



your new
career in
FITNESS
starts here



Becoming a fitness professional can offer you many rewarding and exciting career opportunities. Here are some great reasons why you should consider becoming a fitness professional :

- ✓ Be fit, be active and get paid!
- ✓ A flexible career or a 'fun' second job
- ✓ Help others achieve goals
- ✓ Start your own personal training business

The **ULTIMATE** Fitness Trainer Program

(Average completion ~ 4 to 12 months)

The **ULTIMATE** Fitness Trainer Program is our most popular program with students. A key reason being it gets you industry experience and contacts *before* you graduate! The program is designed to provide you with a motivational and rewarding learning experience. It combines hands on training, practical experience and flexible self study.

You will be provided full support throughout the program from your course tutor who'll you meet in your induction session to plan and tailor make your program.

Practical experience is the key...

Students love the fact that this program puts them into the industry even *before* they graduate. You'll gain industry experience and contacts via your networking tasks, your practical placement in a fitness centre and from your fitness mentor.

your program includes :

- ✓ **Two** industry qualifications
- ✓ **1-on-1** mentor session with experts
- ✓ **'Hands on'** learning in a real fitness centre
- ✓ **Networking & industry contacts**
- ✓ **Flexible completion options**

Qualifications - The program equips you with the two government qualifications necessary for industry recognition and Fitness Australia membership:

- ▶ Certificate III of Fitness (Fitness Instructor)
- ▶ Certificate IV of Fitness (Personal Trainer)

Get Started Today

All the program elements are flexible and tailor made for each student. You can start your program immediately and schedule it around your life and other commitments. Get started today by completing an application form or contacting the College for some careers advice from our trainers.

Launch your new fitness career with the **ULTIMATE Fitness Trainer** program.



induction & goal setting STAGE 1

Start your program with a one-on-one session with your course tutor.

- Review the program in detail and get advice on how to get the most from your experience
- Set your goals for the program and arrange your practical modules
- Tailor make the course for you



fitness knowledge STAGE 2

- Learning is made fun and inspirational with hands on projects and assignments
- Set your own pace to finish each module
- You receive easy-to-follow and comprehensive learning materials to guide you
- You get full support from your tutor when you need it



practical placement STAGE 3

- Gain valuable hands on skills in a real world fitness setting
- Your practical training is supervised by an experienced fitness professional
- You get to experience first hand what it is like to be in the fitness industry
- Great opportunity to start networking for your first job!



practical mentor session STAGE 4

So what does it take to be a successful trainer? Well, this is your chance to find out.

- This is a great learning opportunity to see a successful fitness professional in action
- It is your chance to watch and learn, one on one, from the best in the industry
- See how they train *their* clients and run *their* successful fitness businesses



review & qualifications STAGE 5

Finish with a hands on review and assessment session with your tutor.

You'll be awarded two government qualifications:

- Certificate III in Fitness (Fitness Instructor)
- Certificate IV in Fitness (Personal Trainer)

Congratulations. You are now ready to start your new fitness career!