



Course Guide



NATIONALLY RECOGNISED
TRAINING



About us

Become a fitness professional.

About the Academy of Fitness

Australasian Academy of Fitness, Health and Nutrition Pty Ltd, trading as Academy of Fitness is a Registered Business with ASIC and a Registered Training Organisation (RTO) under the ASQA RTO Number: 30683.

Academy of Fitness was first registered as an RTO on the 23rd of August 2001 and operated from its head office in Gold Coast, Australia.

Academy of Fitness aims to provide a wide range of courses in the fitness industry and currently offers the: SIS30321 - Certificate III in Fitness and SIS40221 - Certificate IV in Fitness.

The student is the heart and soul of our focus. We do not only provide training for you to become a fitness professional, we provide you with the skills and knowledge to transition from training into industry.

The secret to our success is the invaluable lessons learnt from our 7000+ graduates and our over 20 years passionately delivering SIS30321 - Certificate III in Fitness and SIS40221 - Certificate IV in Fitness qualifications.

Our mission is to create future fitness professionals who, as industry change makers, will go on to positively impact the lives of numerous individuals, including their friends, family, and clients - fostering happier, healthier humans.

Our aim as fitness educators is to:

- Deliver quality fitness education
- Provide exceptional student support
- Produce industry-leading fitness professionals

To achieve our goals, our business operations align with the desire to provide an exceptional student experience by:

- Providing outstanding student resources
- Offering multiple support services
- Modern e-campus learning platform

Why people choose AOF

We all deserve a job that aligns with our values and our passion. Study with a fitness education provider who is leading the industry by delivering courses that can be studied whilst maintaining busy life commitments.

Kickstart your career
in fitness with AOF

Expert trainers & assessors

Our educators all have significant industry experience. This means our students enjoy inspired and passionate teaching from a training team with a wealth of technical knowledge and applied experience.

Career pathways

We'll help you choose the right course for the career you want. With certificate qualifications and an extensive range of specialised short courses, you can choose to start by dipping your toes in the water or jump right on in.





SIS30321 - Certificate III in Fitness Gym Instructor

Summary of Qualification

The SIS30321 - Certificate III in Fitness reflects the role of instructors who perform various 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, aqua or gym programs where risks are managed through pre-existing risk assessment and hazard control processes.

Nationally Recognised

This qualification is provided as Nationally Recognised Training.



Career Opportunities

- Gym Instructor
- Circuit Instructor
- Group Fitness Instructor
- Outdoor Group Instructor

Study Duration

12 months self-paced study to complete the SIS30321 - Certificate III in Fitness

Units of Competency

HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
BSBWHS332X	Apply infection prevention and control procedures to own work environment
BSBPEF301	Organise personal work priorities
BSBOPS403	Apply business risk management processes
BSBOPS304	Deliver and monitor a service to customers
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT040	Develop and instruct gym based exercise programs for individual clients
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
BSBXTW301	Work in a team
CHCDIV001	Work with diverse people

Provide First Aid

Students will need to source HLTAID011 Provide First Aid and HLTAID009 CPR from an independent supplier and provide Certificate as competency in this topic

SIS30321 - Certificate III in Fitness (continued)

Gym Instructor

Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. Speak with a course advisor to find out more about our RPL options.

Course Requirements

Entry Requirements

There are no entry requirements for the SIS30321 - Certificate III in Fitness.

Academy of Fitness does require students to be able to access the materials outlined in "Required Topic Resources" and have access to people who are willing to be filmed role-playing clients outlined in the assessments.

Assessment

Every qualification, unit of competency or skill set that is completed at AOF will require students to undergo a number of written and practical assessment tasks. The assessment tasks are designed to confirm that the student competently meets all elements and performance criteria as indicated in the curriculum.

Required General Resources

- Access to a computer or device that can connect to the internet
- Internet access with a broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures & record videos
- Access to a sport, fitness or recreation workplace

Required Topic Resources

These are flexible when performing in a simulated work environment

- One set of dumbbells (5-25kg)
 - Two barbells & collars
 - A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
 - A minimum of one squat racks
 - A minimum of two suspension trainers
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- A range of medicine/slam balls
 - Resistance bands of varying tensions
 - A minimum of one bench
 - One tape measure per two students
 - One Blood Pressure Monitor per two students
 - One exercise mat per two students
 - One set of kettlebells (8-24kg)
 - At least one cable-based resistance machines (e.g. seated row, lat pulldown, chest press).

Provide First Aid

- Students will need to complete HLTADI011 - Provide First Aid and HLTAID009 CPR from an independent provider and upload their Certificate as credit transfer in this topic.

Industry Exposure

- Access to a sport, fitness or recreation workplace.





SIS40221 – Certificate IV in Fitness Personal Trainer

Units of Competency

Summary of Qualification

The SIS40221 - Certificate IV in Fitness 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 fitness components in relatively low risk situations. This qualification will provide students with substantial knowledge to plan, conduct and evaluate exercise training; provide leadership and guidance to clients and other staff; and deal with unpredictable situations by applying defined guidelines and procedures from the fitness industry and the place of work.

This qualification will provide students with the skills and knowledge to 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.

Nationally Recognised

This qualification is provided as
Nationally Recognised Training.



Career Opportunities

- Personal Trainer
- Children and Older Adult Trainer
- Group Fitness Instructor
- Outdoor Group Instructor

Nationally Recognised

This qualification is provided as Nationally
Recognised Training.

BSBESB301	Investigate business opportunities
BSBESB303	Organise finances for new business ventures
BSBESB402	Establish legal and risk management requirements for new business ventures
BSBESB404	Market new business ventures
BSBLDR414	Lead team effectiveness
SISFFIT051	Establish and maintain the professional practice for fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT049	Use exercise science principles in fitness instruction
CHCCOM006	Establish and manage client relationships
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT053	Support healthy eating for individual fitness clients
SISXCA1009	Instruct strength and conditioning techniques
SISXCAI010	Develop strength and conditioning programs

Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. Speak with a course advisor to find out more.

Course Requirements

Entry Requirements

Students must provide a valid and current First Aid and CPR (HLTAID011 including HLTAID009) and additionally be recognised as competent in the following units of competency:

- HLTAID011 Provide First Aid (or a unit that supersedes this unit)
- 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

Academy of Fitness does require students to be able to access the materials outlined in “Required Topic Resources” and have access to people who are willing to be filmed role-playing clients outlined in the assessments.

Assessment

Every qualification, unit of competency or skill set completed at AOF will require students to undergo a number of assessment tasks, both written and practical. The assessment tasks are designed to confirm that the student competently meets all elements and performance criteria as indicated in the curriculum.

Required General Resources

- Access to a computer or device that can connect to the internet
- Internet access with a broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures & record videos
- Access to a sport, fitness or recreation workplace.

Required Topic Resources

These are flexible when performing in a simulated work environment

All practical sessions require access to an appropriate gym environment in which the following pieces of equipment as a minimum are available:

- One set of dumbbells (5-25kg)
- Two barbells & collars
- A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
- A minimum of one squat racks
- A minimum of two suspension trainers
- A range of medicine/slam balls
- Resistance bands of varying tensions
- A minimum of one bench
- One tape measure per two students
- One Blood Pressure Monitor per two students
- One exercise mat per two students
- One set of kettlebells (8-24kg)
- At least one cable-based resistance machines (e.g. seated row, lat pulldown, chest press).

Group Fitness

- Access to an outdoor area where activity can be performed
- Access to a range of equipment: step, ledge, park bench, small weights, water bottles, dumbbells, etc.
- Five clients





Combo Course

Combo Program (SIS30321 Certificate III in Fitness and SIS40221 IV in Fitness)

Help people reach their health and fitness goals by gaining the qualification required to work and shine as a Personal Trainer.

Academy of Fitness courses will give you the knowledge and skills you need to succeed in your fitness career. You will learn to provide physical assessments and incorporate exercise science principles into fitness programming alongside instructing programs for body composition goals and providing healthy eating information to clients.

With AOF, you'll have access to our online learning portal which is a complete digital e-campus that grants you flexibility plus all the help you need at your fingertips.

Our online learning is designed for busy working adults, so it's delivered 100% online with interactive, 'snackable' content. Academy of Fitness study options offer genuine flexibility, industry insights, practical skills and the support you need to achieve your career goals.

Course

Combo

Qualification

SIS30321 - Certificate III in Fitness and
SIS40221 - Certificate IV in Fitness

Career Outcomes

- Gym Instructor
- Group Instructor
- Personal Trainer
- Outdoor Trainer
- Personal Training Manager

Study Duration

18 months



Accelerate Course

Entry Requirements SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness

This qualification allows you to fast-track your studies to begin your career in the fitness industry as a personal trainer. You will complete the prerequisites from the SIS30321 Certificate III in Fitness and the SIS40221 Certificate IV in fitness.

Course

Accelerate Course

Qualification

Entry Requirements SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness

Study Duration

12 months or sooner

Pre Entry Units

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

Career Outcomes

- This qualification will allow you to train clients one on one in a gym setting, deliver training sessions both indoors & outdoors, group training classes and work with older adults and with children.
- Personal Trainer
- Gym Instructor
- Circuit Instructor
- Group Fitness Instructor
- Outdoor Group Instructor
- Children and Older Adults



Certificate in Mental Health Bundle

“Great Course! There is always someone there to help out if needed. The course was amazing, I learnt so much about mental health, and I could do it all in my own time and with no difficult homework. It was a breeze.”

Nearly one in two Australians, aged between 16 and 85, will suffer from a mental health disorder in their lifetime. A career as a mental health professional puts you in a position to identify the warning signs and provide accurate and ongoing care to those who need it. Not only that, you'll gain a greater insight into your own mental health and the best strategies available for tuning into the emotional well-being of your loved ones.

Employers are looking for trained mental health carers right now. If you want to make a difference, studying the Certificate in Mental Health Course Bundle will give you the hands-on skills you need to get straight to work.

3 Comprehensive Courses, 1 Affordable Price

The Certificate in Mental Health Course includes 3 Certificates, covering 19 areas: building resilience for mental well-being, social psychology and mental illness, psychiatric problems affecting adults and more. You can start any time. And the bundle includes the following:



Certificate in Mental Health Bundle

- **Course One: Child & Adolescent Mental Health**
- **Course Two: Mental Health in Adults**
- **Course Three: Celebrity Mentor Series**

The Online Mental Health courses are designed with top experts such as Dr Golly, Wayne Schwass and Jade Hameister.

Once completed, you'll deeply understand common mental health conditions for children and adults. You'll know how to identify symptoms and engage with the best support techniques and treatments. And you'll be prepared for the workforce in an increasingly competitive industry.

The courses are designed in collaboration with institutions, employers and industry experts to equip you with practical, real-world skills to advance your career and broaden your mind.

Career Pathways:

- Careers counsellor
- Counsellor
- School advisor/Counsellor
- Social Service Worker and Case Worker
- Mental Health Outreach Officer
- Life Coach (grief, rehabilitation, addictions, academic/career)
- Mental Health Coordinator
- Family and Marriage Therapist
- Outreach and Community Support Officer



Certificate in Mental Health Bundle

Career Pathways: Continued

- Disabilities Services Officer
- Drug and Alcohol Counsellor
- Family Support Officer
- Counselling Service Manager
- Pastoral Care Worker
- Youth case workers
- Career and support facilitator
- Housing officer for the homeless
- Team leader- Charity homes or homeless centres
- Team leaders at employment agencies
- Trainee counsellor position
- Online or phone counsellor position
- Mental Health Outreach Officer

Delivered 100% on-line, no classroom required. Instant access (enrol online, anytime) Assessments are short answer and multiple choice. Fast turnaround on marking.



Advanced Fitness Nutrition

Make smarter choices by learning how our bodies and health are affected by the foods we eat. This course offers you a chance to gain a deeper insight into the effects of nutrition on our health. With obesity on the rise and constant conflicting headlines about the food we should eat, everyone should take this online course to gain a clearer perspective.

The perfect online nutrition course for fitness enthusiasts and personal trainers. (11-course topics)

Enrolling in this online short course will put your nutrition education to use at work or at home.

In this course, you will learn about the following topics:

- Nutrition- Balancing Extremes
- Nutritional food for Before, During, and After Exercise.
- Nutritional Recommendations for Weight Loss
- The Importance of Hydration Before, During and After Exercise
- The Anabolic Nutrient Timing Factor (Nutrition for Muscle Growth)
- The Basics of Sports and Health Supplements
- Writing Meal Plans
- Intermittent Fasting
- Ketogenic Diet
- Carbohydrate Loading
- Assessing a Persons Current Diet

Certified Nutrition Coach (NASM Course)



What You'll Learn

Living healthy isn't just about physical activity. It's also about what we put in our bodies to fuel them. That's why NASM spent years researching and developing the evidence-based Certified Nutrition Coach program. No fads or pseudo-science here. Just a comprehensive nutrition certification that teaches you the facts you need to make a genuine, long-lasting impact on your clients' nutrition.

The program provides all the information you need to help maximize your client's success and put them on a path to better eating. You'll be able to answer your client's questions and address their real-world nutritional problems.

Not all Nutrition Certifications are created equal. That's why NASM's program includes the latest and most up-to-date information on nutrition science, behavior change strategies, and nutrition coaching strategies. As a certified nutrition specialist, you'll be able to guide clients seeking to improve their body composition, athletic performance, and their health through carefully crafted nutrition coaching that takes age, culture, socioeconomic status, and more into account.

Why Become a Certified Nutrition Coach?

- Explain fact vs fiction when it comes to the science behind popular diets
- Explore nutrition hot topics such as artificial sweeteners, GMOs, organic, grass-fed, gluten-free, and detoxes
- Master foundational nutrition science principles, including metabolism, macronutrients, micronutrients, hydration, alcohol, and nutrient timing
- Expand your clientele by adding a new discipline to your training resume
- Create individualized nutrition coaching strategies according to your client's food preferences, culture, and training demands
- Help clients navigate real-world scenarios like reading food labels and understanding portion sizes to maximize healthy eating patterns

Certified Nutrition Coach (NASM Course)

Why Choose to complete this course through AOF in partnership with NASM?

There is a reason the National Academy of Sports Medicine (NASM) is the most trusted name in fitness and wellness. For almost 40 years, we've prided ourselves on developing certifications and specializations that are evidence-based and backed by the latest in science and research. By doing so, you can rest assured that you're learning the most accurate and trusted methods and providing your clients with the best insight and guidance.

By combining our time-tested approach to research and product development with 24 of the biggest and brightest names in nutrition, the Certified Nutrition Coach program provides you with the most in-depth and up-to-date certification on the market. That's not all, though. Our state-of-the-art digital learning platform, high-end videos, and interactive learning materials give you a first-class experience available only with NASM.

Learn what thousands of other Personal Nutrition Coaches already know. NASM knows what it takes to build fitness and nutrition certifications and specializations that make a difference for your career and clients.

Course Highlights

- 1.9 NASM CEUs
- 15 CEC AUSActive
- 24 In-Depth Chapters
- Downloadable PDF of Textbook
- 40+ High-End Lecture Videos
- 200+ Downloadable Handouts & Infographics
- High-End, Easy-to-Use Digital Portal
- 1 Year to Complete the Final Exam
- Complete in as Few as 4 weeks
- 100% Online; Access on All Devices



Employment Opportunities

At the Academy Of Fitness you can graduate with FIVE fitness career outcomes:

Personal Trainer, Gym Instructor, Group Exercise Instructor, Older Adults Fitness Trainer and Children's Fitness Trainer.

Once you graduate, you can choose to work in a range of environments, including fitness centres, sporting organisations, personal training studios, cruise ships, outdoor personal training, health resorts, wellness retreats and spas, to name a few!



Which one is right for you?

- Athlete Trainer
- Body Builder Trainer
- Bootcamp Instructor
- Children's Fitness Trainer
- Fitness Coach
- Fitness Instructor on a cruise ship
- Group Exercise Instructor
- Gym Instructor
- Older Adults Trainer
- Outdoor Personal Trainer
- Personal Training Studio Owner
- Personal Trainer in a gym
- Rehab Trainer
- Weight Loss Coach



Graduate Stories



"I was able to complete the online activities in my own time and if I needed any assistance it was available to me at all times. My workshops were very thorough and our teacher was extremely knowledgeable."

Matt
Certificate III & IV in Fitness



"The Academy's student material had a great mix of theory and practical which was the perfect environment for my knowledge to grow."

Brendan
Certificate III & IV in Fitness



"It's affordable, realistic, flexible, very clear and easy to understand and met all my needs. I am so happy and satisfied with this course and the Academy of Fitness team.."

Sally
Certificate III & IV in Fitness



"I enjoyed the quizzes, and the ability to scan and submit assessments. I also enjoyed running through various different types of programs for people of different ages with different goals. I believe that I will be able to apply this in the workforce."

Alexander
Certificate III & IV in Fitness



"With ease, I found the Academy of Fitness. I love the flexibility- I have a one-year-old daughter and having the option to choose where I want to study and when I actually have the time to study definitely helps. I also love that the course challenges me online as well as the practical assessments, so it's not all just theory, it's practical and you have to get involved with the community."

Ashleigh K



"So, without education in any kind of career, you can't really expand. So I found that obviously that groundwork of a cert 3 and 4 does give you that foundation of knowledge to then leapfrog further into whatever you want to do in the fitness industry."

Tom



"I phoned a few different training providers and once I'd spoken with the team at AOF, I just felt a really great connection with them, really lovely people. They had fitness studies themselves, so they could really offer us some great industry insights into how we could really provide a great service... They could provide training that went above and beyond just the basic stuff."

Jacki M



"I could do it externally at my own pace and at my own hours."

Molly
Certificate III & IV in Fitness



"They weren't trying to sell it to me. They understood my lifestyle, where I was at...I can do it in my spare time. I can do it whenever I want. The practical- love it. They respond so quickly, calling, emailing- I would recommend it just because it's a good education for yourself. It's not just for teaching other people."

Elly C





Academy of Fitness
live it. learn it. love it.

Assessment

The course is online and self-directed. If you need additional direction completing any assessment including instructions, resources, and guidance, our student support and trainers are here to help.

You can complete the course either:

1. Online (simulated environment)
2. Workplace (co-assessment arrangement)
3. Combination of 1 & 2

What is a Simulated environment?

Simulated environments are used to allow learners who don't have access to the workplace, with an authentic work environment where they can demonstrate their skills.

A simulated workplace is where conditions are typical of those experienced in a real workplace.

All relevant resources are provided in the course:

- Clearly defining the tasks and workplace policies and procedures to be used in your training and assessment



Co-Assessment Arrangement

A co-assessment is an agreement that has been reached with another party to work with one of our assessors to conduct an assessment. It is still the role of the Academy of Fitness assessor to make the judgement about whether competency has been achieved.

What is a co-assessor:

The **co-assessor** is an Industry Expert, working with the **assessor** to make a judgement while conducting the assessment. The Industry Expert must have relevant vocational competencies and have current industry skills directly relevant to the training and assessment being provided to the learner.

Your chosen Industry Expert for delivery of your workplace training must meet the following requirements:

- Qualified to a minimum of SIS40221 Certificate IV in fitness.
- Minimum of two years experience in the industry.
- Current insurance.
- Current first aid and CPR qualification.
- Must work within a gym setting.

You will find the observation form throughout certain sections of the Practical Assessment in each unit. This is the document the Industry Expert needs to complete. This observation is a compulsory requirement for course completion, and this can be observed by your chosen Industry Expert or by your assessor observing your video submission (under a simulated environment). As such, it must be completed in its entirety, with all attached paperwork completed fully and submitted online with visual evidence such as videos and/or photos.

All of the practical observations conducted by your Industry Expert and your Industry exposure, will all be downloadable so you can keep a 'Workplace Logbook' portfolio.

Working With Children Check

Students who are engaging in practical placement and working directly with persons under 18, will be required to obtain a Working with Children check card prior to activities.

This process is different for each state and will need to be organised by the student.