



# MASTER TRAINER

## 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?

### Train where the **BEST** train

Follow in the footsteps of the people who set the standard. Our graduates help us to keep raising the bar in the industry so you can rest assured that our training is the best of the best.

### Fulfill your **BEST** potential

Be the best you can be and build your best career with our Career Head-Start Service™, providing unrivalled access to working opportunities. Become an industry leader.

### Be part of the **BEST** community

We are a community of leaders, past, present and future. Access our content, news, events and extra-curricular course and career upgrades.

### The **BEST** facilities & support

We help our students to become their best every step of the way. With the tools & facilities you need to succeed and Support Plus™, our Coaches are available when you need and how you need.

RTO ID: 121508

READY TO IGNITE YOUR NEW CAREER?  
CALL US NOW:

1300 669 669

# MASTER TRAINER PROGRAM™

**Qualification Outcome:** Fitness Essentials prerequisites & SIS40221 Certificate IV in Fitness

**Study Mode:** Blended and Online

**Campus Locations:** Adelaide (SA), Brisbane (QLD), Bundoora (VIC), Chadstone (VIC), Newcastle (NSW), Parramatta (NSW), Perth (WA), South Melbourne (VIC), & Sydney CBD (NSW)

If quality, world-class education, unrivalled support and a successful fitness career outcome is what you are searching for, AIF's Master Trainer Program™ is the course for you!

Developed and delivered by leading fitness experts and educators, the Master Trainer Program™ delivers THE most recognised fitness qualification in the industry and is the number one qualification employers are looking for.

The Master Trainer Program™ assesses on six extra criteria which, when achieved, will elevate you from a standard Trainer to an AIF Certified Master Trainer Level 1, equipping you with the latest skills, knowledge and know-how you'll need to kick start your successful career in the fitness industry.

Delivered through a streamlined, fun and effective learning experience, this program covers all the fitness fundamentals plus much more, including anatomy,

physiology, how to prescribe exercise as well as training principles and solutions for a range of groups and special populations such as adults, adolescents, older adults, amateur athletes and people with body composition and endurance based goals.

Business will also be a key focus where you will learn how to setup and prepare for your own small business and learn basic sales and marketing skills necessary to acquire clients. Keeping up with the latest industry trends, you will learn how to utilise a range of technological tools to enhance your fitness business, such as range of wearable technology.

Plus; you will have the opportunity to attend FREE industry skills workshops, learning the latest cutting edge equipment solutions in addition to our famous Fitness Industry Recruitment Expos (F.I.R.E). You also get a FREE student membership with Fitness Australia!

## WHO SHOULD ATTEND?

- ▶ Those who are passionate about fitness, and want to make it their career
- ▶ Those who want to help others achieve their fitness goals and change lives
- ▶ Those who are looking for a career change, and have a passion for health and fitness
- ▶ Those who want the qualification the fitness industry prefers
- ▶ Those interested in the receiving the highest quality education in fitness, superior learning support and the greatest opportunities to start a successful fitness career

## YOUR COACHES

When we ask our students what they love most about their experience at AIF our Coaches continually rank as a stand out feature of the course. We believe this is one of the reasons our students regularly score our course experience at over 9 out of 10.

Our highly qualified team of Coaches bring passion and commitment to their teaching, ensuring all areas of learning are delivered in a fun and engaging way.

## TRAINING AND ASSESSMENT

The program is delivered over 80 delivery sessions, including knowledge checks and assessment challenges, with some information being delivered and assessed both on campus and online. Six extra criteria must be met to gain the Master Trainer Level 1 certification.

## AREAS COVERED IN THIS COURSE INCLUDE:

### FITNESS ESSENTIALS

- ▶ **BSBOPS304** Deliver and monitor a service to customers
- ▶ **BSBPEF301** Organise personal work priorities
- ▶ **HLTAID011** Provide First Aid
- ▶ **HLTWHS001** Participate in workplace health and safety
- ▶ **SISFFIT032** Complete pre-exercise screening and service orientation
- ▶ **SISFFIT033** Complete client fitness assessments
- ▶ **SISFFIT035** Plan group exercise sessions
- ▶ **SISFFIT036** Instruct group exercise sessions

- ▶ **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

### PERSONAL TRAINER

- ▶ **BSBESB401\*** Research and develop business plans
- ▶ **BSBESB301\*** Investigate business opportunities
- ▶ **BSBESB404\*** Market new business ventures
- ▶ **SISXCAI005\*** Conduct individualised long-term training programs
- ▶ **SISFFIT051** Establish and maintain professional practice for fitness instruction
- ▶ **SISFFIT034\*** Assess client movement and provide exercise advice
- ▶ **SISFFIT041** Develop personalised exercise programs
- ▶ **SISFFIT042** Instruct personalised exercise sessions
- ▶ **CHCCOM006** Establish and manage client relationships
- ▶ **SISFFIT050** Support exercise behaviour change
- ▶ **SISFFIT043** Develop and instruct personalised exercise programs for body composition goals
- ▶ **SISFFIT053** Support healthy eating for individual fitness clients
- ▶ **SISFFIT044** Develop and instruct personalised exercise programs for older clients
- ▶ **SISFFIT049** Use exercise science principles in fitness instruction
- ▶ **SISFFIT045** Develop and instruct personalised exercise programs for adolescent clients
- ▶ **SISXICT001\*** Select and use technology for sport, fitness and recreation work
- ▶ **SISFFIT046\*** Plan and instruct online exercise sessions

\*Elective unit

## CAREER OPPORTUNITIES

- ▶ Personal Trainer
- ▶ Outdoor Trainer
- ▶ Personal Training Manager

## CAREER PARTNERS

As part of our commitment to ensuring all our students leave The AIF 'job ready', we offer them access to our extensive network of Career Partners, prior to course completion.

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