

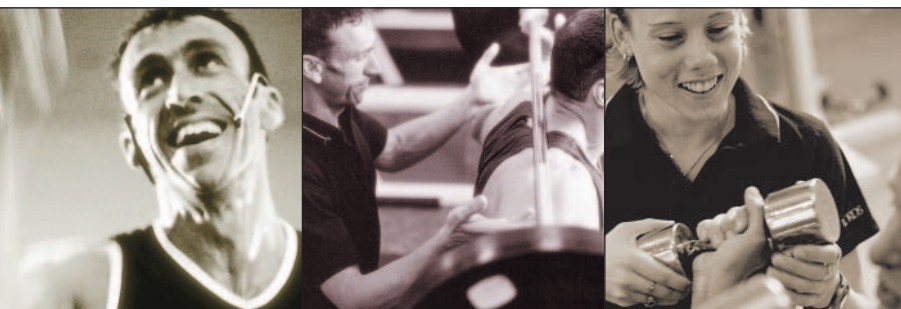
an AIF education

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.



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