



**YOUR
DREAM JOB
AWAITS!**

Make
THE CHANGE

1300 4 FITNESS
FITNESSINSTITUTE.COM.AU



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ABOUT FITNESS INSTITUTE

Since 2009, Fitness Institute has coached, inspired and empowered trainers Australia Wide!

OUR STUDENT MOTTO

Embrace the Opportunity, Boost your Skills and Make the Change!

We encourage everyone with a passion for health and fitness, to have an opportunity to find the career that they deserve. We encourage our students to learn new skills and to enjoy their new career helping others change to a healthy, active lifestyle.

OUR POINT OF DIFFERENCE

Our team is In the Industry - for the Industry.

All staff at Fitness Institute have experience in the Sport, Wellness, Fitness and Recreation Industry. Even the Directors and Management Team are fully qualified Coaches and Trainers.

OUR MISSION

Our team strives to provide our students with the very best education experience possible in the Health and Fitness Industry every day.

OUR VISION

To provide the highest quality online learning experience to students all around Australia and improve the health, fitness and wellbeing of our great nation!



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NATIONALLY RECOGNISED



AUSactive

\$25 student insurance is available for Certificate III in Fitness, Certificate IV in Fitness and the Group Exercise Leader Course.



All of Fitness Institute's Qualifications, Accredited Courses And Skillsets are FITREC Level A Approved

- ✓ SIS30321 – Certificate III in Fitness
- ✓ SIS40221 – Certificate IV in Fitness
- ✓ SIS5500128 – Group Exercise Leader



NATIONALLY RECOGNISED
TRAINING

Fitness Institute has approval through ASQA (Australian Skills Quality Authority) to deliver all qualifications and accredited courses listed on our scope.

<https://training.gov.au/Organisation/Details/32089>



INTERNATIONALLY RECOGNISED



Want to work as a Personal Trainer overseas?

Complete your Certificate III & IV in Fitness with Fitness Institute, Register with Fitness Australia and then choose to port your membership to Canada, India, Ireland, New Zealand, Poland, South Africa, United Arab Emirates, United Kingdom or the United States of America.

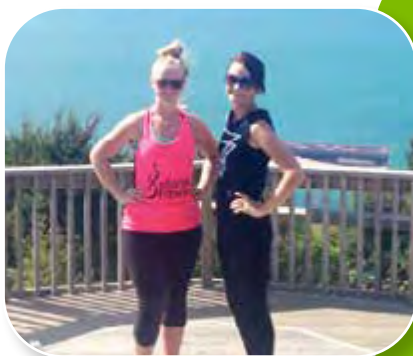
Coming soon: China, Spain, Egypt, Germany, Greece, Saudi Arabia, Tunisia and Qatar!

For more information, terms and conditions, see:
<http://www.icreps.org/icreps-global-portability-matrix/>

Confederation Members



* Associate Members



I truly am living my dream right now! Living in paradise and doing something I absolutely love. I started at a recreation centre as a customer service representative and fell in love with training and fitness. After completing my PT Course with Fitness Institute, I scored a job on a cruise ship and travelled through the east coast of Canada, Europe and the Caribbean. I am now running my own business in Whitianga, New Zealand.

Carly Allen
 Owner of Infinite Fitness



ICREPS APPLICANT COUNTRIES – APPLICATION CURRENTLY UNDER REVIEW



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CAREERS IN FITNESS

CERTIFICATE III IN FITNESS

- ✓ Graduate as a Group Exercise Instructor and Gym Instructor
- ✓ Work within a gym environment or leisure centre
- ✓ Deliver exercise classes to a mix of fitness levels and different age groups
- ✓ Provide pre-screens and fitness appraisals to clients
- ✓ Develop and deliver resistance programs
- ✓ Learn about the Fitness Industry, how to maintain a gym and customer service.

CERTIFICATE IV IN FITNESS

- ✓ Graduate as a Personal Trainer
- ✓ Train individuals or groups of children and adults in a variety of indoor and outdoor settings
- ✓ Develop the skills to setup your own business in the Fitness Industry
- ✓ Deliver fitness classes to 13-17 years olds
- ✓ Strength and Conditioning programming and coaching
- ✓ Instruct exercise to older adults

GROUP EXERCISE LEADER

- ✓ Instruct group exercise classes to pre-choreographed music
- ✓ Break into the fitness industry
- ✓ Learn effective quality customer service skills
- ✓ Skillset to be coupled with an endorsed pre-choreographed supplier such as Les Mills, Mossa, Zumba or Radical (delivered externally)



COURSE DELIVERY

HOW LONG DO I HAVE TO COMPLETE MY COURSE?

The Team at Fitness Institute have developed a training package to maximise your learning while helping you get through the course as efficiently as possible.

- Group Exercise Leader: 5 Months
- Certificate III in Fitness: 6 Months
- Certificate IV in Fitness: 6 Months
- Certificate III & IV in Fitness: 12 Months

WHAT DO I NEED?

Requirements for online fitness students to source:

- Industry qualified Mentor with a least a Certificate IV in Fitness and relevant experience.
- Access from your gym / mentor to:
 - o Blood Pressure Machine
 - o Skin Fold Callipers.
 - o Tape Measure

Whilst Fitness Institute have provided significant learning resources for each unit of study, Visible Body (Human Anatomy Atlas, Muscle Premium and Skeleton premium) are highly recommended software purchases.



WHAT DO I WEAR?

We supply Certificate III & IV in Fitness students with a collared training shirt and recommend dressing professionally with plain black shorts for men and black tights for women.



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GROUP EXERCISE LEADER

SISSS00128

OVERVIEW OF QUALIFICATION

Fitness Institute offer the SISSS00128 – Group Exercise Leader online. This skillset course qualifies students to deliver pre-choreographed group fitness classes or a prescribed community fitness program. This course is perfect for people wanting to teach classes offered by the likes of Les Mills, Mossa, Zumba or Radical.

SISSS00128 – GROUP EXERCISE LEADER

HLTWHS001 – Participate in workplace health and safety

BSBOPS304 – Deliver and monitor a service to customers

SISFFIT036 – Instruct group exercise sessions

HLTAID011 – Provide First Aid

ADDITIONAL WORK PLACEMENT

Completion of a pre-choreographed course through an external provider plus 11 hours work placement including:

3 hours customer service

5 hours participation in pre-choreographed classes taught by another instructor

3 hours teaching pre-choreographed classes

First Aid Units of Competency highly recommended and required before registering as a Group Exercise Leader. These subjects to be completed externally.

- HLTAID011 - Provide first aid
- HLTAID009 - Provide cardiopulmonary resuscitation



GROUP EXERCISE LEADER

SISSS00128



My experience with Fitness Institute has been fantastic! As a Zumba trainer I needed one more qualification in order to start my class at Goodlife Health Clubs Parramatta and I chose the Fitness Institute GEL course. The Fitness Institute team has gone above and beyond for me: from day one Sarah, Jaimee and Kristine have been awesome in giving me clear and consistent information, in supporting my requests and processing my assessments.

Minnie Minarelli
Zumba Instructor



<https://fitnessinstitute.com.au/minnie-minarelli/>



Industry Partner



<https://fitnessinstitute.com.au/sisss00128-group-exercise-leader/>

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FITNESS GRADUATES



The major benefit of completing my PT training through the Fitness Institute was the hands on experience I gained training clients in the gym under the guidance of the Instructional Staff and experienced trainers. I recommend the Fitness Institute to anyone seeking qualifications in the Fitness Industry.

Tanya Carter
Personal Trainer and Les Mills Instructor.
Business Owner of Coach Carter Fitness.



 <https://fitnessinstitute.com.au/tanya-carter>

Fitness Institute were fantastic when I completed my Certificate IV in Fitness. The lecturers were there any time you needed support and the course was very much interactive which kept it fun! I highly recommend Fitness Institute.

Christine Law
CrossFit Trainer and Personal Trainer.
Owner of Crossfit Mt Isa.



<https://fitnessinstitute.com.au/christine-law/> 



I like to let people know that you can better yourself, even when you feel like you can't. Just for people to see change – it's amazing!

Emily Davison
Personal Trainer and Bootcamp Business Owner.



 <https://fitnessinstitute.com.au/emily-davison/>

FITNESS GRADUATES



Thanks to the Fitness Institute, I am now a qualified Personal Trainer. My journey started in January of 2016 where a work colleague, who ran a boot camp outside of our core working hours, inspired me to want to do something a little different. Being in the military I knew I would find it hard to complete my fitness certificates whilst also maintaining a full-time job but after speaking with Fitness Institute, I felt as though I would definitely be able to achieve this goal.

Dean Gilbert
Personal Trainer at Dynamic Core Personal Training



 <https://fitnessinstitute.com.au/dean-gilbert/>

I couldn't believe how thorough and in-depth this course was. I thought I knew a lot, but coming away from the course, my knowledge now is extensive. I am now up to date with all current fitness trends and training.

Hayley Behrens
Personal Trainer



<https://fitnessinstitute.com.au/hayley-behrens> 



From one passion to another, I switched careers when I was a Wildlife Ranger. I am now a full time Personal Trainer and Group Fitness Instructor and am loving it!! Being able to make this change in 3 months with the face to face course was great. Being able to make this change with Fitness Institute has been great!

Jacques Casino
Personal Trainer and Les Mills Instructor



 <https://fitnessinstitute.com.au/jacques-casino/>

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FITNESS GRADUATES



I have always had a passion for Fitness. When I got back into boxing training after my accident, I wanted more and more to become a Personal Trainer. My Certificate 3 in Fitness allows me to run group fitness classes and with my Certificate IV in Fitness, I'm able to own my own business and work as a Personal Trainer.

Lachlan O'Shea
Personal Trainer and Boxing Trainer
2017 QLD Champion Boxer.
2018 Pro Boxing Debut.



 <https://fitnessinstitute.com.au/lachlan-oshea/>

Fitness Institute has excellent instructors with their knowledge and flexible hours. On the course, I met some good mates and was welcomed into a great gym environment. We had ample one on one time with the instructors when needed.

Adam Trama
Personal Trainer & Business Owner.



<https://fitnessinstitute.com.au/adam-trama/> 

Check out our latest student success stories at
<https://fitnessinstitute.com.au/category/testimonials/>

CERTIFICATE III IN FITNESS

SIS30315



FI 01 - Course Introduction & First Aid

HLTAID011 - Provide First Aid (to be completed externally)



FI 02 - Work Health & Safety (Logbook & completion of First Aid)

HLTWHS001 - Participate in workplace health and safety
BSOPS403 - Apply business risk management processes
BSBWHS332X - Apply infection prevention and control procedures to own work environment



FI 03 - Working in the Industry (Logbook & video submissions)

BSBPEF301 - Organise personal work priorities
SIRXSLS001 - Sell to the retail customer
BSBOPS304 - Deliver and monitor a service to customers



FI 04 - Anatomy & Physiology

SISFFIT047 - Use anatomy and physiology knowledge to support safe and effective exercise



FI 05 - The Role of Gym Instructor

SISFFIT032 - Complete pre-exercise screening and service orientation
SISFFIT033 - Complete client fitness assessments
SISFFIT052 - Provide healthy eating information
SISFFIT040 - Develop and instruct gym-based exercise programs for individual clients
SISXDIS001 - Facilitate inclusion for people with a disability



FI 06 - The Role of Group Fitness Instructor

SISFFIT035 - Plan group exercise sessions
SISFFIT036 - Instruct group exercise sessions

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CERTIFICATE IV IN FITNESS

SIS40215



PT 01 - PT for Specific Populations

SISFFIT049 - Use exercise science principles in fitness instruction
SISFFIT050 - Support exercise behaviour change
SISFFIT051 - Establish & maintain professional practice for fitness instruction
CHCCOM006 - Establish and manage client relationships
SISFFIT045 - Develop and instruct personalised exercise programs for adolescent clients
SISFFIT044 - Develop and instruct personalised exercise programs for older clients



PT 02 - PT for Body Composition Goals

SISFFIT041 - Develop personalised exercise programs
SISFFIT042 - Instruct personalised exercise sessions
SISFFIT043 - Develop & instruct personalised exercise programs for body composition goals
SISFFIT053 - Support healthy eating for individual fitness clients



PT 03 - PT for Sport, Strength & Conditioning goals

SISXICT001 - Select and use technology for sport, fitness and recreation work
SISXCAI009 - Instruct strength and conditioning techniques
SISXCAI010 - Develop strength and conditioning programs
SISXCAI005 - Conduct individualised long-term training programs



PT 04 - Fitness Business Success

BSBESB401 - Research and develop business plans
BSBESB402 - Establish legal and risk management requirements of new business ventures
BSBESB404 - Market new business ventures

fitnessinstitute.com.au/SIS30321-certificate-3-fitness
fitnessinstitute.com.au/SIS40221-certificate-4-fitness
fitnessinstitute.com.au/SIS21-online-pt-course



ENROLMENT INFORMATION

STUDENT SUPPORT

With a dedicated team of trainers, assessors and service staff, help is just a phone call away. Students are also invited to complete a Learning, Language and Numeracy (LLN) questionnaire to identify if extra support is required.

- 01** Complete your **PAYMENT PLAN** at fitnessinstitute.com.au/courses
Choose your relevant course and follow the **ENROL NOW** links.

- 02** Register or access your **USI** at usi.gov.au > For Students

- 03** Register for **\$25 STUDENT INSURANCE** at ausactive.org.au/members/student
Available for Certificate III in Fitness, Certificate IV in Fitness and the Group Exercise Leader Course.

- 04** Register for our **Learning Management System**
email careers@fitnessinstitute.com.au for more information


HELPFUL LINKS

STUDENT HANDBOOK, RTO INFORMATION, Ts & Cs

fitnessinstitute.com.au/fitness-institute-rto-information/

PRIVACY

fitnessinstitute.com.au/privacy/

RECOGNITION OF PRIOR LEARNING

fitnessinstitute.com.au/rpl

COURSE EXTENSIONS

fitnessinstitute.com.au/extensions/

COURSE TRANSITIONS

fitnessinstitute.com.au/transitions-to-current-training-package/

GOVERNMENT FUNDING OPPORTUNITIES

fitnessinstitute.com.au/government-funding/

SERVICES AUSTRALIA APPROVED COURSES

- Fitness Institute is registered for students wishing to apply for Centrelink payments over a period of:
- 26 weeks for the standalone SIS30321 – Certificate III in Fitness
- 26 weeks for the standalone SIS40221 – Certificate IV in Fitness
- 52 weeks for the combined offering of SIS30321 – Certificate III in Fitness / SIS40221 – Certificate IV in Fitness (Marketed as Combo PT Course)

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CONTACT THE TEAM



1300 434 863

careers@fitnessinstitute.com.au

 OR TEXT US ON **0482 079 089**

FIND US ON:



fitnessinstitute.com.au



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FitnessInstituteGym

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