



Certificate III & IV in Fitness – On Campus

Course Information

The **Certificate III & IV in Fitness** course is the nationally accredited qualification to equip you to become a Fitness Instructor and Personal Trainer. Fitnation provides a range of on-campus delivery options and locations to best suit your needs and availability.

Our **PT Intensive** is a weekday course that delivers the highest quality training in the most efficient time frame. Specifically designed for participants who are willing to work hard, qualify and commence their career in the fitness industry as soon as possible.

Our **PT Part-Time** course has been structured to enable participants to combine study with work and family commitments. It is held two evenings per week (weeknights) and allows more flexibility with assignments and practical hours. It is conducted over a 4 month timeframe.

If you are unable to attend an on campus course, contact Fitnation for more information about our **online and correspondence** options.

About Fitnation

Fitnation is one of Australia's leading course providers in the fitness industry. An innovator in the education of fitness professionals, Fitnation offers a range of delivery options including online, flexible delivery (correspondence) and full and part time contact courses.

On campus courses are held at our training centres in Melbourne, Adelaide, Sydney, Brisbane and the Gold Coast.



Why Choose to Study With Fitnation?

- **Our Courses:** Fitnation is one of Australia's largest and most respected providers of training for the fitness industry. Our nationally accredited qualifications are your first step to an exciting career as a Fitness Instructor or Personal Trainer.
- **Our Team:** Our highly qualified team of presenters include: Physiotherapists, Dieticians, Exercise Physiologists, Exercise Scientists and industry business professionals. All experts in their fields with a passion for the fitness industry, they will provide you with the technical knowledge and practical skills required to succeed as a Personal Trainer.
- **Our Resources:** All our course manuals and instructional DVD's were developed by our specialist presenters and are continually reviewed to ensure they contain relevant and up-to-date information. Our Manuals are Comprehensive, clear and well structured. They provide an excellent learning resource and provide an invaluable reference for graduates.
- **Small Classes:** With course intakes limited to 15 students you are guaranteed maximum access to our lecturing staff who are on hand to answer your questions and ensure you receive all the attention you need throughout your course.
- **Fitnation Training Centres:** Conveniently located in major cities throughout Australia, our venues include both classroom and fitness training teaching facilities to enable you study in a 'hands on' environment.
- **Fitnation Support:** We are committed to helping you get the most from your studies. Our dedicated team of health and fitness professionals are on hand to help with any questions you may have whether it's in the classroom, on the phone or by email.

Your Commitment

- The course content includes industry placement, theory and practical classes, reading and assessments to be completed in set times. By adhering to the due dates you will complete the course on schedule. There is much information to absorb so be prepared to commit time and effort to the course as it is not something you can complete over a weekend.

- We ***strongly recommend*** you attend a fitness centre to practice and perfect the movement skills and techniques learned during the course. You must practise what you preach!
- Attending a centre will also enable you observe how trainers communicate with their clients. Effective communication skills are essential if you want to be a successful personal trainer.
- You have enrolled because you are passionate about health and fitness. Throughout the course you will have access to industry experts so make the most of the opportunity to ask questions and apply their knowledge. We are confident you will find the course interesting, informative and enjoyable.

Course Structure

The course is arranged into 5 modules as follows:

Module	Format
1. Nutrition for Health Management (30 – 50 hrs) <ul style="list-style-type: none"> • Nutrition principles • Healthy eating guidelines • Nutritional advice for weight management and loss • Nutritional advice for exercise performance 	<ul style="list-style-type: none"> • Class - based presentations and activities (12 hours) • Additional reading and review (12 – 20hrs) • Self assessments (2 – 4hrs) • Case study assessments (3 – 6hrs)
2. Exercise Science and Client Screening (50 – 80 hrs) <ul style="list-style-type: none"> • Applied anatomy • Movement analysis • Exercise physiology • Postural analysis • Client screening and assessment • Fitness evaluation 	<ul style="list-style-type: none"> • Class - based presentations and activities (30 hours). • Additional reading and review (10 - 30hrs) • Self assessments (5 – 10hrs) • Case study assessments (4 – 8hrs) • Theory test (1hr) • Practical placement (10hrs) • Practical assessment (1hr)
3. Exercise Instruction and Advanced Conditioning (50 – 80 hrs) <ul style="list-style-type: none"> • Fitness industry services • Fitness training principles • Instruction and motivation techniques • Planning and developing exercise programs • Instructing exercise programs using a range of exercise equipment • Resistance training, functional training and advanced exercise conditioning 	<ul style="list-style-type: none"> • Class –based presentations and activities (36 hours). • Additional reading and review (5 - 10hrs) • Self assessments (2 - 5hrs) • Case study assessments (5 – 10hrs) • Practise exercises and instructional skills in the fitness centre (10 – 20hrs) • Practical placement (10 - 15hrs) • Practical assessment (1hr)

<p>4.Specialty Training for Children and Older Adults (30 – 60 hrs)</p> <ul style="list-style-type: none"> • Exercise guidelines for clients with special needs • Exercise program design and instruction for older adults • Exercise program design and instruction for children and adolescents 	<ul style="list-style-type: none"> • Class –based presentations and activities (12 hours). • Additional reading and review (10 - 25hrs) • Self assessments (3 - 6hrs) • Case study assessments (5 – 10hrs) • Practical assessment (1 – 1.5hr)
<p>5.Personal Training Business Essentials (20 – 40 hrs)</p> <ul style="list-style-type: none"> • Providing effective client service • Risk management and OH&S • business planning and management • Marketing, promotion and selling skills • Financial management and record keeping • Conducting programs and projects 	<ul style="list-style-type: none"> • Class –based presentations and activities (6 hours) • Additional reading and review (6 - 15hrs) • Self assessments (2 – 4hrs) • Business planning assessments (4 – 8hrs)

Electives

- Students completing the full time course have the option of completing additional sessions covering; **First Aid, Outdoor Training** and **Boxing Training** as follows. This option is not available for the part time evening course.

Elective	Approx Hours	Information
<p>1.First Aid / CPR Update</p>	<p>12 - 14</p>	<ul style="list-style-type: none"> • The completion of a level 2 first aid course is a requirement of the Certificate III & IV in Fitness and registration as a personal trainer. If you already have completed a first aid course in the previous 12 months there is no need to enrol in this elective.
<p>2. Conducting Outdoor PT Sessions</p>	<p>6</p>	<ul style="list-style-type: none"> • Many clients (and trainers) prefer to exercise outdoors. The session is designed to help you select and arrange activities, identify suitable venues and operational issues.
<p>3. Boxing Training</p>	<p>6</p>	<ul style="list-style-type: none"> • Boxing training is a popular method of exercise and a fun way to achieve major improvements in fitness. Participation in the session will enable you to design and instruct boxing circuits with your PT clients. Without a boxing qualification you will not be insured for this type of activity.

Course Units

For a complete list of units included in the Certificate III & IV in Fitness, please visit the website www.fitnation.com.au

Practical Placement and Assessment

- Students complete practical assessments in classes throughout the course.
- There is also a 20 hour work placement to be completed in a fitness facility followed by a practical assessment conducted at the end of the course.
- The final practical assessment involves the evaluation and instruction of clients including general clients, older adults and children. The assessment also includes demonstration of resistance training exercises, identification of muscle groups, joint actions and various fitness evaluations.
- The practical assessment takes approximately 60 – 90 minutes and can be completed by video or personal demonstration.

Assessments

Students have flexibility in the completion of assessments. However, to complete the course in the scheduled timeframe, it is recommended students complete assessments by the due dates listed in the timetable.

All assessments must be completed within 3 months of the final class.

Note: Students will need to have well developed reading and writing skills to complete the course.

Recognition of Prior Learning (RPL)

If you wish to apply for RPL due to previous relevant qualifications or employment experience please contact Fitnation for an application prior to enrolment.

Fees

Course	Delivery Option	Payment	
		Full	Deposit + Instalments
Certificate III & IV in Fitness	Full Time (Day)	\$3785	\$2000 + 6 x \$300
Certificate IV in Fitness for qualified gym instructors (must already have Cert III)	Full Time (Day)	\$2485	\$1000 + 5 x \$300
Certificate III & IV in Fitness	Part Time (Evening)	\$3085	\$1300 + 6 x \$300
Certificate IV in Fitness for qualified gym instructors (must already have Cert III)	Part Time (Evening)	\$2235	\$1050 + 4 x \$300

Elective	Fee (to be paid up front)
First Aid / CPR Update	\$150
Conducting Outdoor PT Sessions	\$120
Boxing Training	\$135

- Cost includes all course manuals, online resources, exams / assessments and Fitnation membership
- Students may pay by instalments under the following conditions:
Deposit (includes an additional \$15 Administration Fee) + Monthly instalments until balance is paid. This option is available with credit card payments only for a full course enrolment
- A re-enrolment fee of \$600 may be applied for students exceeding the timeframes.

Refunds

- For students enrolled in the full course, refunds will be provided up to 7 days prior to course commencement. Enrolees will be required to return all resources. The refund will be less an administration fee (\$200) and Fitnation membership (\$85).
- No refund will be given once the course has commenced.

Contact Us

<p>Fitnation – Head Office</p> <p>Shop 40, 197 Bay Street Brighton, VIC 3186 Phone: 03 9596 5533, Fax: 03 9596 5236 E: info@fitnation.com.au W: www.fitnation.com.au</p>	<p>Fitnation – Sydney</p> <p>Phone: 02 9438 5568 or 1800 111 039 Fax: 02 9437 9236 E: info@fitnation.com.au W: www.fitnation.com.au</p>
<p>Fitnation – Brisbane</p> <p>Shop 1/39 Vernon Tce, Newstead, 4006 Phone: 07 3257 1100 Fax: 07 3257 1900 E: info@fitnation.com.au W: www.fitnation.com.au</p>	<p>Fitnation – Gold Coast</p> <p>Nexus Towers 105 Scarborough St Southport, 4215 Phone: 07 3257 1100 Fax: 07 3257 1900 E: info@fitnation.com.au W: www.fitnation.com.au</p>
<p>Fitnation – Adelaide</p> <p>88 Currie St Adelaide 5000 Phone: 08 8410 1975 E: info@fitnation.com.au W: www.fitnation.com.au</p>	

Certificate 3 & 4 in Fitness Enrolment – 2010

Name: _____

Address: _____

P/Code _____ Telephone: (h) _____

(w) _____ (m) _____

Email: _____ Date of Birth: _____

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 Fitnation for further assistance
 I understand the student information / refund policy attached.

Please select the course, delivery option and payment method

Course	Delivery Option	Full Payment	Deposit + Instalments
<input type="checkbox"/> Certificate III & IV in Fitness	<input type="checkbox"/> Full Time (Day)	<input type="checkbox"/> \$3785	<input type="checkbox"/> \$2000 + 6 x \$300
<input type="checkbox"/> Certificate IV in Fitness	<input type="checkbox"/> Full Time (Day)	<input type="checkbox"/> \$2485	<input type="checkbox"/> \$1000 + 5 x \$300
<input type="checkbox"/> Certificate III & IV in Fitness	<input type="checkbox"/> Part Time (Evening)	<input type="checkbox"/> \$3085	<input type="checkbox"/> \$1300 + 6 x \$300
<input type="checkbox"/> Certificate IV in Fitness	<input type="checkbox"/> Part Time (Evening)	<input type="checkbox"/> \$2235	<input type="checkbox"/> \$1050 + 4 x \$300

Campus

Melbourne Adelaide Brisbane Gold Coast Sydney

Electives (include payment with up front Cert III & IV fees)

First Aid (\$150) Conducting Outdoor PT Sessions (\$120) Boxing Training (\$135)

Payment Details: Total Amount: \$ _____

Cheque payable to "Fitnation" Money Order Visa Mastercard

Credit Card Number: _____ | _____ | _____ | _____

Card Holder's Name: _____

Expiry Date: _____ Signature: _____

Refunds

- For students enrolled in the full course, refunds will be provided up to 7 days prior to course commencement. Enrolees will be required to return all resources. The refund will be less an administration fee (\$200) and Fitnation membership (\$85).
- No refund will be given once the course has commenced.

Send to: Fitnation, Shop 40, 197 Bay Street, Brighton, VIC 3186, Ph: 03 9596 5533, Fax: 03 9596 5236