

▶ BECOME A FITNESS PROFESSIONAL

FITNESS EDUCATION

COURSE INFORMATION PACK



THE FIT COLLEGE STORY

FIT College began in 2009, offering accredited fitness courses to Sunshine Coast locals. This, in turn, fulfilled a need for qualified personal trainers for gyms in the area. We at FIT College are dedicated to ensuring our graduates are knowledgeable, work-ready, and inspired to promote healthy and fit lifestyles. From that small local beginning, FIT College has grown to be a well-respected educator of fitness professionals in all capital cities and many regional centres in Australia and Internationally. Our fitness graduates continue to lead and inspire in a competitive world.

Our mission at FIT College is to help you achieve your goals. Whether that is more work-life balance, or chasing your passion. Whatever it is, we want to equip you with the highest standard of Fitness Education in the country. From there you can step into tomorrow with confidence and determination.

FITNESS INSTRUCTOR

SIS30321 CERTIFICATE III IN FITNESS

PERSONAL TRAINER

SIS40221 CERTIFICATE IV IN FITNESS



CAMPUS LOCATIONS

FITNESS FACE TO FACE INTAKES
FEBRUARY, MAY & SEPTEMBER!

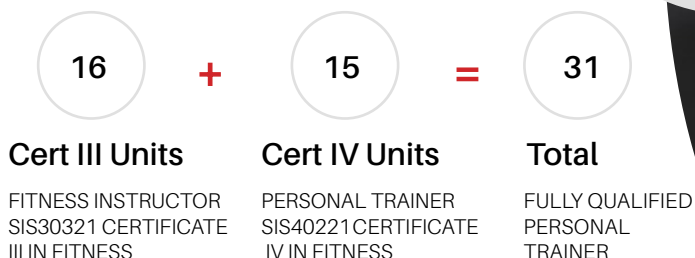


PERSONAL TRAINING PATHWAY

The personal training pathway is a simple two-step process. Complete all the required units in the Cert III in Fitness (SIS30321), and all the units in the Cert IV in Fitness (SIS40221).

If you're deciding which career pathway is for you, then consider what your end goal is. A Cert III in Fitness will give you the qualifications to instruct group fitness classes. While the dual Certificates will qualify you to give personalised instruction, and workout plans to individuals or groups.

COURSE BREAKDOWN

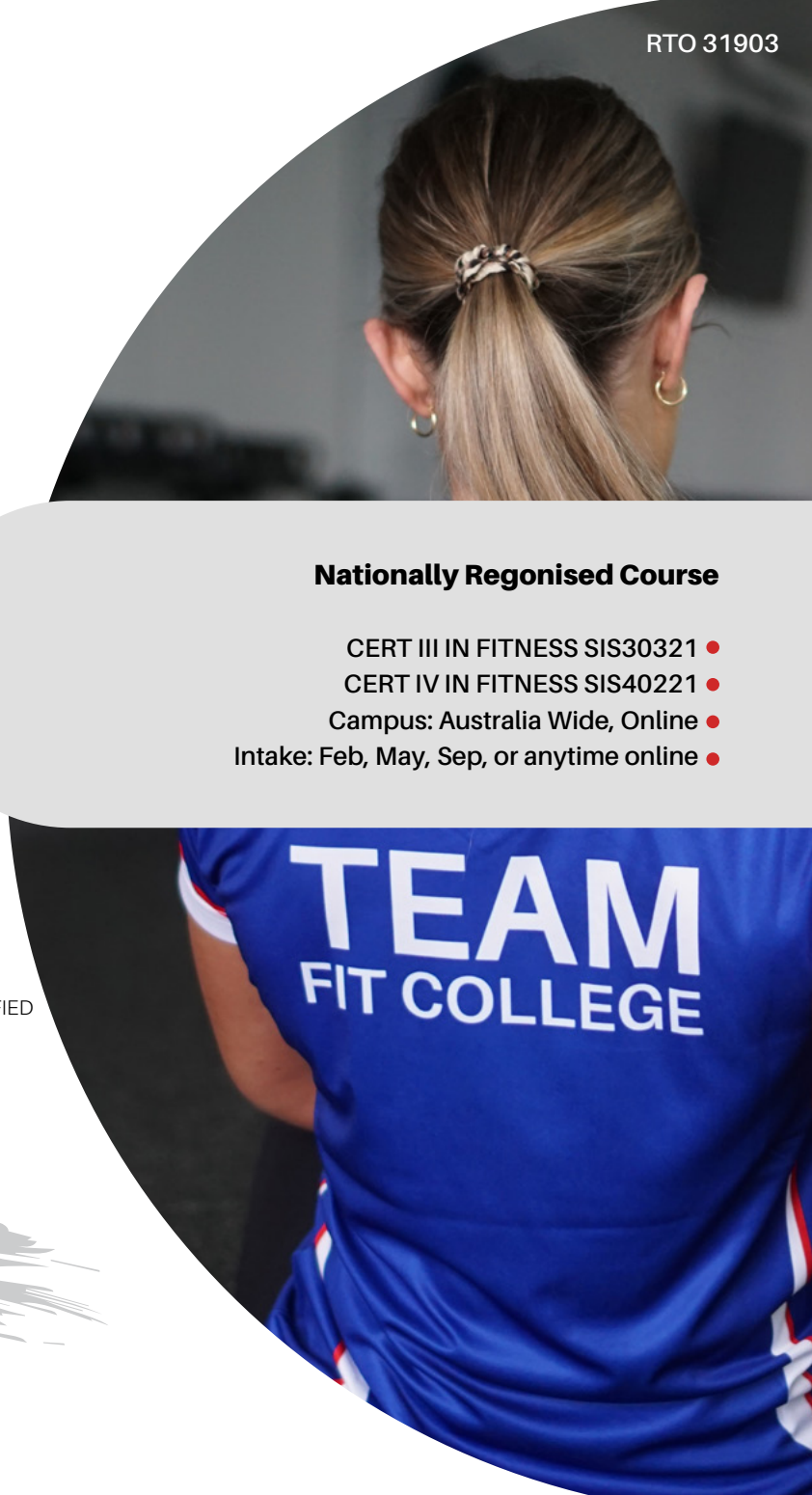


START YOUR FITNESS EDUCATION
YOUR WAY. AND, WE'LL HELP
YOU GET THERE.

STUDY OPTIONS



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

[CAREERS HUB](#)
[LOCATIONS](#)
[FUNDING](#)
[SOCIALS](#)
[COURSE GUIDES](#)


Nationally Regonised Course

- CERT III IN FITNESS SIS30321 ●
- CERT IV IN FITNESS SIS40221 ●
- Campus: Australia Wide, Online ●
- Intake: Feb, May, Sep, or anytime online ●

LEARNING BREAKDOWN

SIS30321 CERTIFICATE III IN FITNESS

ALL MODES OF STUDY

| | |
|-----------------|---|
| Allowable time | 12 months |
| Virtual Support | 12 hours/week scheduled virtual class access (optional) |
| Phone Support | 8 am - 6pm, Mon - Fri 1300887017 |
| Online Support | 24/7 communication log support through virtual education platform |

VIRTUAL CLASSROOM (ONLINE/BLENDED)

| | |
|----------------------------|---|
| Intakes | Enrol at anytime and start studying within 72 hours |
| Common Completion Time | 6 months |
| ESOS/CRICOS | Not suitable for international students on student visa |
| Virtual Delivery Locations | Australia, New Zealand, Fiji, other on assessment |
| On-Campus | 14 hrs /week |
| Online / Self Study | 6 hours/week |

FACE-TO-FACE CLASSROOMS (CAMPUS-BASED)

| | |
|-----------------------------|---|
| Full Time (mornings) | 12 hours/week for 7 weeks Mon, Tue, Wed, Thu, 10am-1pm |
| Intakes | February May September |
| Common Completion Time | 8 weeks |
| ESOS/CRICOS | Not suitable for international students on student visa |
| Domestic Delivery Locations | Cairns, Sunshine Coast, Gold Coast, Brisbane Fortitude Valley, Brisbane Carseldine, Toowoomba, Ipswich, Newcastle, Sydney CBD, Parramatta, Penrith, Melbourne Prahran, Melbourne Wantirna, South Melbourne, Adelaide, Perth Joondalup, Perth Bibra Lake, Canberra, Hobart, Fiji |
| On-Campus | 14 hrs /week |
| Online / Self Study | 6 hours/week |

LEARNING BREAKDOWN

| | |
|-----------------------------|---|
| Part-time (evenings) | 6 hours/week for 14 weeks Mon/Wed or Tue/Thu, 6pm-9pm |
| Intakes | February May September |
| Common Completion Time | 15 weeks |
| ESOS/CRICOS | Not suitable for international students on student visa |
| Domestic Delivery Locations | Cairns, Sunshine Coast, Gold Coast, Brisbane Fortitude Valley, Brisbane Carseldine, Toowoomba, Ipswich, Newcastle, Sydney CBD, Parramatta, Penrith, Melbourne Prahran, Melbourne Wantirna, South Melbourne, Adelaide, Perth Joondalup, Perth Bibra Lake, Canberra, Hobart, Fiji |
| On-Campus | 14 hrs /week |
| Online / Self Study | 6 hours/week |

| | |
|----------------------------|--|
| Student Visa Course | 25 hours/week Blended Study 6 Month Student Visa Eligible |
| Intakes | January April July October |
| Common Completion Time | 6 months |
| ESOS/CRICOS | CRICOS:110301E Suitable for international students on student visa |
| ESOS Delivery Locations | Cairns, Sunshine Coast, Gold Coast, Brisbane, Melbourne, Sydney |
| On-Campus | 14 hrs /week |
| Online / Self Study | 6 hours/week |

SIS30321 CERTIFICATE III IN FITNESS UNITS OF COMPETENCY:

HLTAID011 - Provide First Aid

*** *F2F Classroom based students will receive the First Aid delivery in class. Virtual Classroom and Online students are required to source their own valid First Aid course and maintain currency.

SISFFIT047 - Use anatomy and physiology knowledge to support safe and effective exercise

SISFFIT032 - Complete pre-exercise screening and service orientation

SISXIND009 - Respond to interpersonal conflict

SIRXSL001 - Sell to the retail customer

SISFFIT052 - Provide healthy eating information

BSBOPS304 - Deliver and monitor a service to customers

SISFFIT033 - Complete client fitness assessments

HLTWH001 - Participate in workplace health and safety

SISFFIT040 - Develop and instruct gym-based exercise programs for individual clients

SISFFIT035 - Plan group exercise sessions

SISFFIT036 - Instruct group exercise sessions

BSBPEF301 - Organise personal work priorities

BSBCRT311 - Apply critical thinking skills in a team environment

CHCPRP003 - Reflect on and improve own professional practice

LEARNING BREAKDOWN

STUDY MODES SIS40221 CERTIFICATE IV IN FITNESS

ALL MODES OF STUDY

| | |
|-----------------|---|
| Allowable time | 12 months |
| Virtual Support | 12 hours/week scheduled virtual class access (optional) |
| Phone Support | 8 am - 6pm, Mon - Fri 1300887017 |
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| Online / Self Study | 6 hours/week |

LEARNING BREAKDOWN

Student Visa Course **25 hours/week Blended Study | 6 Month Student Visa Eligible**

Intakes January | April | July | October

Common Completion Time 6 months

ESOS/CRICOS CRICOS:110302D | Suitable for international students on student visa

ESOS Delivery Locations Cairns, Sunshine Coast, Gold Coast, Brisbane, Melbourne, Sydney

On-Campus 14 hrs /week

Online / Self Study 6 hours/week

SIS40221 CERTIFICATE IV IN FITNESS UNITS OF COMPETENCY:

BSBLDR414 - Lead team effectiveness

SIRXTAD003 - Coach others for success

SISXMG004 - Coordinate work teams or groups

SISFFIT034 - Assess client movement and provide exercise advice

CHCEDS040 - Search and access online information

SISFFIT041 - Develop personalised exercise programs

SISFFIT042 - Instruct personalised exercise sessions

SISFFIT049 - Use exercise science principles in fitness instruction

SISFFIT053 - Support healthy eating for individual fitness clients

SISFFIT050 - Support exercise behaviour change

HLTPOP014 - Assess readiness for and effect behaviour change

*As part of this qualification, students will be required to complete a four (4) week Behaviour Project Report from the Nutrition & Behaviour Change Topic

SISFFIT043 - Develop and instruct personalised exercise programs for body composition goals

CHCCOM006 - Establish and manage client relationships

SISFFIT045 - Develop and instruct personalised exercise programs for adolescent clients

SISFFIT046 - Plan and instruct online exercise sessions

SISFFIT044 - Develop and instruct personalised exercise programs for older clients

SISFFIT051 - Establish and maintain professional practice for fitness instruction

WHY FIT COLLEGE?

Graduating World Class Personal Trainers

PREMIUM SUPPORT

Enjoy round-the-clock support, with additional 12-hour live coaching available.

CAREER PARTNERS

We have a vast career network, both domestically and internationally.

CAMPUSES AUSTRALIA WIDE

Study Online or Face-to-Face.

Ready to start?



AFFORDABLE PAYMENT PLANS

We offer interest-free payment plans to help you achieve your goals

QUALIFIED EDUCATORS

All our educators are TAE-qualified personal trainers with years of experience.

LOCAL JOBS

Check out fitness jobs in your area.

1. Chat with a Career Advisor.

2. Organise payment plan or funding.

3. Choose your campus or study online.

4. Start your fitness career journey.

APPLY NOW

CONTACT HEAD OFFICE

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