



BECOME AN ...

# ELITE PERSONAL TRAINER

\* IT'S FAST! \* IT'S EASY! \* IT'S INTERACTIVE! \* IT'S ONLINE!

More importantly, on completion of your training there are many exciting career opportunities for **ELITE PERSONAL TRAINERS** in the Australian fitness industry.

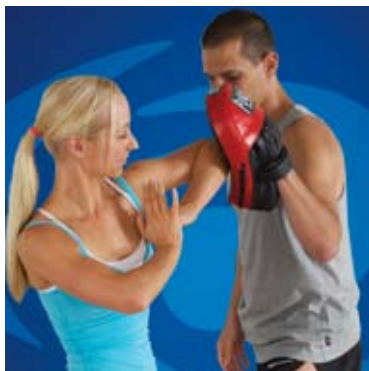
# THE FITNESS INDUSTRY NEEDS **PERSONAL TRAINERS!**

## HERE ARE SOME REASONS WHY YOU SHOULD BECOME AN ELITE PERSONAL TRAINER:

- \* You will make a positive impact on peoples lives
- \* You have the choice of working for yourself, a fitness facility or leisure centre
- \* You will be able to choose whether you work full time or part time
- \* You will meet interesting people from all walks of life
- \* Your age is irrelevant as your personal training client base comprises all ages.

Delivered entirely ONLINE, with full support provided every step of the way, this multimedia training course will turn your home or office into a virtual classroom – YOU remain in control of your learning.

“ NO FIXED SCHEDULES ...  
STUDY AT HOME AT YOUR OWN PACE ”



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# ELITE PERSONAL TRAINER

## ON COMPLETION OF YOUR ONLINE TRAINING WITH AUSTRALIAN FITNESS NETWORK YOU WILL:

- \* Receive a Certificate III in Fitness (SRF30206)
- \* Receive a Certificate IV in Fitness (SRF40206)
- \* Be eligible to register as a personal trainer with Fitness Australia
- \* Be recognised as an Elite Personal Trainer throughout Australia

Network's Elite Personal Trainer Course is competency based – this means that at the end of your training you will have the skills to be a personal trainer.

### \* CERTIFICATE III IN FITNESS (SRF30206)

- Module 1: The Fitness Industry
- Module 2: Clients in the Fitness Industry
- Module 3: Computing in the Fitness Industry
- Module 4: Exercise Science
- Module 5: First Aid
- Module 6: Exercise Physiology
- Module 7: Screening and Exercise Prescription
- Module 8: Nutrition
- Module 9: Fitness Law
- Module 10: Facilitate a Group
- Module 11: Special Populations
- Module 12: Gym Instruction

### \* CERTIFICATE IV IN FITNESS (SRF40206)

- Module 1: Fitness Business
- Module 2: PT Instructor
- Module 3: Training Clients with Medical Conditions and Injuries
- Module 4: Endurance Training
- Module 5: Children and Adolescents
- Module 6: Older Adults

“ WHAT A GREAT COURSE. THE CUTTING EDGE CONTENT, THE ONLINE DELIVERY, AND THE SUPPORT WAS FANTASTIC ”  
**KELVIN O'CONNOR, BARRENGARRY, REGIONAL NSW**



# WHO IS AUSTRALIAN FITNESS NETWORK?



Australian Fitness Network has over 10,000 members comprising personal trainers, group exercise instructors, aqua instructors and owner/operators of fitness facilities. It has been conducting education and training for the fitness industry for over 20 years.

Network is the leading source of information, education and events in fitness. In short Network services the entire Australian Fitness Industry and when you enrol as an Elite Personal Trainer student you automatically become a Network member and part of the Network Faculty of Elite Personal Trainers.

Network's founder and Executive Director, Nigel Champion, is one of the most experienced fitness leadership trainers in the country. He is the author of 10 coaching and fitness resources including the *Fitness Leader's Handbook*.



Visit [www.fitnessnetwork.com.au](http://www.fitnessnetwork.com.au) and check out all the membership benefits and the employment opportunities in the fitness industry

In addition to delivering the Elite Personal Trainer Certification, Network offers other fitness qualifications, including:

- \* Certificate IV in Fitness Pilates (91313NSW)
- \* Certificate II in Sport and Recreation (SRO20106)
- \* Indoor Cycling Experience (I.C.E) Certification

**PLUS** Network delivers the fitness industry's annual premier events, including FILEX, the largest fitness convention in the Asia/Pacific Region.

“ IF YOU ARE INTERESTED IN STARTING A NEW AND EXCITING CAREER CALL US TODAY AND WE WILL GLADLY HELP YOU PLAN A PATHWAY TO MEET YOUR GOALS! ”



NATIONALLY RECOGNISED  
TRAINING  
Provider number: 90497

CALL US NOW TO ENROL!

\* Phone: 02 8424 7200 \* E-mail: [info@fitnessnetwork.com.au](mailto:info@fitnessnetwork.com.au) \* Web: [www.fitnessnetwork.com.au/elitept](http://www.fitnessnetwork.com.au/elitept)

# OUR TERMS AND CONDITIONS

## COURSE ENTRY REQUIREMENTS

There are no entry requirements for this course.

## FLEXIBLE LEARNING AND ASSESSMENT

This is an online course which you study at your own pace; however, you are required to complete the Elite Personal Trainer Course within 12 months of enrolment or additional fees may apply. The Certificate III must be completed within 6 months of commencement.

## FEES

Your signed enrolment form acts as confirmation that you accept and commit to paying the fees, as they are stated on that form.

## CANCELLATIONS AND REFUNDS

- All cancellation requests must be submitted in writing to the Network Education Manager at Australian Fitness Network. **Note:** Without written notification, refunds will not be issued.
- A refund, minus an administration fee of \$250, will be issued if you have paid for the course in full, and cancel **prior** to Network issuing you with your Student Manual and student Log-In details.
- A refund, minus an administration fee of \$500, will be issued if you have paid for the course in full, and cancel **after** Network has issued you with your Student Manual and student Log-In details.

## RECOGNITION OF PRIOR LEARNING

- Recognition of Prior Learning (RPL) applies to formal training with a recognised organisation in Australia or from overseas, which is similar to the program you want to study at Australian Fitness Network. RPL can also acknowledge skills and knowledge obtained through work and life experiences.
- Australian Fitness Network provides students with the opportunity to apply for RPL. All applications will be processed promptly and fairly.
- Australian Fitness Network recognises other Australian Quality Training Framework (AQTF) qualifications and Statements of Attainment awarded by other schools and colleges.

## ORIENTATION AND INDUCTION

You will be able to view your course induction once you have received your Log-In details and Student Manual. The purpose of this is to become familiar with how to use the online learning system, including materials, course content and assessment requirements.

## GRIEVANCE AND STUDENT COMPLAINT POLICY

If you have a minor grievance or complaint, you can e-mail your online trainer. If your complaint is more serious, notification should be made directly to the

Network Education Manager at Australian Fitness Network. All grievances will be treated with confidentiality and will not be detrimental to the student initiating the complaint.

## APPEALS PROCEDURE

You may request a failed assessment result to be reviewed within five working days of receipt of the result. Requests for review must be made in writing to the attention of the Network Education Manager at Australian Fitness Network.

## DISCIPLINARY PROCEDURES

Students who are found acting outside the Training Providers' code of conduct may be disciplined by a member of staff. Any student who commits a breach of discipline or is deemed as presenting a significant risk to themselves or others may not be able to continue their study with Australian Fitness Network.

## ACCESS AND EQUALITY

Australian Fitness Network is committed to integrating access and equality principles within all services that we provide to our students.

## ANTI-DISCRIMINATION

If you feel you have been discriminated against, e-mail your online trainer or the Network Education Manager at Australian Fitness Network. If your complaint is still unresolved, you may wish to seek external advice.

## SUPPORT SERVICES

Our organisation provides adequate protection for the health, safety and welfare of students. This includes appropriate support services in terms of learning and personal counselling. Contact the Network Education Manager at Australian Fitness Network for more information.

## LANGUAGE, LITERACY AND NUMERACY SUPPORT

Australian Fitness Network can provide you with information about specialist assistance for students who require support with language, literacy or numeracy. Australian Fitness Network will work in cooperation with the external specialist service to ensure successful outcomes. Students who require language, literacy or numeracy assistance should indicate this by ticking the special needs section of their enrolment form.



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