



## Certificate III & IV in Fitness– Online & Correspondence

### 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 flexible delivery options to best suit your needs and availability.

Our **Online** course delivers the highest quality training using the latest technology. It is specifically designed for participants who prefer to learn by accessing a variety of interactive web-based resources.

Our **Correspondence** course has been structured to enable participants to combine study with work and family commitments. Participants receive manuals and DVDs which enable them to study at times most convenient to them.

Both courses provide the same outcomes and participants have access to Fitnation's extensive support services. If you would prefer to attend an on campus course, please contact Fitnation for more information about our combined Certificate III & IV in Fitness 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 resources 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 and online resources are comprehensive, clear and well structured. They provide an excellent learning resource and provide an invaluable reference for graduates.
- **Flexible Delivery:** Our online and correspondence programs give you the flexibility to study at times that suit you and your lifestyle. While there are set timeframes for submission of assessments, you can work through the course as quickly as you like. Of course, you can access Fitnation's highly qualified and friendly support staff if you need assistance.
- **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. Each module needs to be completed in three months:

Module	Assessment	Format
<b>1. Nutrition for Health Management</b> <ul style="list-style-type: none"> <li>• Nutrition principles</li> <li>• Healthy eating guidelines</li> <li>• Nutritional advice for weight management and loss</li> <li>• Nutritional advice for exercise performance</li> </ul>	<ul style="list-style-type: none"> <li>• Self assessments</li> <li>• Case study assessments</li> </ul>	<b>Online</b> <ul style="list-style-type: none"> <li>• Powerpoint presentations</li> <li>• Videostreams</li> <li>• Interactive diagrams</li> <li>• Quizzes and self assessments</li> <li>• Reading</li> </ul>
<b>2. Exercise Science and Client Screening</b> <ul style="list-style-type: none"> <li>• Applied anatomy</li> <li>• Movement analysis</li> <li>• Exercise physiology</li> <li>• Postural analysis</li> <li>• Client screening and assessment</li> <li>• Fitness evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Self assessments</li> <li>• Case study assessments</li> <li>• Theory test (1hr)</li> <li>• Practical placement</li> <li>• Practical assessment</li> </ul>	<b>Correspondence</b> <ul style="list-style-type: none"> <li>• Manuals including self assessments</li> <li>• DVDs</li> </ul>
<b>3. Exercise Instruction and Advanced Conditioning</b> <ul style="list-style-type: none"> <li>• Fitness industry services</li> <li>• Fitness training principles</li> <li>• Instruction and motivation techniques</li> <li>• Planning and developing exercise programs</li> <li>• Instructing exercise programs using a range of exercise equipment</li> <li>• Resistance training, functional training and advanced exercise conditioning</li> </ul>	<ul style="list-style-type: none"> <li>• Self assessments</li> <li>• Case study assessments</li> <li>• Practise exercises and instructional skills in the fitness centre</li> <li>• Practical placement</li> <li>• Practical assessment</li> </ul>	

<p><b>4.Specialty Training for Children and Older Adults</b></p> <ul style="list-style-type: none"> <li>• Exercise guidelines for clients with special needs</li> <li>• Exercise program design and instruction for older adults</li> <li>• Exercise program design and instruction for children and adolescents</li> </ul>	<ul style="list-style-type: none"> <li>• Self assessments</li> <li>• Case study assessments</li> <li>• Practise exercises and instructional skills in the fitness centre</li> <li>• Practical placement</li> <li>• Practical assessment</li> </ul>	
<p><b>5.Personal Training Business Essentials</b></p> <ul style="list-style-type: none"> <li>• Providing effective client service</li> <li>• Risk management and OH&amp;S</li> <li>• business planning and management</li> <li>• Marketing, promotion and selling skills</li> <li>• Financial management and record keeping</li> <li>• Conducting programs and projects</li> </ul>	<ul style="list-style-type: none"> <li>• Self assessments</li> <li>• Case study assessments</li> </ul>	

## Course Units

For a complete list of units included in the Certificate III & IV in Fitness, please visit the website [www.fitnation.com.au](http://www.fitnation.com.au)

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

## Practical Placement and Assessment

- Students complete a 20 hour work placement supervised by a mentor in a fitness facility to obtain industry experience.
- The practical assessments involve:
  - the evaluation and instruction of clients
  - the evaluation and instruction of older adults and children
- The assessments also include demonstration of exercises, identification of muscle groups, joint actions and various health and fitness evaluations.
- The practical assessments take approximately 60 – 90 minutes and can be completed by video or personal demonstration at one of our Training Centres.

## Course Duration

- We allow a maximum of three months for each module and provide you with a schedule to enable you to complete the qualification and gain employment within a realistic timeframe.
- There is no minimum time frame which means you can complete the course as quickly as you like. It all depends on how many hours you put in to study each week.
- There is flexibility with the timeframes. You can arrange an extension of up to 3 months if your circumstances prevent you from completing the course in the scheduled 15 months. Please note we will provide comprehensive support services to assist you to complete the course. However, a re-enrolment fee of \$600 may be applied for students exceeding the timeframes.

## 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	Online or Correspondence	\$2475	\$1490 + 5 x \$200
Certificate IV in Fitness for qualified gym instructors (must already have Cert III)	Online or Correspondence	\$1550	\$965 + 6 x \$100

- Cost includes all course 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 one module only, no refunds will be given once the username and password have been sent (for online) or resources have been sent (for correspondence).
- For full course enrolments, no refunds will be given after 30 days of the username and password being sent (online course) or after 3 months of the resources being sent (correspondence course).
- No refund will be given once the student has completed the first two modules.
- The refund entitlement will be less the first module fee (\$560), administration fee (\$200) and membership (\$85).

## Contact Us

<p><b>Fitnation – Head Office</b></p> <p>Shop 40, 197 Bay Street Brighton, VIC 3186 Phone: 03 9596 5533, Fax: 03 9596 5236 E: <a href="mailto:info@fitnation.com.au">info@fitnation.com.au</a> W: <a href="http://www.fitnation.com.au">www.fitnation.com.au</a></p>	<p><b>Fitnation – Sydney</b></p> <p>Sam Cracknell Pavilion University Mall University of NSW Anzac Pde Kensington 2033 Phone: 1300 348 628 (FITNAT) E: <a href="mailto:info@fitnation.com.au">info@fitnation.com.au</a> W: <a href="http://www.fitnation.com.au">www.fitnation.com.au</a></p>
<p><b>Fitnation – Brisbane</b></p> <p>Shop 1/39 Vernon Tce, Newstead, 4006 Phone: 07 3257 1100 Fax: 07 3257 1900 E: <a href="mailto:info@fitnation.com.au">info@fitnation.com.au</a> W: <a href="http://www.fitnation.com.au">www.fitnation.com.au</a></p>	<p><b>Fitnation – Gold Coast</b></p> <p>Nexus Towers 105 Scarborough St Southport, 4215 Phone: 07 3257 1100 Fax: 07 3257 1900 E: <a href="mailto:info@fitnation.com.au">info@fitnation.com.au</a> W: <a href="http://www.fitnation.com.au">www.fitnation.com.au</a></p>
<p><b>Fitnation – Adelaide</b></p> <p>88 Currie St Adelaide 5000 Phone: 1300 348 628 (FITNAT) E: <a href="mailto:info@fitnation.com.au">info@fitnation.com.au</a> W: <a href="http://www.fitnation.com.au">www.fitnation.com.au</a></p>	

## Certificate III & IV 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 / Module	Delivery Option	Full	Deposit + Instalments
<input type="checkbox"/> Certificate III & IV in Fitness	<input type="checkbox"/> Online <input type="checkbox"/> Correspondence	<input type="checkbox"/> \$2475	<input type="checkbox"/> \$1490 + 5 x \$200
<input type="checkbox"/> Certificate IV in Fitness for qualified gym instructors (must already have Cert III)	<input type="checkbox"/> Online <input type="checkbox"/> Correspondence	<input type="checkbox"/> \$1550	<input type="checkbox"/> \$965 + 6 x \$100
<input type="checkbox"/> 1. Nutrition & Health Management		<b>Delivery Option</b>	<b>Payment</b>
<input type="checkbox"/> 2. Exercise Science & Client Screening		<input type="checkbox"/> Online	<input type="checkbox"/> \$560 (member)
<input type="checkbox"/> 3. Exercise Instruction & Advanced Conditioning		<input type="checkbox"/> Correspondence	
<input type="checkbox"/> 4. Specialty Training – Children & Older Adults			<input type="checkbox"/> \$600 (non member)
<input type="checkbox"/> 5. PT Business Essentials			

**Payment Details: Total Amount: \$ \_\_\_\_\_**

Cheque payable to "Fitnation"    Money Order    Visa    Mastercard

Credit Card Number: \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_ | \_\_\_\_\_

Card Holder's Name: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Signature: \_\_\_\_\_

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