

- ✔ BEST COURSE
- ✔ BEST VALUE
- ✔ BEST SERVICE - GUARANTEE

LEARN FROM THE FITNESS  
INDUSTRY PROFESSIONALS

**COURSE**

**GUIDE**



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This Course Guide has been prepared for the students of Fitness Industry Training Pty Ltd

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# INTRODUCTION

## OUR MISSION

To inspire a generation of fitness professionals through outstanding support and unsurpassed education.

## OUR VISION

To be an education leader in the fitness education space, underpinned by the success of our students and graduates, and validated by the support and respect of our industry peers.

## OUR BELIEF

People don't care how much you know until they first know how much you care

## MESSAGE FROM THE MANAGING DIRECTOR

Welcome to Fitness Industry Training. I invite you to learn more about our organisation, and what we can offer you towards becoming a qualified fitness professional.

We are committed to delivering the highest standard of fitness education in the marketplace, coupled with unparalleled support and student services. With the help of our amazing graduates we have secured an industry reputation as being a leading fitness education provider and benchmark institute.

The fitness industry is one of the fastest growing sectors in Australia. There is massive growth and job opportunities available, making this the perfect time to launch your fitness career!

**If you are passionate about becoming a successful personal trainer and owning your space in this booming industry, then you will not find a more supportive and reputable educational provider than with Fitness Industry Training.**

Let me show you how to turn your passion for fitness into an exciting and successful career. I have spent the best part of my career training and coaching many of our elite athletes and sporting organisations and would like to share my experience and knowledge helping you to become your very own success in this exciting and rewarding industry.

"I guarantee you will not find a more supportive and reputable educational provider than with Fitness Industry Training".

- Chris Haseman



# COURSE OPTIONS

## ALL YOU NEED TO DO IS SELECT THE BEST STUDY OPTION FOR YOU!

### SELECT YOUR COURSE

Our study program offers you the flexibility to study on-campus or online, depending on study needs and learning preferences.

We offer the following qualifications and courses to support your fitness career:

- Certificate III in Fitness
- Certificate IV in Fitness
- Certificate IV in Fitness - Fastrack Option
- Provide First Aid
- Boxing for Fitness (Padholders)
- Nutrition for Personal Trainers
- Olympic Lifting

### YOUR LEARNING EXPERIENCE

Our Certificate III in Fitness and Certificate IV in Fitness courses ensure you are qualified as a nationally-recognised gym instructor, group fitness instructor and personal trainer; giving you access to industry registration as a fitness professional and the associated insurances.

You have one year to complete the program from your time of enrolment, however most students select our fast track study plan that comes with an online study coach. The study coach provides support and guidance towards completing your study milestones in a timeframe that suits your completion goals.

### ONLINE STUDY OPTION

Our flexible and self-paced learning option provides you the freedom to study anywhere and at anytime, at a pace that suits your lifestyle and needs. Because we appreciate that studying completely online can be difficult, especially when it comes to acquiring the finer skills in some practical applications, we have supplemented this program with on-campus coaching and assessment workshops that provide you the opportunity to ask questions, learn and demonstrate your practical skills, and expand your knowledge.

Our online study coach program guarantees that you are never too far away from support. You can be rest assured that if you ever need assistance or have a question regarding the course program, our online study coaches are only an email or phone call

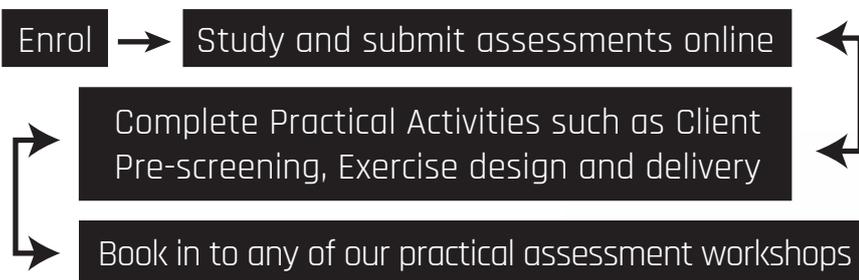
We provide a same day support guarantee with our online study coach program - unique to FIT!

Go interactive with our world class digital learning platform! Featuring presentations from some of industry's most successful and recognised presenters and business achievers, it gives our students the ability to learn from true industry professionals who have each walked the walk. These professionals share their stories and lessons learned, helping you to have the very best start possible in your career.



## COURSE OPTIONS (cont.)

### PATHWAY TO BECOMING A QUALIFIED FITNESS PROFESSIONAL



You have 1 year to complete the qualification but you can study at your own pace and set your own completion time.



# CERTIFICATE III IN FITNESS (SIS30315)

## ABOUT CERTIFICATE III IN FITNESS

The Certificate III in Fitness is widely recognised throughout industry as the entry qualification that supports the learning and applied applications towards the foundations of fitness instruction. The Certificate III in Fitness hosts (8) prerequisite units that are required to be completed prior to undertaking the Certificate IV in Fitness qualification.

### What do I get?

This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for group or gym programs.

They work independently with some level of autonomy in a controlled environment such as fitness, leisure and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Individuals who specialise in group exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Those who specialise in gym instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer.

The Certificate III in Fitness includes 16 total units, 9 core units and 7 electives.

#### Core Units (9)

- SISFFIT001 - Provide health screening and fitness orientation
- SISFFIT002 - Recognise and apply exercise considerations for specific populations
- SISFFIT003 - Instruct fitness programs
- SISFFIT004 - Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 - Provide healthy eating information
- SISFFIT014 - Instruct exercise to older clients
- SISXCCS001 - Provide quality service
- SISXFAC001 - Maintain equipment for activities
- SISXIND001 - Work effectively in sport, fitness and recreation environments

#### Electives (7)

- BSBRSK401 - Identify risk and apply risk management processes
- HLTAID003 - Provide first aid
- HLTWHS001 - Participate in workplace health and safety
- SISFFIT006 - Conduct fitness appraisals
- SISFFIT007 - Instruct group exercise sessions
- SISFFIT011 - Instruct approved community fitness programs
- SISXFAC002 - Maintain sport, fitness and recreation facilities



# CERTIFICATE IV IN FITNESS (SIS40215)

## ABOUT CERTIFICATE IV IN FITNESS

Our Certificate IV in Fitness program focuses on more advanced exercise programming concepts and design; covering specialty goals including strength specific, body composition, metabolic conditioning, endurance and weight loss protocols. This program also presents on a range of business and marketing concepts and principles to ensure that you have the necessary knowledge and skills to build your fitness career as big and far as you can dream.

### What do I get?

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.

They 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. Entry into this qualification requires the following pre-requisite units to be completed, as well as a current Provide First Aid and CPR certificate.

## PREREQUISITE UNITS REQUIRED FOR THIS QUALIFICATION

- SISFFIT001 - Provide health screening and fitness orientation
- SISFFIT002 - Recognise and apply exercise considerations for specific populations
- SISFFIT003 - Instruct fitness programs
- SISFFIT004 - Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 - Provide healthy eating information
- SISFFIT006 - Conduct fitness appraisals
- SISFFIT014 - Instruct exercise to older clients
- SISXCCS001 - Provide quality service



## CERTIFICATE IV IN FITNESS (cont.)

The SIS40215 Certificate IV in Fitness program includes 20 total units, 12 core units and 8 elective units.

This qualification provides scope and industry recognition to operate and offer services as a Qualified Personal and Fitness Trainer

### Core Units (12)

- 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
- SISFFIT017 - Instruct long - term exercise programs
- SISFFIT018 - Promote functional movement capacity
- SISFFIT019 - Incorporate exercise science principles into fitness programming
- SISFFIT020 - Instruct exercise programs for body composition goals
- SISFFIT021 - Instruct personal training programs
- SISFFIT023 - Instruct group personal training programs
- SISFFIT025 - Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 - Support healthy eating through the 'Eat for Health' program
- SISXRES001 - Conduct sustainable work practices in open spaces

### Electives (8)

- BSBSMB401 - Establish legal and risk management requirements of small business
- BSBSMB403 - Market the small business
- BSBSMB404 - Undertake small business planning
- BSBSMB405 - Monitor and manage small business operations
- SISSTC301A - Instruct strength and conditioning programs
- SISSTC402A - Develop strength and conditioning programs
- SISFFIT011 - Instruct approved community fitness programs
- SISFFIT024 - Instruct endurance programs



## ABOUT PROVIDE FIRST AID

Formerly known as Apply First Aid and Senior First Aid, the Provide First Aid course includes CPR and is the current qualification for first aid providers in the Australian workplace.

This course is a mandatory qualification for completing the Certificate IV in Fitness qualification, and must be current at the time of issue.

Provide First Aid is designed to give you confidence to help those who suffer sudden injury or illness in the workplace, home, or wherever you are.

The skills and knowledge in this program is relevant for any member of the general public, as well as workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

## Course content

Our first aid course includes the most up-to-date basic life support principles including:

- CPR and defibrillation for adults and infants
- Breathing emergencies including asthma and anaphylaxis or severe allergic reaction and choking
- Bleeding and wound care
- Fractures, sprains and strains
- Burns
- Heart attack, stroke and diabetes
- Seizures and epilepsy
- Temperature induced illness
- Bites and stings
- Legal issues surrounding first aid
- Infection control and reporting



## PAD HOLDERS / BOXING FOR FITNESS COURSE

### ABOUT BOXING FOR FITNESS

Boxing for Fitness coaches you through the fundamentals of pad holding with a focus on developing a variety of skills and applications to maximise your clients fitness experience. This program will show you how to coach clients through basic footwork and movement drills; punching principles and applications; with combinations and program design. You will also learn the art behind pad holding and coaching your clients towards developing new skills, introducing a whole new level of fitness and excitement for your clients.

Note: this course does not teach you to be a boxer, but is focused towards understanding the fundamentals and principles that underpin boxing and its associated conditioning modalities.

If you would like to learn the art of pad holding and implement new and exciting skills and drills to add to your client programming, then this course is a must for you.

This course is approved by Fitness Australia and comes with 6 CEC points.



# OLYMPIC LIFTING COURSE

This Olympic Lifting course covers the skills needed to instruct clients on performing a variety of Olympic lifting techniques.

If you are looking to add Olympic lifting to your coaching repertoire this course coaches you through a range of strength movements such as the back squat, front squat, dead lift and press each aimed at enabling you to master the clean and jerk and snatch lifts.

## THIS COURSE WILL COACH YOU THROUGH THE:

- ✔ The mechanics of the main Olympic lifts and their components
- ✔ Demonstrate and facilitate the key technical points of the Olympic lifts
- ✔ Provide effective coaching cues and points to better coach the Olympic lifts
- ✔ Recognise technical faults within the performance of Olympic lifts and provide appropriate coaching cues for correction
- ✔ Olympic lifting is fast becoming a very popular fitness activity and this course will give you edge when it comes to delivering a range of dynamic exercises and program designs that will excite and engage your clients beyond the conventional everyday gym workout.



## ABOUT NUTRITION FOR PERSONAL TRAINERS

Here at Fitness Industry Training, we know the value of nutrition when it comes to human health and performance. That is why we have developed a nutrition course that is specifically designed for personal trainers and their clients.

This course is delivered online by Chris Haseman, and is delivered using Chris's unique teaching philosophies that are based on 'when you know something well, you can explain it very simply'.

We know that the internet has thousands of diet plans and nutritional interpretations of what someone should eat, but when it comes to influencing our clients eating behaviours and maximising their nutritional health, you need to have much more than a diet print out and some helpful hints.

Our Nutrition for Personal Trainers program will guide you through the Australian Dietary Guidelines, then start to piece the nutritional puzzle together with a breakdown of our carbs, fats and protein. The course will then guide you on a journey through pre and post workout nutrition. This program also covers topics on artificial sweeteners, reading food labels, and information on common vitamins and minerals.

This program is delivered online and is personally presented and narrated by Chris Haseman.

This course is approved by Fitness Australia and comes with 13 CEC points.



## **COURSE COMMENCEMENT**

You can commence your study with us at any time throughout the year.

## **COURSE DURATION**

Students have 12 months to complete this program from time of enrolment. This course is self-paced and able to be completed in a time frame that suits your study goals and work/life commitments.

## **CAREER OPPORTUNITIES**

- Manage your own fitness business
- Work in gyms, fitness clubs, boot camps
- Work in community and sporting centres
- Use as a study pathway to higher education and learning

## **PAYMENT OPTIONS**

We have multiple payment options available to suit every budget:

- ZipMoney - offering 12 months interest free finance
- Payment plans through direct debit
- Payment upfront (Visa, Mastercard, bank transfers)

## **YOUR LEARNING EXPERIENCE**

- Receive access to your online learning platform the same day you enrol
- Your study coach connects with you to ensure you have everything you need to get started
- Read, listen, watch your way through the course learning resources
- Complete online activities and engage with other students through our online community hub

## **PROVIDE FIRST AID**

(HLTAID003) Students must hold a current First Aid and CPR certificate as a requirement of this course program. Fitness Industry Training delivers first aid courses on a regular schedule and enrolled students are offered discount rates when completing their first aid training with us.

To be the Best you must Learn from the Best  
Fitness Industry Training



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