

## Learning with flexibility

We know some students require flexibility of distance education. These flexible study programs have been written specifically to offer this flexibility but to also ensure you are still learning from practical tasks, industry contacts and real world fitness settings.

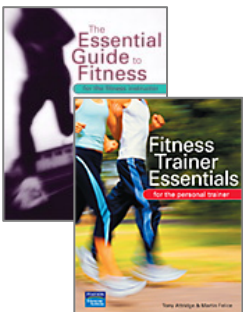
## Programs & Qualifications



The College offers you a choice of 3 programs by distance learning. All include full tutor support and designed to include many hands on practical tasks.

- ▶ **Combined – Certificate III + IV**
- ▶ **Certificate III in Fitness (Gym Instructor)**
- ▶ **Certificate IV in Fitness (Personal Trainer)**

## BONUS Value Offer



Do the *Combined Certificate* program and receive bonus support materials, including extra fitness text books and **FREE heart rate monitor!**  
**Bonus value \$300**



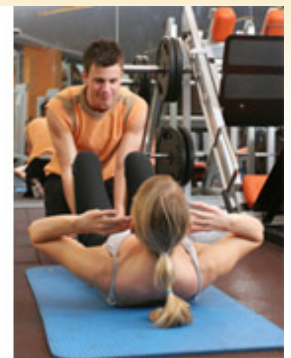
## Who should apply?

- Do you need the convenience to learn at your own pace?
- Would you find it difficult to make regular classes or training sessions?
- Are you motivated to study fitness?
- Are you prepared to start "exploring" the exciting world of fitness?

If you said yes to these questions then our internship fitness course could be for you.

## program at a glance...

- ✓ **100% flexible and self paced**
- ✓ **Start anytime**
- ✓ **Strong focus on practical tasks & learning**
- ✓ **Industry experience & contacts**



## Student Profile



### PROFILE ▶ Julie, Central QLD

*"I really wanted to launch my personal training business. However living in a small town in QLD I needed the convenience of distance education. The ACSF course was fantastic. The tutor called me at start my course and supported me the whole way through. The practical parts of course still had me out seeing & meeting people in the fitness industry – so there was no compromise on learning my hands on skills. Thanks ACSF."*

## How does distance education work?



As a student you will be sent a complete course pack and study materials. These are designed to provide simple step-by-step learning.

A tutor will be available to support you at all times. Correspondence with your tutor is mostly via email or phone when required. In addition to assignment tasks you will undertake a practical placement at a fitness centre near you. A final practical assessment is also arranged. Contact us to discuss in more detail.