



RTO #5673

ATC Australian
Training
Company

CERTIFICATE III & IV FITNESS

PEAK FITNESS

BECOME A PERSONAL TRAINER



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Australian Training Company's intensive Peak Fitness Training Course is programmed to maximise learning to ensure you qualify as a personal trainer with the skills and knowledge to be a successful trainer and run your own business.

Peak Fitness combines two nationally accredited qualifications to maximise learning and ensure you are equipped with the necessary skills, knowledge and competencies required to work in the fitness industry.

COURSE DETAILS:

This course runs over a 18 period inclusive of the four weeks of placement and practical assessments.

COURSE DELIVERY:

This course is completed online through ATC's online custom built Learnbook. Mandatory interactive online sessions are held every Tuesday and Thursday morning and assessment are due weekly on a Friday.

WHAT YOU RECEIVE:

- Dedicated trainer,
- Complete course guide and learning materials,
- **FREE** Health Screening Kit to get you started including blood pressure machine, dynamometer, skin fold callipers and tape measure,
- 24/7 Access to our online learning system.

WHAT YOU NEED:

A computer with internet access, camera, microphone and commitment is all you need to get started.

FEES:

Total course costs is \$3,200.

NSW - Certificate III Fitness component may subsidised by NSW Smart and Skilled. Eligibility conditions apply.

ACT - Certificate III Fitness & Certificate IV Fitness components may be subsidised by Skilled Capital. Eligibility criteria and conditions apply.

WORK PLACEMENT

To complete the Peak Fitness Trainer course, each participant is required to undertake a minimum of 70 hours work placement in the industry, (30 hours for Certificate III and 40 hours for Certificate IV) throughout the duration of the program.

ATC staff and trainers will guide you through the process of securing work placement however you will need to find a suitable facility and communicate with the management.

A Working With Children check may also be a requirement of the host gym if you are working with people under the age of 18 years. While you are an enrolled student with ATC all work placement is covered by ATC insurance.

CERTIFICATE III PLACEMENT REQUIREMENTS:

Participants must conduct 30 hours of work placement at a fitness facility that runs group fitness classes. This can include CrossFit, Circuit, Spin, Boot Camp, Boxercise, Yoga, Pilates, Reformer Pilates, Aqua, etc.

Participants require supervision by a trainer qualified at Certificate III Fitness level or higher.

The facility must have the following pieces of equipment:

- Dumbbells
- Kettlebells
- Barbells
- Suspension Trainer/TRX
- Pull Up/Dip Station

CERTIFICATE IV PLACEMENT REQUIREMENTS:

Participants must conduct 40 hours of work placement at a fitness facility that runs one on one private sessions.

Participants require supervision by a trainer qualified at Certificate IV Fitness level or higher.

The facility must have the following pieces of equipment:

- Bench Press
- Squat Rack
- Deadlift Area
- Lat Pull Down
- Leg Extension
- Leg Curl
- Cable Crossover





ADDITIONAL INFORMATION

FIRST AID

HLDAID003 Provide First Aid will be incorporated into the schedule for any participants that currently DO NOT hold a valid First Aid Certificate. First Aid Certificates are provided in partnership with Royal Life Saving NSW.

For any participants that DO hold a current First Aid Certificate, a copy of your certificate will be required upon your Peak Fitness enrolment.

WHERE CAN IT TAKE YOU?

CAREERS IN FITNESS

This qualification provides you a pathway to work in a diversity of fitness industry businesses including fitness centres, gyms, aquatic facilities, community facilities and in open spaces. Qualified fitness instructors work independently, and use discretion to solve non-routine problems, in addition to monitoring and managing their own business activities.

CERTIFICATE III IN FITNESS

- 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

- 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

PEAK FITNESS UNITS

CERTIFICATE III FITNESS



MODULE 1 **The Body**
SISFFIT004 & SISXCAI009

MODULE 2 **Health Screening**
SISFFIT001, SISFFIT006 & SISXCCS001

MODULE 3 **Personalised Exercise Programs**
SISFFIT002, SISFFIT003 & SISFFIT014

MODULE 4 **Nutrition**
SISFFIT005, SISFFIT025 & SISFFIT026

MODULE 5 **Working in the Fitness Industry**
SISXCAI006, HLTWHS001, SISXIND001, SISXFAC001 & BSBRSK401

CERTIFICATE IV FITNESS

MODULE 1 **Running your PT Business**
BSBSMB403, BSBSM404, BSBSMB405 & BSBSMB406

MODULE 2 **Training Programs**
SISFFIT013, SISFFIT017, SISFFIT021 & SISFFIT023

MODULE 3 **Functional Movement**
SISFFIT018, SISFFIT019 & SISFFIT020

MODULE 4 **Motivation & Referral**
SISXRES001, SISFFIT015 & SISFFIT016

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CONTACT US TO REGISTER!

KICK START YOUR CAREER TODAY

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