

Become A Personal Trainer

Certificate III & IV
Fitness





ATC's intensive peak fitness trainer course is programmed to maximize learning and ensure you qualify as a personal trainer with the skills and knowledge to be a successful trainer and run your own business.

If you have a passion for fitness and want to train others to live a healthy lifestyle, then consider becoming a 'Peak Fitness Trainer'.

COURSE DETAILS

- Duration: 15 weeks
- Dates: 16th November 2020 - 26th February 2021

COURSE DELIVERY

- Online through our custom built Learnbook
- Interactive online sessions every Monday and Thursday morning.

WORK PLACEMENT

- You are required to complete 70 hours of work experience at a gym or fitness facility.
- You will need to organise your own placement prior to enrolment.

WHAT YOU WILL RECEIVE ON ENROLMENT

- Course Guide
- Work Placement Kit
- Equipment: blood pressure machine, dynamometer, skin fold callipers and tape measure
- Access to our online learning system

WHAT YOU NEED TO BEGIN THE COURSE

- Computer with internet access, camera and microphone

FEES

Peak Fitness course costs - \$3200

Note: Certificate III Fitness is subsidised by NSW Smart and Skilled

Careers in Fitness:

CERTIFICATE III IN FITNESS (SIS30315)

- Graduate as a Group Exercise Instructor and Gym Instructor
- Instruct exercise to older adults
- Work within a gym environment or leisure centre
- Deliver exercise classes to a mix of fitness levels and age groups
- Provide pre-screening and fitness appraisals to clients
- Develop and deliver resistance programs
- Learn about the fitness industry, how to maintain a gym and customer service

CERTIFICATE IV IN FITNESS (SIS40215)

- Graduate as a Personal Trainer
- Train individuals or groups of children and adults in a variety of indoor and outdoor settings
- Develop the skills to set up your own business in the fitness industry
- Deliver fitness classes to children 5-12 years old and teens 13-17 years old
- Strength and conditioning programming and coaching

Earn money while you learn

ATC

Reserve your place in the
'peak fitness trainer'
program @ ATC
(enrol Sept/Oct 2020)

↓
Leave school
following HSC

↓
Commence the
'Peak Fitness
Trainer' course at
ATC (Nov 2020)

Undertake work
placement in a fitness
centre while participating
in the course

↑
Study for 16 Weeks to
gain the 'Peak Fitness
Trainer' qualifications
@ ATC

→
Seek casual
employment at a
fitness centre

↓
March 2021 -
Commence formal study
at University or College

↓
Earn & Learn

Certificate III Fitness

MODULE 1 The Body
SISFFIT004 & SISXCAI009

MODULE 2 Health Screening
SISFFIT001 & SISFFIT006

MODULE 3 Personalised Exercise Programs
SISFFIT002, SISFFIT003 & SISFFIT014

MODULE 4 Nutrition
SISFFIT005, SISFFIT025 & SISFFIT026

MODULE 5 Working in the Fitness Industry
SISXCCS001, SISXCAI006, HLTWHS001, SISXIND001, SISXFAC001 & BSBRK401

Certificate IV Fitness

MODULE 6 Running your PT Business
BSBSMB403, BSBSMB404, BSBSMB405 & BSBSMB406

MODULE 7 Training Programs
SISFFIT013, SISFFIT017, SISFFIT021 & SISFFIT023

MODULE 8 Functional Movement
SISFFIT018, SISFFIT019 & SISFFIT020

MODULE 9 Motivation and Referral
SISXRES001, SISFFIT015 & SISFIT016