AIF AUSTRALIAN INSTITUTE OF FITNESS

WWW.FITNESS.EDU.AU

FITNESS COACH

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.

Fulfil 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 and 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

FITNESS COACH

Qualification Outcome: SIS30321 Certificate III in Fitness
Study Mode: Blended & Online
Campus Locations: Adelaide (SA), Brisbane (QLD), Bundoora (VIC), Chadstone (VIC), Newcastle (NSW), Parramatta (NSW), Perth (WA), South Melbourne (VIC), & Sydney CBD (NSW)

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 Gym Instructor.

Developed in consultation with industry, Fitness Coach will train you in the essential skills needed to launch your fitness career.

Delivered by our expert Coaches in a dynamic and engaging training environment, 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.

On a practical level, First Aid is also covered within the course, as are range of gym activities that focus on strength, stamina, flexibility, and effective circuit training.

Whether you join us on campus, online, or via our blended option which is a combination of both, our dynamic study modes provide you with the best tools for success. This includes opportunities to network with industry leaders and numerous Career Partners at our renowned Fitness Industry Recruitment Expos (F.I.R.E.).

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 who are eager to expand their own fitness knowledge

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.

They have experience working with a huge range of personal training clients from elite sportspeople to those new to fitness, and many also present at fitness conventions and write for reputable fitness resources.

ENTRY REQUIREMENTS

To be eligible for the Fitness Coach course, students must have an interest in fitness, have a computer and internet access, be over 16 years old 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.

AREAS COVERED IN THIS COURSE INCLUDE:

FITNESS COACH

- **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
- **CHCMHS001*** Work with people with mental health issues
- **SISXIND009*** Respond to interpersonal conflict
- **CHCDIV001*** Work with diverse people
- **SISXDIS001*** Facilitate inclusion for people with a disability

** Elective unit*

CAREER OPPORTUNITIES

- Fitness Coach
- Gym 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.

CAREER PARTNERS

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

RTO ID: 121508

READY TO IGNITE YOUR NEW CAREER? CALL US NOW:

1300 669 669