

Certificate III & IV in Fitness (Melbourne City Campus)

Course Format

The Certificate III & IV in Fitness course is delivered using a blend of delivery methods. Participants receive the course resources online. These include:

- powerpoint presentations
- videostreams
- notes
- interactive diagrams
- activities

Practical classes are held to assist you to develop your skills as an instructor including;

- Nutritional guidelines to provide to weight loss clients
- Movement analysis
- Client screening
- Developing exercise programs
- Instructing exercise programs

Course Content

There are 5 modules included in the course:

- Nutrition and Health Management – nutrients and their roles within the body, weight management guidelines and healthy eating practices, nutrition and exercise
- Exercise Science and Client Screening – structure and function of the body, responses to exercise, client screening and assessment prior to the commencement of the exercise program
- Exercise Instruction and Advanced Conditioning – developing and instructing exercise programs to meet the needs of clients including general health, weight loss, fitness and sport performance
- Specialty Training – Children & Older Adults – developing and instructing exercise programs for clients with special needs including children and older adults
- Personal Training Business Essentials – industry information to assist in the setting up and running of a fitness business including advertising and promotion, record keeping and providing professional client service.

Online Component

The resources for each module are available online. You can choose the type of resource that best suits your learning style, whether it be a powerpoint presentation, tutorial or videostream.

The assessments are also completed online and include case study scenarios to replicate situations you would encounter as a personal trainer.

While we encourage you to complete the assessments while you are participating in the classes, we recognise that you may need additional time because of other commitments. Therefore the course timeframes extend 3 months beyond the final class.

Class Component

The classes are designed to identify the practical application of the key topics. They will assist you to develop your skills and knowledge as a personal trainer. The classes are practical to be prepared to participate in some activity.

While you won't directly improve your fitness through the classes you will gain a clearer understanding of exercise and how to develop programs to achieve the goals of your clients.

Melbourne City Campus Course Schedule

Enrolments taken up to Friday 15th October. Classes commence Monday 18th October

Module / Subject / Assessment	Format	Class Date and Time	Venue	Assessment Due Date
Course Introduction	Class	Mon 18 Oct (6 – 6.30pm)	Endeavour College – City Level 2 Room 2.5	
Module 1. Nutrition & Health Management	Online resources to supplement participation in classes.			NHM assessments 25 Oct
Nutrition and weight management advice for the PT	Class	Mon 18 Oct (6.30 – 9.00pm)	Endeavour College – City Level 2 Room 2.5	
Module 2. Exercise Science and Client Screening	Online resources to supplement participation in classes.			ESCS assessments 3 Nov ESCS test – completed online 3 – 7 Nov
Movement analysis	Class	Wed 20 Oct (6 – 9pm)	Endeavour College – City Level 2 Room 2.5	
Exercise program development	Class	Sat 23 Oct (11.30am – 2.30pm)	Fullfitment Gym	
Postural analysis	Class	Mon 25 Oct (6 – 9pm)	Endeavour College – City Level 2 Room 2.5	
Client screening & assessment	Class	Wed 27 Oct (6 – 9pm)	Endeavour College – City Level 2 Room 2.5	
Module 3. Exercise Instruction and Advanced Conditioning Module 4. Specialty Training – Children & Older Adults Module 5. Personal Training	Online resources to supplement participation in classes.			Progressively submit assessments for each module EIAC – 20 Nov STCOA – 27 Nov PTBE – 30 Nov

Business Essentials				
Exercise Instruction • Designing programs	Class	Wed 3 Nov (6 -9pm)	Endeavour College – City Level 2 Room 2.5	
Exercise program development	Class	Sat 6 Nov (11.30am – 2.30pm)	Fullfitment Gym	
Exercise Instruction • Designing programs	Class	Mon 8 Nov (6 – 9pm)	Endeavour College – City Level 2 Room 2.5	
Exercise Instruction • Designing programs	Class	Wed 10 Nov (6 – 9pm)	Endeavour College – City Level 2 Room 2.5	
Exercise program development	Class	Sat 13 Nov (11.30am – 2.30pm)	Fullfitment Gym	
Exercise Instruction • Designing programs	Class	Mon 15 Nov (6 – 9pm)	Endeavour College – City Level 2 Room 2.5	
PTBE Industry information	Class	Wed 17 Nov (6 – 8pm)	Endeavour College – City Level 2 Room 2.5	
Practical placement	20 hrs in a fitness centre or PT studio	23 Oct – 25 Nov		
Practical assessment	Completed by video or face to face (by arrangement)	17 Nov – 30 Nov		
Final submission date for all assessments 23 December 2010				

Endeavour College – corner of Elizabeth and La Trobe Sts, Melbourne - Level 2 Room 2.5
Fullfitment – 55 Stubbs St, Kensington