

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.

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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.

