

Cert III & IV in Fitness Evening September 2010 intake

Date	Time	Session / Topic	Presenter	Assignment Due
Tues 7 Sept	6-9.30pm	Module 1: Nutrition and Health Management - Nutrients	Lauren N	
Thurs 9 Sept	6-9.30pm	Nutrition and Weight Management	Lauren N	
Tues 14 Sept	6-9.30pm	Nutrition for Sport	Lauren N	
Thurs 16 Sept	6-9.30pm	Module 2: Exercise Science & Client Screening – Bones	Nadia BB	Nutrition Assignment Due
Tues 21 Sept	6-9.30pm	Exercise Science – Anatomy, Muscles, movement Analysis	Nadia BB	
Thurs 23 Sept	6-9.30pm	Exercise Science – anatomy	Nadia BB	
Tues 28 Sept	6-9.30pm	Exercise Science – Physiology	Nadia BB	
Thurs 30 Sept	6-9.30pm	Fitness Appraisal & Client Screening	Nadia BB	
Tues 5 Oct	6-9.30pm	Fitness Appraisal & client Screening	Nadia BB	
Thurs 7 Oct	6-9.30pm	Postural Analysis	Nadia BB	
Tues 19 Oct	6-9.30pm	Module 3: Exercise Instruction Fitness Industry Services, Communication & Motivation	Nathan Wade	Theory test- module 2 assignments due
Thurs 21 Oct	6-9.30pm	Introduction to Programming	Nathan W	
Tues 26 Oct	6-9.30pm	Exercise Programming & Resistance Training	Nathan Wade	
Thurs 28 Oct	6-9.30pm	Exercise Programming & Resistance Training	Nathan Wade	
Tues 2 Nov	6-9.30pm	Exercise Programming & Resistance Training	Nathan Wade	
Thurs 4 Nov	6-9.30pm	Swissball Exercises	Brett Jones	
Tues 9 Nov	6-9.30pm	Conducting PT Sessions	Nathan W	
Thurs 11 Nov	6-9.30pm	PT Clinic	Nadia BB	
Tues 23 Nov	6-9.30pm	Module 4: Personal training for Older Adults	Tim Henwood	Module 3 Assignments Due
Thurs 25 Nov	6-9.30pm	Personal Training for Children	Nathan W	
Wed 1 Dec	6-10pm	PT for Kids and older adults: practical assessment	Tim H and Nathan W	Module 4 Assignments Due
Tues 7 Dec	6 – 9.30pm	Module 5: PT Business Essentials	Jennifer PB	
Thurs 9 Dec	6 – 9.30pm	Marketing and Managing a Personal Training Business	Jennifer PB	
Book time for practical assessments		Practical Placement (20 hrs) – can be completed at any time		Module 5 Assessments Due 2 June

PLEASE NOTE: As part of the course you get a student gym membership. It is essential that you utilise this membership and practise the exercises learnt in class. Please note you will also be required to study outside of class hours to complete assessments. ***Draft timetable – you will receive a confirmed timetable 2 weeks prior to the course commencement**