



CERTIFICATE III IN FITNESS

The Australian Institute of Fitness - The #1 Fitness Educator

The Australian Institute of Fitness (AIF) is the first and largest training provider for the Australian fitness industry. We've been leading the pack for over 30 years now, giving our graduates the technical, industry and business knowledge, and customer service and communications skills that let them build the type of well-rounded careers that others can't match.

WHY CHOOSE AIF?

- ▶ No prerequisites required
- ▶ Interactive, fun course work developed and delivered by industry-leading Coaches
- ▶ Tailored to what employers are looking for
- ▶ Create immediate job opportunities

CONTACT:

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Qualification Outcome: SIS30321 Certificate III in Fitness

Study Mode: Blended (Face-to-face at Diamond Fitness & online study)

Duration: School Academic Year - attendance 1 day per week during school term

Looking for the perfect launchpad for your fitness career? AIF's Fitness Coach course provides you with the training and skills you need to become a successful Group Exercise and Gym Instructor.

Developed in consultation with industry, Fitness Coach will train you in the essential skills needed to launch your fitness career, with added specialisations in Group Exercise and Gym Instructor.

Delivered face-to-face at the Diamond Fitness facility in Osborne Park, you will discover how to incorporate the latest health, fitness and training principles into your programs, as well as learn nutritional information to strengthen your ability when conducting fitness tests and appraisals with your clients. In addition, you will also gain an understanding of how to work effectively in sport, fitness and recreational environments, including how to apply risk management processes.

WHO SHOULD ATTEND?

- ▶ Those who love fitness, and want to make it their career
- ▶ Those who want to help other people achieve their fitness goals and change lives
- ▶ Those who are looking for a career change, and have a passion for health and fitness
- ▶ Those with a passion for group fitness and who want to jump on the industry's latest group training trends
- ▶ Those who are eager to expand their own fitness knowledge

ENTRY REQUIREMENTS

To be eligible for the Fitness Coach course, students must have an interest in fitness, have a computer and internet access, be in year 11, and meet AIF's acceptance criteria, which includes an eligibility interview and demonstrating satisfactory levels of language, literacy and numeracy.

TRAINING AND ASSESSMENT

Course components include over 30 sessions and a range of knowledge checks and assessments to ensure you are industry-ready.

UNITS OF COMPETENCY

- ▶ **HLTAID011** Provide First Aid
- ▶ **BSBPEF301** Organise personal work priorities
- ▶ **SISFFIT032** Complete pre-exercise screening and service orientation
- ▶ **SISFFIT033** Complete client fitness assessments
- ▶ **HLTWHS001** Participate in workplace health and safety
- ▶ **SISFFIT040** Develop and instruct gym-based exercise programs for individual clients
- ▶ **SISFFIT047** Use anatomy and physiology knowledge to support safe and effective exercise
- ▶ **SISFFIT052** Provide healthy eating information
- ▶ **BSBOPS304** Deliver and monitor a service to customers
- ▶ **SISFFIT035** Plan group exercise sessions

- ▶ **SISFFIT036** Instruct group exercise sessions
- ▶ **SISFFIT037** Develop and instruct group movement programs for children
- ▶ **SISXPLD004** Facilitate groups
- ▶ **SISXCAI009** Instruct strength and conditioning techniques
- ▶ **SISXIND011** Maintain sport, fitness and recreation industry knowledge

CAREER OPPORTUNITIES

- ▶ Fitness Coach
- ▶ Gym Instructor
- ▶ Group Exercise Instructor
- ▶ Fitness Manager

CURRENT DEMAND

With obesity and other diseases linked to inactivity on the rise in Australia, the importance of fitness education and personal training services are essential, now more than ever.

At AIF, it is our mission to train our students to be Warriors against SeDs (Sedentary Death Syndrome) to activate a nation to stay fit and healthy. As exercise is now widely recognised as both a pre-habilitative solution and a rehabilitative solution for chronic lifestyle diseases more Doctors are prescribing exercise to their clients, increasing the demand for highly skilled fitness professionals.



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