groups



Certificate IV in Fitness

- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISFFIT015 Collaborate with medical and allied health professionals in a fitness context
- SISFFIT016 Provide motivation to positively influence exercise behaviour
- SISFFIT017 Instruct long-term exercise programs
- SISFFIT018 Promote functional movement capacity
- SISFFIT019 Incorporate exercise science principles into fitness programming
- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT021 Instruct personal training programs
- SISFFIT023 Instruct group personal training programs
- SISFFIT025 Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 Support healthy eating through the Eat for Health Program
- SISXRES001 Conduct sustainable work practices in open spaces
- BSBSMB403 Market the small business
- BSBSMB404 Undertake small business planning
- BSBSMB405 Monitor and manage small business operations
- BSBSMB406 Manage small business finances
- SISFFIT011 Instruct approved community fitness programs
- SISSTC301A Instruct strength and conditioning techniques

Why learn with us

Australian Training Company is a not-for-profit Registered Training Organisation (RTO) with a responsibility to provide Qualifications and Courses that comply with both the VET Quality Framework as well as the Standards for VET Accredited Courses. ATC have offices across Australia including Brisbane, Gold Coast, Sydney, Wollongong and Canberra. ATC have been delivering nationally accredited courses since 1998 and we remain devoted in ensuring our students gain valuable and quality training, and provide them with the skills to enhance their career opportunities.



YOUR INVESTMENT

Your investment in the 'Peak Fitness Trainer'* course will be \$3,200

(ask about a payment plan)

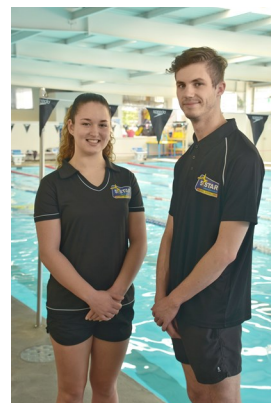
Minimum class numbers determine whether the course will run. Information contained in this course brochure is subject to change without notice. Please contact us for current course details.

*Certificate III in Fitness is subsidised by the NSW Government To qualify for this funding, you must be:

- * 15 years old or over, and no longer at school
- * living or working in NSW (or an Aboriginal or Torres Strait Islander person living in specific NSW border areas).
- * Australian citizen, Australian permanent resident, Australian humanitarian visa holder or New Zealand citizen



ATC Australian Training Company



WHO IS IT FOR

People who have a passion to work in the Health and Fitness industry and help others achieve their goals.

WHAT TO BRING

Notepaper
Pens / pencils
Gym gear when required

ENTRY REQUIREMENTS

There are no pre-requisites for the Certificate III in Fitness course. You are required to have a **USI** (Unique Student Identifier) number and meet minimum language, literacy and numeracy requirements.

WORK PLACEMENT

Each student in the 'Peak Fitness Trainer' course is required to undertake a minimum of **70 hours** of work placement in the industry. Due to the nature of this work, and dealing with clients from various backgrounds, i.e. children under 18, it may be a requirement of the host gym to have staff covered by a '**Working with Children Check**'. This is the responsibility of each student to apply online prior to commencing the course. This check is free for those who are enrolled.