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AUSTRALIAN INSTITUTE
OF FITNESS

Training World Class Trainers

Delivered by

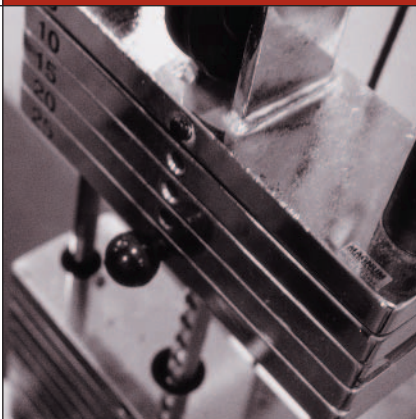




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mission

to provide you with the most
effective, stimulating and
up-to-date health & fitness
education available in the
world today

passion

careers in fitness

Imagine working in an industry which is fun, interesting, motivating and growing.

It's an industry where you help people to look good, and feel good from the inside out.

This means, of course, that it's a people business, and this won't change with technology. Essentially, people want fitness leadership from an inspiring and knowledgeable trainer, not from a computer. Sadly for society it's a growth industry, because lifestyle diseases are society's biggest killer. And it's increasing, not decreasing. But for us in the Fitness Industry this is just part of the challenge.

People come to you because they want to improve themselves. Is it any wonder then that your working environment is so positive and dynamic? Yes, at times it's challenging, because you're trying to help people achieve their goals, but isn't it the challenge that makes the achievement of the goals so rewarding? Plus of course, how do you feel when you're looking good and feeling great?

Flexibility is something the Fitness Industry gives you in more ways than one. Self-employment, fulltime, part-time, and/or casual work are all commonplace. You can work as a Personal Trainer, Gym Instructor, Group Exercise Instructor, Aerobics Instructor, Aqua Instructor, Rehabilitation Specialist, Front Desk, Sales, or Management. With the unique AIF Integrated Training System, it is possible to start in any of these areas, and then transfer across later to another area, or simply mix two or more areas together.

Throughout Australia and around the world you'll find AIF trainers in gyms, fitness and recreation centres, PT studios, sporting clubs, resorts and cruise ships, health farms and clinics, corporate fitness, home, mobile & outdoor training, – the scope is enormous.



Over the years, the Australian Institute of Fitness has successfully helped thousands of people like you find their own special niche in fitness. For some, fitness simply remains their passion and lifestyle, but for many others it also becomes their job, career and vocation.



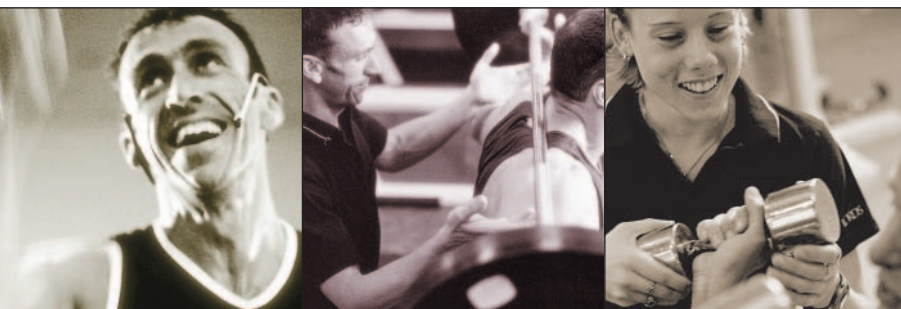
an AIF education

Is the most effective, stimulating and up-to-date health & fitness education available in the world today.

Proof of our success in educating people like you, is the fact that you will find AIF graduates working in every area of the Health & Fitness Industry in Australia, and in many countries overseas. It's also the only training organisation in Australia that has FISAF (Federation Internationale Sport Aerobic et Fitness) accreditation, which means you, as an AIF graduate, will have a qualification recognised in over 40 countries worldwide.

At AIF we believe learning should be fun, interesting & easy. We have distilled down the mountain of information which is out there on health, fitness and nutrition so that in each area you are able to clearly understand the important fundamentals and be able to practically apply them. With accelerated, easy learning techniques, exams are not as threatening as they used to be. You participate in practical workshops, knowledge checks, practical evaluations and easy, interesting take home projects.

At AIF you'll be learning the latest from the best! All the lecturing team actively work in the industry, doing everyday what they will teach you, this means they are right up there with the latest industry trends and developments. To emphasise the fact that the lecturing team is at the cutting edge, the teachers regularly are involved in attending and/or presenting at international fitness conferences and seminars.

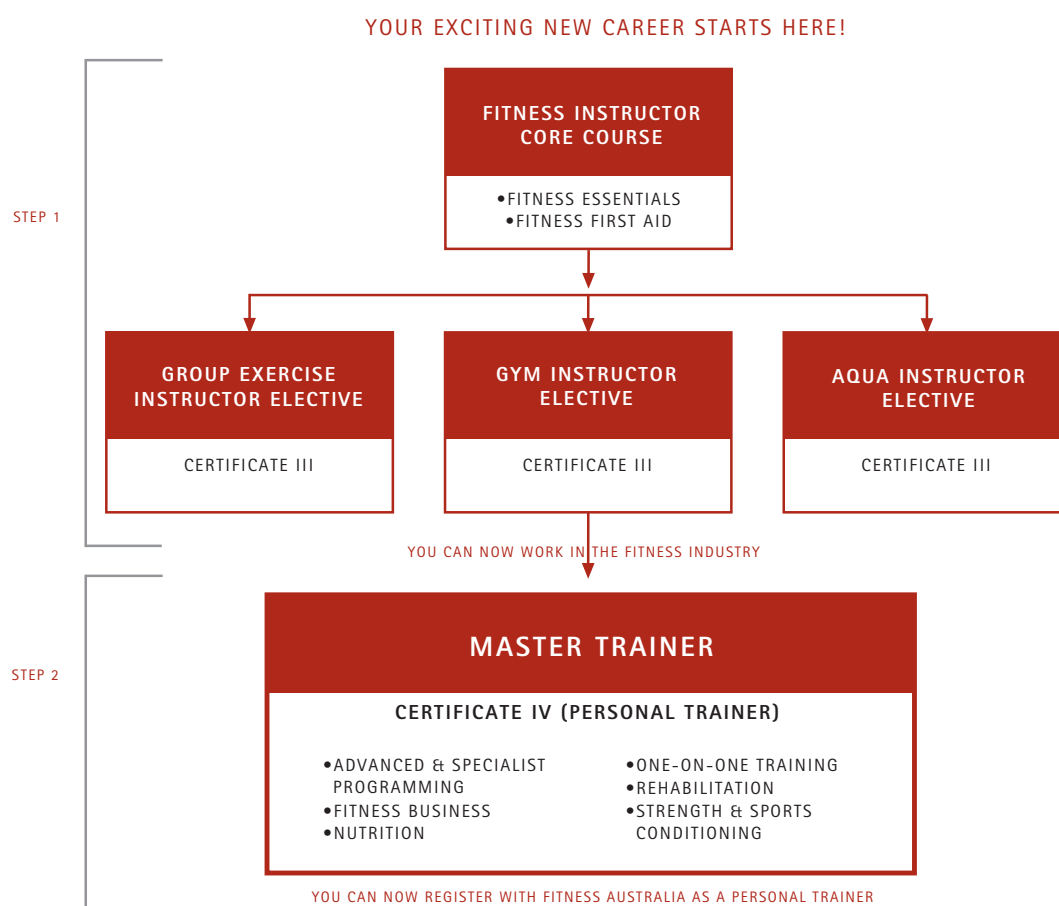


recognition

the unique AIF system



The unique AIF Integrated Training System maximises the value you get from your training. Of course it meets all official registration and government standards, including Certificate III (SRF30201) & Certificate IV (SRF40201) of the Australian Quality Training Framework, but it goes much further than this. Importantly for you, it allows you to learn at your own pace, plus pick & choose the areas you would like to study. Then, as soon as you are ready, you demonstrate you have the skills and knowledge in a particular area, and are signed off as world class competent.



"We prefer AIF Master Trainers because they get results"
- Rhonda Bacchi - National PT Manager (Zest Health Clubs)

module information

FITNESS INSTRUCTOR MODULES – CERTIFICATE III IN FITNESS (SRF30201)

This dynamic and informative course gives you the skills and knowledge to gain your registration to work in the fitness industry. You will need to complete the Fitness Essentials module and choose one elective (gym, group exercise or aqua instructor).



ABC **Fitness Essentials**

This dynamic start to fitness will motivate and excite you, whilst giving you a good solid foundation on which to build. You will be learning all about the human body; how it works, how to feed it and how to get it fit, healthy and strong. More than this, it will give you the framework for the future by overviewing all aspects of fitness leadership and exercise prescription.

FA **Fitness First Aid**

Legally you must be First Aid qualified. The average first aid course wastes days and days, but using AIF's special accelerated teaching techniques you learn what you need to know for fitness, short, sharp, and to the point.

Choose one of the below electives:

GYM INSTRUCTOR ELECTIVE – PREREQUISITE: ABC

GI **Gym Instruction**

You will learn the amazing benefits, the science and the practical application of strength training. Learn how to write safe, effective, strength training programs for a wide range of clients and learn the skills of delivering these programs with the ease of a professional. Superb communication, listening and teaching skills are all a big part of this module.

GROUP EXERCISE INSTRUCTOR ELECTIVE – PREREQUISITE: ABC

GE **Group Exercise Instruction**

This is the original, from which all other formats evolved, so mastering this will help you master the rest, plus give you a much greater scope as a Group Exercise Instructor. After this module, you'll be capable of constructing and conducting your own dynamic, innovative and effective exercise to music classes.

AQUA INSTRUCTOR ELECTIVE – PREREQUISITE: ABC

AI **Aqua Instruction**

The water environment offers a unique range of training benefits, but at the same time throws up a host of special considerations and safety issues. After this module you'll understand all of these, and be capable of constructing and conducting your own safe, innovative and effective exercise in water classes.

module information

MASTER TRAINER MODULES – CERTIFICATE IV IN FITNESS (SRF40201) PREREQUISITES: ABC & GI

This indepth series of courses provide you with the expertise to become an AIF Master Trainer and gain Fitness Australia registration as a Personal Trainer. Courses can be completed as standalone courses, but when all are completed you then receive the Certificate IV in Fitness qualification.



SAP **Advanced & Specialist Programming**

This module teaches you 'must know' information about the special training needs of people with heart disease, asthma, osteoporosis, obesity, pregnancy, children, and the over 55s.

FB **Fitness Business**

This mini course in business will make you so much more employable. You'll understand how to be effective in the essential areas of a fitness business:- staff management, business management, sales and marketing. Whether you're working in someone else's, or you're running your own, this module will save you a lot of time, heartache and money.

N **Nutrition**

With so much information out there on nutrition, and a lot of it very questionable, where do you start? We start at the beginning, teaching you about metabolism and go from there. By the end you know about nutritional analysis, healthy eating and nutrition for fat loss, optimal health, muscle gain and high physical performance.

OOT **One-on-One Training**

This exciting and motivating module hits at the heart of Personal Training. You will learn what it takes to be the best Personal Trainer in the country. How to attract and keep your clients so that your success as a Personal Trainer is assured.

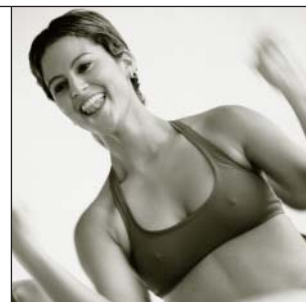
R **Rehabilitation**

People don't choose rehabilitation, it's thrust upon them! Is it any wonder that for many trainers this is their most reliable and important client group. Understanding and knowing how to treat a variety of common musculoskeletal disorders (chronic, post trauma and surgical) is an essential part of any Master Trainer's kitbag. So this is what we teach you.

SSC **Strength & Sports Conditioning**

Very simply, this module is all about strength, size, power and speed. Plus importantly, how to transfer those performance factors into the dynamic sporting environment. Using specialised training techniques we teach you how to produce high level conditioning which integrates the entire body, and trains movement patterns specific to sport. But even if you never train an elite athlete, you'll know the best ways to get your client's fun run time down, or their golf ball distance up.

Certificate III and IV courses are available via correspondence.



seven reasons to choose AIF

We are committed to providing you with the most effective, stimulating and up-to-date health & fitness education available in the world today. We back up this commitment to you in the following ways.

1. EMPLOYMENT OUTCOME

AIF delivers

Evidence for this is in the fact that you will find AIF graduates working in every area of the Health & Fitness Industry in Australia, and in many countries overseas. This would not be the case if AIF courses were not well recognised and accepted in the Industry.

Well linked to the industry

To support this, AIF maintains a comprehensive national employment database of all our graduates, so that when we are contacted by employers we are able to quickly and efficiently refer AIF graduates to the position.

2. NO STRESS, INTERESTING, FUN & EASY LEARNING

Easy, quick courses

We present shorter courses because we teach with accelerated, easy learning techniques. You get the latest scientific information with courses that are in line with what the industry employers are looking for. So you can achieve your goals quicker.

Simple assessments

You will participate in practical workshops, course-specific theory assessments, practical evaluations and easy, interesting take home projects.

3. WORLD CLASS QUALIFICATIONS & RECOGNITION

AIF goes further

Of course AIF meets all official registration and government standards, but it goes much further than this in being the only internationally recognised FISAF qualification in Australia (The Federation Internationale Sport Aerobic et Fitness recognised world-wide in over 40 countries). So, you can work anywhere in Australia, and in many countries overseas.

Registration with AIF is simple

Successfully completing the AIF program qualifies you for official registration. Simply complete the registration form and pay the registration fee to Fitness Australia (the independent body who maintain the registration system for the Fitness Industry throughout Australia).

4. SUPPORT FROM A SWITCHED-ON ORGANISATION

Help when you need it

AIF has a full-time administration and development team, so whenever you call there is someone to help you. Now and at anytime in the future.

A proven performer

AIF is the largest trainer for the health & fitness industry in Australia, and is unique in having a campus in every major capital city.

5. COURSE CONTENT

Skills and knowledge that are spot on

At AIF because of the depth of knowledge and experience of our teaching team, you can be sure you'll clearly understand the important fundamentals and be able to practically apply them.

You'll be learning the latest from the best

All the lecturing team actively work in the industry, doing everyday what they will teach you, this means they are right up there with the latest industry trends and developments. To emphasize the fact that the lecturing team is at the cutting edge, the teachers regularly are involved in attending and/or presenting at international fitness conferences and seminars.

6. THE COST OF A GOOD EDUCATION

Delivering value

Will a cheap education get you what you want? At AIF we are always mindful of delivering value in our training. We don't promise to be the cheapest, just the best and most effective training option available.

Affordable for everyone

We have easy and flexible payment plans so it's affordable for you.

7. FLEXIBLE LEARNING OPTIONS

Available when you are

We schedule courses on both a part-time and full-time basis, both in the evenings and during the day. Plus it's also possible to do these courses by correspondence. So, this gives you unparalleled flexibility to choose when and where you train.

Anybody can do it

There are no prerequisites to your success in fitness. You don't have to be fit or even healthy to participate in our courses - all you need is an interest in health & fitness. Whether you want an exciting, new career in the fitness industry or you just want to do a fitness course for your own interest and more knowledge, you will have fun and meet lots of new people.

what employers say

'Instructors certified through Network and the AIF are of the highest standard. Because of this, Network and the AIF are definitely my preferred course providers.' - JUSTIN TAMSETT, DIRECTOR - ACTIVE FITNESS, NSW

'The Australian Institute of Fitness consistently provides quality fitness instructors, so AIF is Zest's preferred trainer of personnel.' - GREG HURST, CEO - ZEST HEALTH CLUBS

'AIF has been great for Fernwood. We certainly look to them first when recruiting & training staff.' - JEFFREY PALMER, MANAGING DIRECTOR - FERNWOOD FEMALE FITNESS CENTRES, QLD

'AIF has been instrumental in the development of my fitness career. So I know 1st hand I am guaranteed excellence when employing an AIF graduate.' - LOUISE RAUCHWALD, FITNESS MANAGER - FITNESS FIRST, CANNINGTON, WA

'We guarantee every person we recruit, so we don't want any duds. That's why AIF is our preferred source for personnel.' - DAVID HIGSON, DIRECTOR - MAVERICK RECRUITMENT AGENCY

'As my 2 best trainers are graduates of the AIF Master Trainer program I know who I'm going to call when I need another trainer.' - ADAM WESTWICK - EXCLUSIVELY YOU PT STUDIOS



and what AIF graduates say

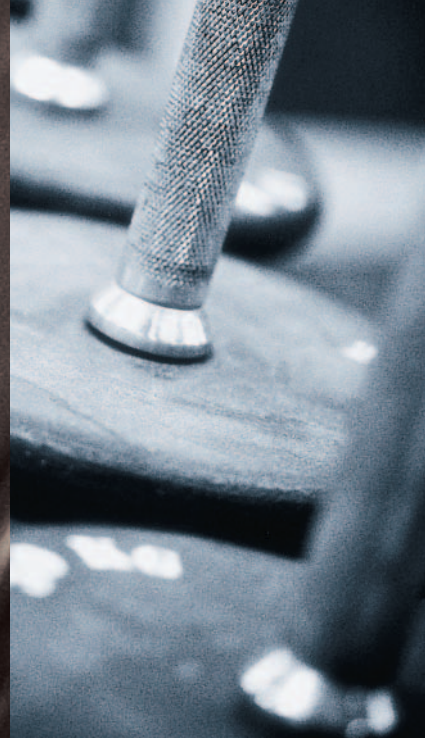
'I enrolled in the Master Trainer Course with no fitness industry experience. Now eighteen months later, I have my own PT Studio, employ two other trainers, and love it!' - AMANDA CLARKSON - ROYAL PERSONAL TRAINING

'Without the AIF easy payment plan I reckon I'd still be stuck in my dead-end, factory job. Now I love my work. The Master Trainer course was the best thing I've ever done.' - PAUL JENKINS - QLD

'I was very nervous when I started, and not sure I had what it took. But thanks to the friendly, supportive and inspiring teachers at AIF I have grown in confidence and knowledge and I now know I can.' - JASON PARKER - ACT

'Thanks heaps guys for all your knowledge, enthusiasm and guidance, I am just about to head off on my second 9 mth contract as a Personal Trainer on-board a luxury cruise ship, and loving it.' - CARLA FIOCCA - WA

'Three words, 'Just do it!' - KELVIN CHAN - NSW



Training World Class Trainers

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