



FITNESS • SPORT • RECREATION

COURSE INFORMATION PACK

RTO-31903



BECOME A FITNESS PROFESSIONAL

GYM INSTRUCTOR
CERTIFICATE III IN FITNESS (SIS30315)
PERSONAL TRAINER
CERTIFICATE IV IN FITNESS (SIS40215)
ADVANCED TRAINER
DIPLOMA OF FITNESS (SIS50215)



FIT COLLEGE EDUCATION & TRAINING

FIT College began in 2009 offering accredited fitness courses to Sunshine Coast locals. This in turn fulfilled a need for qualified personal trainers for gyms in the area. We, at FIT College are dedicated to ensuring our graduates are knowledgeable, work ready and inspired to promote healthy and fit lifestyles. From that small local beginning, FIT College has grown to be a well-respected educator of fitness professionals in all capital cities and many regional centres in Australia and Internationally. Our fitness graduates continue to lead and inspire in a competitive world.

To complement our fitness courses, FIT College has expanded to include courses in First Aid, Education, Business and Management. First Aid courses are essential for all fitness professionals to maintain registration each year, and FIT College can help you to stay up to date. Our Education, Business and Management courses are delivered under our FC Education banner. These courses are open to all industries, not just fitness, however adding a business or management course to your fitness qualifications could give you that extra edge when you move into the real world.

CORE VALUES

- ✓ Operate with honesty
- ✓ Work with integrity & dignity
- ✓ Show commitment
- ✓ Grow with flexibility to adapt & change
- ✓ Demonstrate respect for all cultural backgrounds, values & beliefs
- ✓ Strive to deliver the highest-quality of training & assessment
- ✓ Create high quality and industry-ready graduates

CONTACT HEAD OFFICE

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Why Study at FIT College?

 Comprehensive Learning Platform



100% Downloadable Content



Campuses Australia wide and across the globe

 Individualised Payment Plans



Theory and practical based assessment



With You Every Step of the Way!

STUDY CERTIFICATE IV IN FITNESS

SIS40215



PERSONAL TRAINER

Certificate IV in Fitness SIS40215

A Certificate IV in Fitness (SIS40215) will give you the opportunity to become a fully qualified personal trainer. This qualification reflects the role of personal trainers who have specialist skills to train individual clients, or groups of clients, on a one-on-one or group basis, to improve health related components of fitness in relatively low risk situations. This may include training of older clients and children.

Personal Trainers have a substantial depth of knowledge to plan, conduct and evaluate exercise training; provide leadership and guidance to clients and other staff; and deal with unpredictable situations applying defined guidelines and procedures from the fitness industry and the organisation. They work independently or with limited guidance from others and use discretion to solve non-routine problems, including monitoring and managing business activities to operate efficiently and profitably.

SKILLS YOU LEARN & DEVELOP

- ✓ Work within predictable and unpredictable settings such as a fitness facility, outdoor environments, and client centred studios
- ✓ Provide individually tailored client assessments, long term programs, personal training and ongoing assessments and reviews
- ✓ Work with a range of clients across a range of fitness and health related goals
- ✓ Develop, own and manage your own fitness business
- ✓ Market and promote your fitness services

PRACTICAL EDUCATION FOR WORKPLACE APPLICATION

You will be involved in a range of activities and functions within the Fitness industry, including working independently in a broad range of settings, such as within fitness centres, gyms, pools, community facilities and in open spaces. Personal Trainers will be expected to train individual clients, on a one-on-one basis, and may include older clients and children. Personal Trainers will have the ability to plan, conduct and evaluate exercise training, provide leadership and guidance to clients and other staff and possibly deal with unpredictable situations.



ONLINE FIT College Cloud Campus



YOU SET THE PACE

- ✓ Individualised study plans available upon request
- ✓ FREE student support sessions available at campus locations
- ✓ Online tutor support
- ✓ End of course Workshops delivering practical tasks and applications to industry



CAMPUS Face-to-Face



FULL TIME 7 WEEKS

DAY CLASSES - 4 SESSIONS/WK

3 HRS / DAY + Contact & Support



PART TIME 14 WEEKS

NIGHT CLASSES - 2 SESSIONS/WK

3 HRS / NIGHT + Contact & Support

CERTIFICATE IV IN FITNESS

SIS40215 - PERSONAL TRAINER

HEALTHY EATING PRESCRIPTION (HEP)

Work within scope of practice in nutrition when discussing energy balance, dietary guidelines, nutrient density, and macronutrients. You will also cover Dietitian or General Practitioner referral guidelines.

SISFFIT025 - Recognise the dangers of providing nutrition advice to clients
SISFFIT026 - Support healthy eating through the Eat for Health Program

FUNCTIONAL MOVEMENT ASSESSMENT (FMA)

Conduct the 7 Moves exercise, static alignment, and muscle function screen. Become proficient at observing a client's movement and how to use screening results to perfect program design.

SISFFIT018 - Promote functional movement capacity

INTRODUCTION TO EXERCISE SCIENCE (IES)

Understand physiological and mechanical principles used to improve the health & fitness of clients. This topic has a fat loss theme for learning the general science of exercise to help clients achieve their fat loss goals.

SISFFIT019 - Incorporate exercise science principles into fitness programming

PROGRAMMING FOR PERSONAL TRAINING (PPT)

Design personal training programs for a variety of clients in controlled and uncontrolled environments. Plan, instruct and evaluate long-term exercise programs. This topic has a specific theme of lean weight gain and the science behind composition goals.

SISFFIT017 - Instruct long-term exercise programs
SISFFIT020 - Instruct exercise programs for body composition goals
SISFFIT021 - Instruct personal training programs
SISFFIT023 - Instruct group personal training programs

STRENGTH AND CONDITIONING INFORMATION (SCI)

Conduct specialised sports specific tests, and implement a range of training methods. Learn specific strength & conditioning techniques for how to plan, implement and evaluate long-term training programs for individuals, groups and teams.

SISFFIT024 - Instruct endurance programs
SISSTC301A - Instruct strength and conditioning techniques
SISSTC402A - Develop strength and conditioning programs
SISXCAI005 - Conduct individualised long-term training programs

YOUNGER AND SPECIFIC POPULATIONS (YSP)

Train children and youth in the 13-17 year age group and other specific populations. Write specific and realistic training programs for these populations and deliver the programs in a range of settings and conditions.

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
SISXRES001 - Conduct sustainable work practices in open spaces

INTRODUCTION TO FITNESS BUSINESS (IFB)

Start a small business. Develop a business plan including goals, financial and legal considerations, key marketing aspects, concepts, and methods. Identify branding and sales opportunities to excel in the Fitness Market.

BSBSMB401 - Establish legal and risk management requirements of small business
BSBSMB403 - Market the small business
BSBSMB404 - Undertake small business planning
BSBSMB406 - Manage small business finances

ASSESSMENT
HRS

TASKS

10

3

20

1

15

4

10

3

12

3

12

2

20

3

STUDY A DIPLOMA IN FITNESS

SIS50215

ADVANCED TRAINER Diploma in Fitness SIS50215

When you graduate with a Diploma in Fitness (SIS50215) from FIT College you will be involved in a range of activities and functions within the Fitness industry including working collaboratively with medical and allied health professionals in a broad range of settings.

As an Advanced Personal Trainer you will have substantial depth of knowledge to plan, conduct and evaluate advanced exercise programs using principles of program design, and progressed anatomy and physiology knowledge to support delivery of functional, effective and safe exercise programs.

With FIT College you will undertake both specialisations of the Diploma of Fitness. In Fitness Service Coordination you will develop collaborative programs across various health and wellness sectors and have knowledge of relevant local and national health networks. The Management specialization sets you up to manage and support a team of fitness professionals. This involves mentoring staff on business skills and technical skills including skills and knowledge in marketing and sales; business analysis; time and financial management; recruiting and retaining personal trainers.

SKILLS YOU LEARN & DEVELOP

- ✓ Design and deliver exercise programs under the guidance of an allied health practitioner for individuals and small groups with a range of medical conditions
- ✓ Work with allied health practitioners in a support role for clients with special fitness needs
- ✓ Advise on different areas of health and fitness
- ✓ Train in a variety of indoor and outdoor fitness settings
- ✓ Develop management skills to own/operate a fitness business

PRACTICAL EDUCATION FOR WORKPLACE APPLICATION

This qualification reflects the role of individuals who perform a range of activities and functions within the fitness industry. These individuals have substantial depth of knowledge to plan, conduct and evaluate advanced exercise programs using principles of program design, and progressed anatomy and physiology knowledge to support delivery of functional, effective and safe exercise programs.



ONLINE FIT College Cloud Campus



YOU SET THE PACE

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PRACTICAL ASSESSMENT WORKSHOPS Face-to-Face

Diploma of Fitness is an online course with **THREE (3) 1-DAY Workshops** to complete near the end of your study. See over page for corresponding Workshop Topics.

DAY 1: Successful Fitness Business Systems and Concepts

DAY 2: Develop a Successful Fitness Business Team

DAY 3: Enhancing your Fitness Business

DIPLOMA OF FITNESS

ADVANCED TRAINER (SIS50215)

PROFESSIONAL DEVELOPMENT PROJECTS (PDP)

Explores analysis of behaviour that impacts health, engage consumers, analyse service needs of particular groups and develop programs and services to meet those needs.

HLTPOP014 – Assess readiness for and effect behaviour change
CHCCCS007 – Develop and implement service programs
SISFFIT027 – Conduct health promotion activities
BSBPMG522 – Undertake project work
CHCPRP003 – Reflect on and improve own professional practice

ADVANCED PERSONAL TRAINING (APT)

Source and evaluate evidence for contemporary exercise programs and apply findings to the prescription of exercise by identifying and analysing information sources. You will incorporate an understanding of injury prevention into fitness instruction, programming.

SISFFIT028 – Apply evidence-based practice to exercise programs
SISFFIT029 – Apply anatomy and physiology to advanced personal training
SISFFIT030 – Instruct advanced exercise programs
SISFFIT031 – Implement injury prevention strategies

ADVANCED FITNESS BUSINESS (AFB)

Undertake financial management within an organisation, including planning and implementing financial management approaches.

BSBFIM501 – Manage budgets and financial plans

DEVELOP YOUR TEAM (DYT)

Discover how recruitment and how recruitment and selection practices fit with human resource functions. Develop skills to manage the performance of staff, coupled with regular and timely coaching and feedback.

BSBMGT502 – Manage people performance
BSBHRM405 – Support the recruitment, selection and induction of staff
CHCMGT003 – Lead the work team
CHCCOM002 – Use communication skills to build relationships

EHNACING BUSINESS ENTERPRISE (EBE)

Develop marketing plan objectives and learn how to action necessary improvements, as well managing risks in any industry setting. You learn specific communication techniques to establish, build and maintain relationships with clients, colleagues and other stakeholders based on respect and trust.

BSBRK501 – Manage risk
BSBMKG514 – Implement and monitor marketing activities
CHCPRP001 – Develop and maintain networks and collaborative partnerships

PROVIDE ADVANCED FIRST AID (PAFA)

This course covers the skills and knowledge required to provide an advanced first aid response, including management of the incident and other first aiders.

HLTAID006 – Provide advanced first aid

ASSESSMENT
HRS

TASKS

10

4

1 DAY
WORKSHOP

8

1 DAY
WORKSHOP

3

12

4

1 DAY
WORKSHOP

3

2 DAY
COURSE

1

By completing this selection of units you will receive the following dual specialisations:

Diploma of Fitness (Fitness Service Coordination)

Diploma of Fitness (Management)



Courses offered at FIT College

STUDY
ONLINE 

STUDY
ON CAMPUS 

PART
TIME 

FULL
TIME 



FITNESS, SPORTS & RECREATION

Gym Instructor SIS30315 - Certificate III in Fitness
Personal Trainer SIS40215 - Certificate IV in Fitness
Advanced Personal Trainer SIS50215 - Diploma of Fitness



FIRST AID

HLTAID001 - Provide Cardiopulmonary Resuscitation
HLTAID003 - Provide First Aid
HLTAID006 - Provide Advanced First Aid
HLTAID007 - Provide Advanced Resuscitation



SHORT COURSES



1 Day CEC (Fitness Australia) & Industry Skills Courses
FIT College offers a range of Short Courses including Continuing Education Courses (CEC) endorsed by Fitness Australia. Other industry skills courses are also available to expand your professional knowledge and practice.



BUSINESS, MANAGEMENT & TRAINING

TAE50216 - Diploma of Training Design & Development
TAEELN411 - Address Adult Language, Literacy & Numeracy Skills
TAEASS502 - Design & Develop Assessment Tools





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SIS40215 CERTIFICATE IV IN FITNESS

ADVANCED PERSONAL TRAINER
SIS50215 DIPLOMA OF FITNESS