

FITNESS EDUCATION · 2026

BECOME A FITNESS PROFESSIONAL

Nationally recognised qualifications, hands-on training and a fast, supported pathway into the fitness industry — your way.



FITNESS INSTRUCTOR

SIS30321 · Certificate III in Fitness

PERSONAL TRAINER

SIS40221 · Certificate IV in Fitness

01

WHO WE ARE

THE FIT COLLEGE STORY

FIT College began in **2009**, offering accredited fitness courses to Sunshine Coast locals — fulfilling a real need for qualified personal trainers in the area's gyms.

From that small local beginning, we've grown into a **well-respected educator of fitness professionals** across every Australian capital city, many regional centres, and internationally. Our graduates continue to lead and inspire in a competitive world.

We're dedicated to making sure every graduate is **knowledgeable, work-ready and inspired** to promote healthy, fit lifestyles. Our mission is simple: to equip you with the highest standard of fitness education in the country — so you can step into tomorrow with confidence and determination.



GRADUATE QUALITY. WORK-READY. READY TO **INSPIRE.**

A well-respected fitness educator delivering nationally recognised qualifications across Australia and internationally — since 2009.

CAMPUSES

AUSTRALIA WIDE

FACE-TO-FACE INTAKES

FEB · MAY · SEP

ONLINE

START ANYTIME

OUR CORE VALUES — what guides everything we do as a Registered Training Organisation

01

INTEGRITY

We operate with honesty in everything we do.

02

EXCELLENCE

We strive to deliver the highest quality of training and assessment.

03

FLEXIBILITY

We grow with the flexibility to adapt and change.

04

COMMITMENT

We create high-quality, industry-ready graduates.

05

EQUALITY

We respect all cultural backgrounds, values and beliefs.

02

YOUR CAREER PATH

THE PERSONAL TRAINING PATHWAY

Becoming a fully qualified Personal Trainer is a simple, two-step process. Complete the units in your Certificate III, then your Certificate IV — and you're industry ready.

STEP 01 · INSTRUCT

Certificate III

SIS30321 — qualifies you to instruct group fitness classes as a Fitness Instructor.

STEP 02 · PERSONALISE

Certificate IV

SIS40221 — qualifies you to deliver personalised instruction & programs as a Personal Trainer.

COURSE BREAKDOWN

16

CERT III UNITS

Fitness Instructor
SIS30321

+

15

CERT IV UNITS

Personal Trainer
SIS40221

=

31

TOTAL UNITS

Fully Qualified
Personal Trainer

Nationally Recognised

Cert III in Fitness — SIS30321

Cert IV in Fitness — SIS40221

Campus: Australia Wide + Online

In take: Feb · May · Sep or anytime online

**START YOUR FITNESS EDUCATION
YOUR WAY — AND WE'LL HELP YOU
GET THERE.**

Ready to apply? Chat with a Career Advisor about funding or interest-free payment plan options.



03

LEVEL UP · PREMIUM PACKAGE

THE FIT ELITE™ PACKAGE

Want to graduate ahead of the pack? **FIT Elite** gives you the complete Personal Trainer qualification — then stacks on the advanced, in-demand skills and a specialisation that make you stand out the moment you step into the industry.



BONUS · ADVANCED SKILLS

30 CPD INCLUDED

Hands-on, in industry-favourite skills built right into your course — extra value at no extra study load:

Boxing

Suspension Training

Kettlebell Training

CHOOSE ONE · SPECIALISATION

SPECIALISE

Tailor your qualification to where you want your career to go — pick the pathway that's right for you:

ASCA LEVEL 1

Strength & Conditioning
Coaching

OR

NDIS DISABILITY

SKILL SET
CHCSS00130

WHAT'S INCLUDED	COMPLETEPT	FIT ELITE™
Certificate III in Fitness — SIS30321	✓	✓
Certificate IV in Fitness — SIS40221	✓	✓
Advanced Skills — Boxing · Suspension · Kettlebell (30 CPD)	—	✓
Choose a Specialisation — ASCA LI S&C or NDIS Skill Set	—	✓

READY TO GO ELITE? ASK A CAREER ADVISOR TO UPGRADE YOUR ENROLMENT.

[CHAT TO A CAREER ADVISOR →](#)

CHOOSE HOW YOU STUDY

Start your fitness education your way – and we'll help you get there. Pick the pace and format that fits your life. Times shown are per certificate.

<p>FACE TO FACE</p> <p>PART TIME</p> <p>14 WEEKS / CERTIFICATE</p> <p>FORMAT Night Classes</p> <hr/> <p>SESSIONS 2 / week</p> <hr/> <p>SCHEDULE 6pm–9pm</p> <hr/> <p>BEST FOR Working hours</p>	<p>FACE TO FACE</p> <p>FULL TIME</p> <p>7 WEEKS / CERTIFICATE</p> <p>FORMAT Day Classes</p> <hr/> <p>SESSIONS 4 / week</p> <hr/> <p>SCHEDULE 10am–1pm</p> <hr/> <p>BEST FOR Fastest finish</p>	<p>SELF PACED</p> <p>ONLINE</p> <p>12 MONTHS / CERTIFICATE</p> <p>FORMAT Online Platform</p> <hr/> <p>PACE You set it</p> <hr/> <p>START Within 72 hrs</p> <hr/> <p>BEST FOR Flexibility</p>
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START YOUR FITNESS EDUCATION YOUR WAY. AND, WE'LL HELP YOU GET THERE.

[CHAT TO A CAREER ADVISOR →](#)

Ready to apply? Chat with a Career Advisor about funding or interest-free payment plan options. All modes include 24/7 online support, scheduled virtual classes and phone support 8am–6pm Mon–Fri on 1300 887 017.

05

QUALIFICATION ONE

CERTIFICATE III IN FITNESS

<p>FITNESS INSTRUCTOR</p> <p>CERT III IN FITNESS</p> <p>SIS30321 · Nationally Recognised</p>	<p>16</p> <p>UNITS</p>	<p>1242</p> <p>NOMINAL HRS</p>	<p>27</p> <p>HRS / WEEK</p>	<p>12</p> <p>MTH ALLOWABLE</p>
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FACE TO FACE

FULL TIME

Delivery	7 weeks
Schedule	Mon-Thu 10-1
Intakes	Feb-May-Sep
Completion	~8 weeks

FACE TO FACE

PART TIME

Delivery	14 weeks
Schedule	Eves 6-9
Intakes	Feb-May-Sep
Completion	~15 weeks

ONLINE / BLENDED

VIRTUAL

Enrol	Anytime
Start	≤72 hrs
Self study	15 hrs/wk
Completion	~6 months

UNITS OF COMPETENCY

SIS30321

- | | |
|---|---|
| <ul style="list-style-type: none"> HLTAID011 Provide First Aid SISFFIT047 Use anatomy & physiology knowledge for safe, effective exercise SISFFIT032 Complete pre-exercise screening & service orientation SISFFIT033 Complete client fitness assessments SISFFIT040 Develop & instruct gym-based programs for individual clients SISFFIT035 Plan group exercise sessions SISFFIT036 Instruct group exercise sessions | <ul style="list-style-type: none"> SISFFIT052 Provide healthy eating information SISXIND009 Respond to interpersonal conflict SIRXSL001 Sell to the retail customer BSBOPS304 Deliver & monitor a service to customers HLTWHS001 Participate in workplace health & safety BSBPEF301 Organise personal work priorities BSBCRT311 Apply critical thinking skills in a team environment CHCPRP003 Reflect on & improve own professional practice |
|---|---|

CAMPUS DELIVERY — AUSTRALIA WIDE

Cairns · Sunshine Coast · Gold Coast · Brisbane (Fortitude Valley & Carseldine) · Toowoomba · Ipswich · Newcastle · Sydney CBD · Parramatta · Penrith · Melbourne (Prahran & Wantirna) · South Melbourne · Adelaide · Perth (Joondalup & Bibra Lake) · Canberra · Hobart · Fiji

06

QUALIFICATION TWO

CERTIFICATE IV IN FITNESS

PERSONAL TRAINER

CERT IV IN FITNESS

SIS40221 · Nationally Recognised

15

UNITS

966

NOMINAL HRS

27

HRS / WEEK

12

MTH ALLOWABLE

FACE TO FACE

FULL TIME

Delivery	7 weeks
Schedule	Mon–Thu 10–1
Intakes	Feb–May–Sep
Completion	~8 weeks

FACE TO FACE

PART TIME

Delivery	14 weeks
Schedule	Eves 6–9
Intakes	Feb–May–Sep
Completion	~15 weeks

ONLINE / BLENDED

VIRTUAL

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Self study	15 hrs/wk
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UNITS OF COMPETENCY

SIS40221

- | | |
|--|---|
| SISFFIT041 Develop personalised exercise programs | SISFFIT053 Support healthy eating for fitness clients |
| SISFFIT042 Instruct personalised exercise sessions | HLTPOP014 Assess readiness for & effect behaviour change |
| SISFFIT034 Assess client movement & provide exercise advice | SISFFIT051 Establish & maintain professional practice |
| SISFFIT049 Use exercise science principles in instruction | CHCCOM006 Establish & manage client relationships |
| SISFFIT043 Personalised programs for body-composition goals | BSBESB302 Develop and present business proposals |
| SISFFIT044 Personalised programs for older clients | BSBESB301 Investigate business opportunities |
| SISFFIT045 Personalised programs for adolescent clients | HLTAID009 Provide cardiopulmonary resuscitation |
| SISFFIT046 Plan & instruct online exercise sessions | CHCEDS040 Search & access online information |
| SISFFIT050 Support exercise behaviour change | |

- As part of this qualification, students complete a four-week Behaviour Project Report from the Nutrition & Behaviour Change topic.

STUDENT VISA PATHWAY — CRICOS 110302D

25 hrs/week blended study · 6-month student-visa eligible · Intakes Jan · Apr · Jul · Oct · Delivered at Cairns, Sunshine Coast, Gold Coast, Brisbane, Melbourne & Sydney.

WHY FIT COLLEGE?

Graduating world-class personal trainers.



PREMIUM SUPPORT

Round-the-clock online support, plus an additional 12 hours of live coaching every week.



CAREER PARTNERS

Tap into a vast career network — both domestically and internationally — the day you graduate.



CAMPUSES AUSTRALIA-WIDE

Study online or face-to-face at campuses in every capital city and many regional centres.



AFFORDABLE PAYMENT PLANS

Interest-free payment plans help you start training and achieve your goals, sooner.



QUALIFIED EDUCATORS

Every educator is a TAE-qualified personal trainer with years of real industry experience.



LOCAL JOBS

Check out real fitness jobs in your area and step straight into the industry.



REAL GYMS

Learn in world-class facilities based inside real, working gyms.



INDUSTRY INSIDERS

Every campus has a Careers Liaison who connects you with local job opportunities.



FIT ELITE™

Stand out from the crowd with specialised, in-demand qualifications.

READY TO START?

1

CHAT TO AN ADVISOR

Talk to a Career Advisor about your goals and the right pathway.

2

SORT YOUR FUNDING

Organise an interest-free payment plan or funding option.

3

PICK YOUR MODE

Choose your campus, or study online from anywhere.

4

START YOUR JOURNEY

Begin your fitness career — supported every step of the way.



TEAM
FIT COLLEGE
YOUR FUTURE STARTS HERE
**APPLY NOW &
BECOME A PT**

Start your fitness education your way – and we'll help you get there.
Speak with our team today to secure your place in the next intake.

APPLY NOW · 1300 887 017

HEAD OFFICE

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TALK TO US

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RTO 31903 · NATIONALLY RECOGNISED TRAINING