

Make the gym your classroom!

The ACSF Fitness Internship is a unique program where your classroom is a real world fitness centre.

Your training includes attending fitness classes, client role play activities, staff education and general work experience. It also includes homework tasks and assignments completed in your own time.

Timetable & Schedule



- The study program runs over 3 months*
- Full time 25 hours per week
- External homework & assignments
- Student intakes every 2 months

* Some students may need longer to complete external assignments or resit assessments.

Whilst exact timetables vary student to student, a typical timetable may look like this:

Mondays	9.00 am – 4.00 pm	- Practical
	4.00 pm – 6.00 pm	- Free exercise
Tuesdays	9.00 am – 4.00 pm	- Practical
	4.00 pm – 6.00 pm	- Self study block
Wednesdays	9.00 am – 4.00 pm	- Practical
	4.00 pm – 6.00 pm	- Free exercise
Thursdays	9.00 am – 4.00 pm	- Practical
	4.00 pm – 6.00 pm	- Self study block

Who should apply?

- Do you learn better from seeing and doing something?
- Would you rather learn from a real world fitness people than a classroom lecturer?
- Do you like exercising yourself?
- Are you looking for fulltime program?
- Are you under 25 years old?

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

program at a glance...

- ✓ **Quality face-to-face learning**
- ✓ **Excellent trainer to student ratio**
- ✓ **Extended industry experience**
- ✓ **Flexible homework tasks & assignments**
- ✓ **Job interview and job planning skills**

BONUS – get a **3 month FREE** gym pass at end of your program. This allows you to still access all the gym facilities to continue your own fitness training.



Student Profile



PROFILE ► Matt from Sydney

"I was looking to start a fitness career right after school. I did my ACSF Internship at a busy gym in Sydney CBD. My teacher was the manager of this gym, he was a great mentor. During my 3 months I did regular staff training days, got heaps of practical experience and had free time to train myself! I will be qualified PT after my final practical exam.. It was easily the best way to go for my fitness training."

Qualifications



Qualifications included

- Certificate III in Fitness
- Certificate IV in Fitness

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www.ACSF.com.au

Overview of “INTERNSHIP” Concept

IN past 3 months of ACSF we have observed there are 2 types of prospective fitness student:

- a) Mature age student – who love our current format we deliver with you.
- b) A Younger student – who is conditioned from school to look for “structured” learning

Hence we have struggled to impress and convert a younger student to our course. Even though they are type student who probably enjoy the “real world” learning anyways!

They shy away from the “options” and “flexibility” our course offers. Both themselves and their parents want to know there is a place to go on regular basis.

We think it is a simple matter of our promotional material not explaining what we can do for them.

Hence we have “created” the ACSF Fitness Trainee concept

In essence it is the similar program – however we have deliberately added structure to the course. We have also made the practical placement **12 weeks x 25 hours** which matches similar classroom courses being promoted by competitors.

HOW DOES IT WORK



PROS – attracts younger student, gym gets long term helper

Possible **CONS** – younger student may not be enthusiastic, because paying for experience they adopts attitude that we “owe them”.