



BECOME AN ... **ELITE PERSONAL TRAINER**

*** IT'S STATE OF THE ART * 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.

ePT
ELITE PERSONAL TRAINER


Australian fitness
network

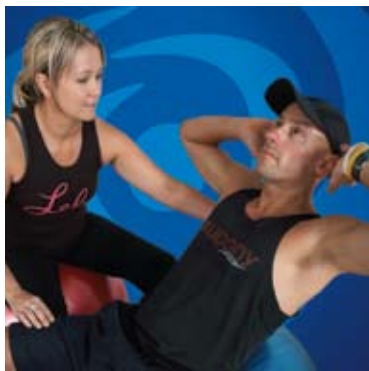
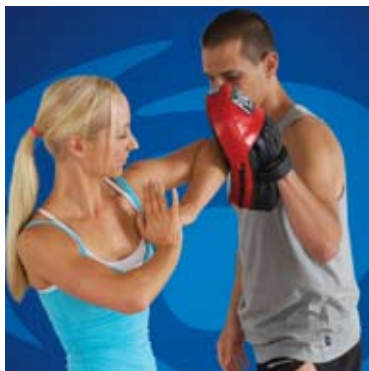
THE FITNESS INDUSTRY NEEDS **PERSONAL TRAINERS!**

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.

“THE JOURNEY TO BECOMING AN
ELITE PERSONAL TRAINER HAS
BEEN NOTHING SHORT OF FANTASTIC.”
TOMMY GEOGHEGAN, COLYTON, NSW



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: Specific Populations
- Module 12: Gym Instruction

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

- Module 1: Introduction to Personal Training
- Module 2: Postural Alignment and Control
- Module 3: Specialist and Advanced Programming
- Module 4: Advanced Nutrition
- Module 5: Training Clients with Medical Conditions and Injuries
- Module 6: Circuit Training
- Module 7: Endurance Training
- Module 8: Older Adults
- Module 9: Fitness Business
- Module 10: Elite Personal Trainer

“STUDYING ePT WAS THE BEST CAREER DECISION I'VE MADE. THE COURSE CONTENT WAS GREAT AND MY ONLINE TRAINER WAS THERE EVERY STEP OF THE WAY”

MARGO DRYDEN, KANGAROO VALLEY, 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 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*.



Nigel Champion

Visit 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)
- * 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.

“MY EXPERIENCE HAS BEEN MOST REWARDING,
WORKING FROM HOME AROUND OTHER
COMMITMENTS, BEING THOROUGHLY EQUIPPED
TO PURSUE A LIFE-LONG CAREER AS A
SUCCESSFUL PERSONAL TRAINER!”

MIKE GREENWOOD, WOONGARRAH, NSW



NATIONALLY RECOGNISED
TRAINING
Provider number: 90497

CALL US NOW TO ENROL!

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