



# STUDY

## FITNESS IN AUSTRALIA

WITH AUSTRALIA'S PREMIER FITNESS PROVIDER



**STUDY PATHWAY - 2 YEARS**

FIT COLLEGE PTY LTD | RTO 31903 | CRICOS 03926G  
[www.fitcollege.edu.au](http://www.fitcollege.edu.au)

# ABOUT FIT COLLEGE

FIT College registered as an RTO for fitness in 2009 and commenced delivery of fitness course qualifications the same year, aiming to deliver only the best Fitness Courses and Personal Training Courses.

FIT College developed a range of fitness business management courses qualifications in 2012 and launched these fitness business courses in 2013. In 2020, FIT College added to the qualifications on scope by introducing our Weight Management courses. The Weight Management qualifications allow graduates to work as a Weight Management Practitioner, provide meal plans and nutrition plans to help clients achieve ideal body composition and healthy nutritional habits.

Since its inception FIT College has achieved the lowest rating for risk and subsequently achieved the longest available period of five-year registration periods at each renewal audit.

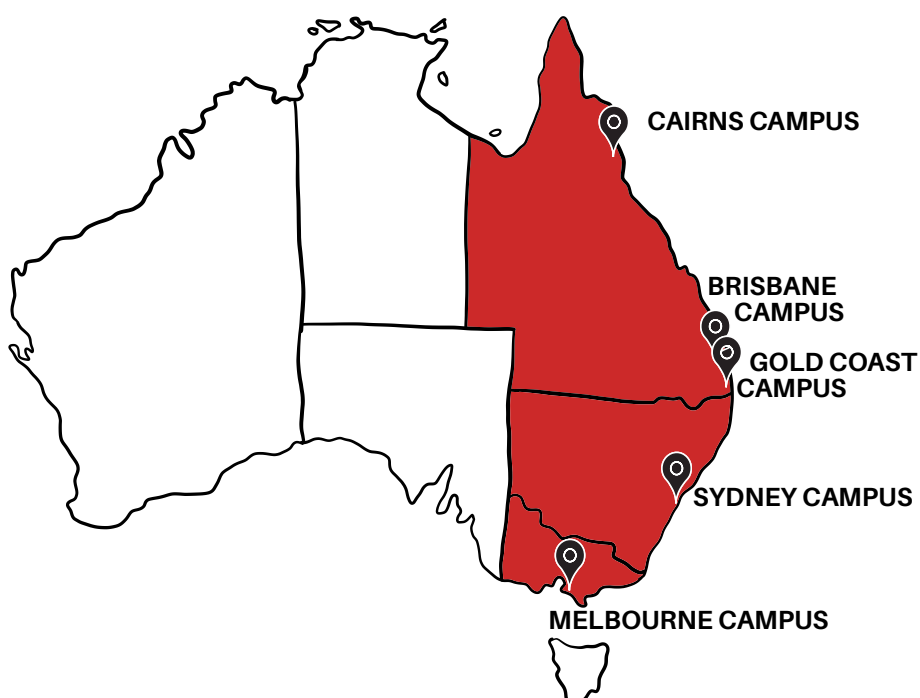
FIT College delivers face to face fitness courses from multiple campuses in Australia and Pacific region, as well as online fitness study courses for students from all over the world. FIT College also offers many courses through our Cloud Campus allowing students from all over the world to enrol and complete further study.

Talk to us to begin your new career.



**Mark Stitt**  
**Managing Director FIT College**

# FIT COLLEGE VALUES



● Domestic Campus Locations are Australia wide

18

Campuses across  
Australia

5

International  
Campuses across  
Australia



Operate  
with honesty



Work with  
integrity & dignity



Show  
commitment



Adapt and grow  
with flexibility



Demonstrate respect for all cultural  
backgrounds, values & beliefs



Strive to deliver the  
highest-quality  
of training &  
assessment



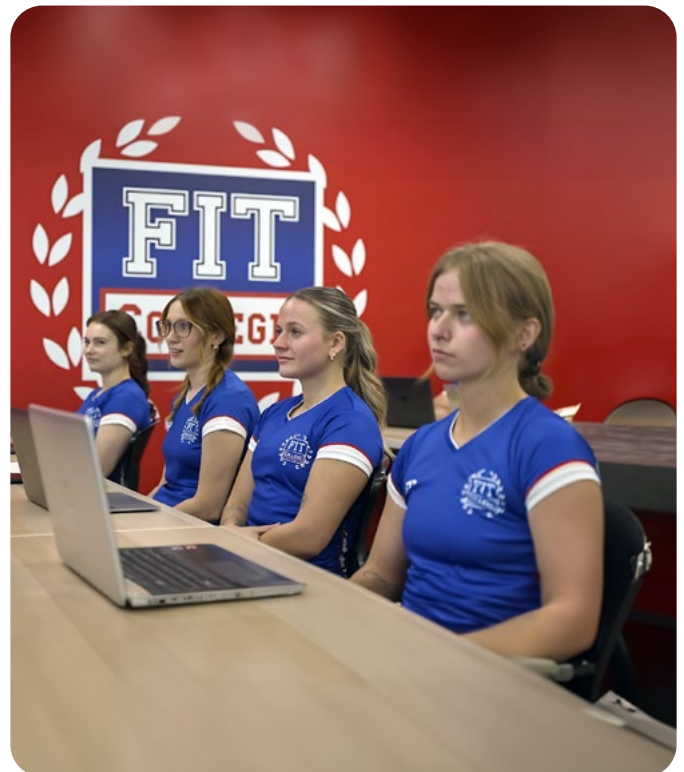
Create high quality and  
industry-ready graduates

# SIS30321

## CERTIFICATE III IN FITNESS

<b>CRICOS Course Code</b>	110301E
<b>Duration</b>	2 Terms (26 weeks)
<b>Campus</b>	Sydney, Melbourne, Brisbane, Gold Coast, Cairns
<b>Study Mode</b>	On Campus, Full-Time (25 hrs per week)
<b>Career Opportunities</b>	Gym Instructor, Group Fitness Instructor, Outdoor Group Fitness Instructor

A Certificate III in Fitness (SIS30321) is your entry-level fitness course into the fitness industry. After graduating, you can become a Fitness Instructor. Fitness Instructors perform various activities and functions within the fitness industry, focusing on groups or individuals undergoing certain fitness training. Fitness Instructors may plan and deliver group exercise sessions and develop gymbased programs for individuals where personalised instruction and ongoing client monitoring are limited



# SIS40221

## CERTIFICATE IV IN FITNESS

<b>CRICOS Course Code</b>	110302D
<b>Duration</b>	2 Terms (26 weeks)
<b>Campus</b>	Sydney, Melbourne, Brisbane, Gold Coast, Cairns
<b>Study Mode</b>	On Campus, Full-Time (25 hrs per week)
<b>Career Opportunities</b>	Personal Trainer, Children and Older Adult Trainer, Group Fitness Rainer, Outdoor Group Trainer

A Certificate IV in Fitness (SIS40221) reflects the role of personal trainers who have specialist skills to train individual clients or groups of clients on a one-on-one or group basis to improve health-related components of fitness in relatively low-risk situations. This qualification will provide students with a substantial depth of knowledge to plan, conduct and evaluate exercise training and provide leadership and guidance to clients and other staff. In addition, this qualification will provide students with the skills and knowledge to work independently and manage business activities to operate efficiently and profitably.



# SIS50321

## DIPLOMA OF SPORT-COACHING

<b>CRICOS Course Code</b>	114406H
<b>Duration</b>	4 Terms (52 weeks)
<b>Campus</b>	Sydney, Melbourne, Brisbane, Gold Coast, Cairns
<b>Study Mode</b>	On Campus, Full-Time (25 hrs per week)
<b>Career Opportunities</b>	High-Performance Coach, Sports Manager

A Diploma of Sport Coaching (SIS50321) will advance your career in the industry with this higher-level qualification. This course will give you the skills to become a qualified sports development manager or coach. According to the Australian Government's Job Outlook Service, there is very strong future growth predicted for people working as sports coaches, instructors and officials. They predict there will be around 28,000 job openings in this large occupation over the next five years. In this course, you'll cover coaching fundamentals including how to plan and deliver coaching programs for high performing athletes. Successful completion of this course will qualify you to work as a coach/sports manager across a diverse range of sports.



# ENTRY REQUIREMENT

## ENGLISH PROFICIENCY REQUIREMENT

Qualification	Score for Direct Admission	Score + 10 weeks ELICOS	Score + 20 weeks ELICOS
IELTS	Overall 6.0	Overall 5.5	Overall 5.0
PTE Academic	50	42	36
TOEFL iBT	64	46	35
Cambridge CAE	169	162	154

Or a Certificate IV level qualification (or higher) completed from the Australian Qualifications Framework (AQF) in Australia within 2 years before commencing course with FIT College; or Completion in Australia and in the English language, the Senior Secondary Certificate of Education within 2 years before commencing course with FIT College

+ English placement test

## REQUIRED GENERAL RESOURCES

- Access to a computer or device that can connect to the internet
- Internet access with a broadband plan suitable for online study
- Smartphone, Camera, Video Camera or device that can take pictures & record video.



# STUDY TIMETABLE

**Certificate III in Fitness** Monday and Friday

**Certificate IV in Fitness** Tuesday and Friday

**Diploma of Sport-Coaching** Wednesday(afternoon), Thursday(afternoon), and Friday

Timetables may change at the discretion of the campus

## INTAKE DATES

2025 Terms (4)	2026 Terms (4)	2027 Terms (4)	2028 Terms (4)
20th Jan - 4th Apr	19th Jan- 3rd Apr	18th Jan - 2nd Apr	17th Jan – 31st Mar
14th Apr - 27th Jun	13th Apr - 26th June	12th Apr - 25th June	10th Apr – 23rd Jun
14th Jul - 26th Sep	13th Jul - 25th Sep	12th Jul - 24th Sep	10th Jul – 22nd Sep
6th Oct - 19th Dec	5th Oct - 18th Dec	4th Oct - 17th Dec	30th Oct – 15th Dec



# WHY FIT COLLEGE?

Elevate Your Fitness Career with FIT College: The Ultimate Learning Experience



## Comprehensive Learning Platform

Dive into our comprehensive learning platform, where you'll find a wealth of resources at your fingertips. With over 100 downloadable content pieces, including videos, guides, and more, you'll have everything you need to excel in your studies.



## 100% Downloadable content

With FIT College, you have the flexibility to learn at your own pace. All course materials are 100% downloadable, allowing you to access lessons, resources, and study guides anytime, anywhere—whether you're online or offline.



## With you every step of the way!

Whether you're looking to become a personal trainer, fitness instructor, or pursue a specialized fitness career, FIT College is here to help you reach your goals. Join us today and take the first step towards a successful and fulfilling career in fitness. Your journey starts here with FIT College.



## 7AM-7PM, 7 Days a Week Support

Need help or guidance along the way? Our dedicated support team is here for you every step of the journey. With education support available from 7 am to 7 pm, seven days a week, you'll never feel alone in your studies.

# TESTIMONIAL Trustpilot

## FIT College



Reviews 442

# 4.4

Excellent



**SN** Saula Namata  
FJ • 1 review



★★★★★ ✓ Verified

14 Mar 2025

### I had an amazing experience at FIT...

I had an amazing experience at FIT college. The learning environment was very supportive and great assistance from trainer Mark and Stanley, and I felt like I could truly grow both personally and academically. Met new people and create a social network. Classes were flexible and more enjoyable. Main highlight was our team bonding at Colo-i-suva pool. I'm grateful for the opportunity to learn and grow at FIT college.

Date of experience: 05 November 2024

**JO** Joe  
AU • 1 review



★★★★★ ✉ Invited

16 Dec 2021

### Best decision ever, don't doubt yourself just do it

Really happy about signing up with FIT College. I've done the cert 3 online and they were really helpful with all the assignments and replied really quick to my questions through email. The cert 4 I've done part time during the evenings because of my full time day job. The lessons were easy to follow and the practical assignments were lots of fun. Even after a busy day at work the lessons never felt too taxing. Overall an awesome experience and I'm one step closer to following my passion and becoming a PT

Date of experience: 16 December 2021

## FITNESS CAREER PATHWAY

Australia's fitness industry offers a range of exciting career pathways for those passionate about health and wellness. As a personal trainer or group fitness instructor, you can work one-on-one with clients or lead fitness classes in various settings. For those with strong leadership skills, becoming a fitness manager can offer the opportunity to oversee operations of a fitness facility.

And for those with an entrepreneurial spirit, starting your own fitness business as a fitness entrepreneur can offer the freedom to create your own unique brand and offer specialized fitness services. At Fit College, we offer a range of programs, including Certificate III and IV in Fitness to help you pursue a rewarding career in the thriving fitness industry.



# CAMPUS LOCATIONS



## SYDNEY CAMPUS

Sydney Campus – City Centre  
Address: Fitness First 20 Bond St  
Sydney, New South Wales, 2000  
Opening Hours: 8:30 am – 4:30 pm



## MELBOURNE CAMPUS

Melbourne Campus – South Melbourne  
Address: 111 Cecil St South Melbourne,  
Victoria, 3205  
Opening Hours: 8:30 am – 4:30 pm



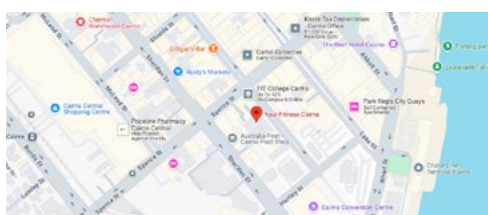
## BRISBANE CAMPUS

Brisbane Campus – Fortitude Valley  
Address: PCYC Fortitude Valley, 35 Church  
St, Fortitude Valley, Queensland, 4006  
Opening Hours: 8:30 am – 4:30 pm



## GOLD COAST CAMPUS

Gold Coast Campus – Southport  
Address: Uni Fitness The Link (room G07)  
Southport, Queensland, 4222  
Opening Hours: 8:30 am – 4:30 pm



## CAIRNS CAMPUS

Cairns Campus – City Centre  
Address: Your Fitness 24/7, 39/43  
Grafton St, Cairns, Queensland, 4870  
Opening Hours: 8:30 am – 4:30 pm



# HOW TO APPLY

## INTERNATIONAL STUDENT APPLICATION PROCESS



**1**

### **Choose your course & Campus**

Select what and where you want to study



**2**

### **Contact us**

Talk with our team about your future course



**3**

### **Submit your Application**

Fill in and send your application form



**4**

### **Send all Supporting Documents**

Passport (Certified copy of photo and personal information pages)  
English language Proficiency (Certified copy)



**5**

### **Accept your letter of Offer**

If your application is successful, you'll get a letter of offer. Pay the deposit to receive your Confirmation of Enrolment (CoE).



**6**

### **Apply for your visa**

Visa requirement for studying at FIT College depend on your visa type, and you should consult a Migration Agent for details.





**FIT COLLEGE**

RTO 31903 | CRICOS 03926G  
CONTACT: 1300 887 017 | [INFO@FITCOLLEGE.EDU.AU](mailto:INFO@FITCOLLEGE.EDU.AU)