

Personal Trainer Certificate III & IV in Fitness (flexible delivery)

Course Overview

The MSAC Institute of Training is the leader in sport and recreational management, delivering Nationally Accredited Training. The MSAC Institute of Training Personal Trainer course is in the unique position of being delivered in one of Melbourne's largest and most diverse leisure facilities the Melbourne Sports and Aquatic Centre. Classes are held using the facilities and equipment of this leading sport and recreation facility in Australia.

Study Fitness with MSAC Institute of Training you also receive a **FREE** off peak **Platinum Membership**, with access to the Fitness Centre, Wellness Zone and the Aquatic arena, group fitness classes and group wellness classes, including use of MSAC's state-of-the-art gymnasium for 3 months during each of your fitness courses.

What better way to begin your career pathway into the fitness industry than to train to be a Personal Trainer in a leisure facility attracting an average of over 3,400 people per day. MSAC offers the general public the entire health and wellness experience, so be sure to enroll and begin to make a positive impact on people's lives. Our Personal Trainer course will train you to be "work ready" to enter the exciting Australian fitness industry. Students receive two certificates during the 8 month course. Firstly the Certificate III in Fitness after 4 months to register to work as a Fitness Instructor and after 8 months to register to work as a Personal Trainer.

MSAC Institute of Training Personal Trainer course covers all the knowledge and skills you need in the Fitness Industry. Our course has been developed in consultation with the fitness industry and our workplace trainers are among the best in Australia, with backgrounds in Personal Training, Exercise Physiology, Physical Education and Exercise & Sports science. Students graduate with the following areas of expertise:- Fitness Instructor, Personal Trainer, Circuit Instructor, Older adults trainer, marketing skills and liaising with Allied Health Practitioners to deliver exercise for clients under allied health care.

Pre-requisites and Credit Transfer

To be successful in the certificate III and IV in Fitness course you need to have an interest in health and fitness and be an active participant in fitness activities such as group exercise classes, resistance training and cardio training - however you do not have to be super fit! Access to a computer, internet, email account, and an understanding of English to school year 10 level is recommended. Credit Transfer is available if you already have a valid Level 2 First Aid certificate and provide a certified copy. Students who do not have their Level 2 First Aid receive this certificate as part of their course; see our web site for courses available during your course. Updates of First aid and CPR are not included. If you have completed a certificate III or IV in Community Recreation or Sport and Recreation you can apply for credit transfer for a number of units and reduce the duration of your course. Recognition of Prior Learning is offered to all eligible students on enrolment and is completed prior to the course and can reduce your course time.

Delivery Strategy and Assessment

Flexible delivery utilising home study tasks and class activities.

- Combining home study and practical hands on learning with industry expert Trainers and Assessors
- Pre class study tasks completed as home study of approximately 5 to 10 hours per week using course notes, text book and internet.
- 24 Activity Sessions - 3 hours duration of compulsory practical assessment tasks in an engaging environment, utilising classroom and MSAC Health & Wellness centre (gym).
- Work Experience of 20 hours for each of the certificates - organised by the student and approved by MSAC Institute of Training. MIT Students are automatically eligible to complete their Workplacement in the MSAC Gym, but may apply to complete their placement at any suitable workplace approved by MIT.

Duration: Approximately 8 months for both certificate III & IV in Fitness for the Personal Trainer qualification. Courses are delivered once each semester starting in February and July.

Cost:

Government Funded: Only \$495 per certificate – (eligibility criteria apply)

Full Fee Paying: If you are not eligible for funding, pay only \$1,900 per course. A certificated copy of Certificate III or completion of the pre-requisite units by RPL with MIT is required to enroll in cert IV.

More information:

For further information and enrolments or to find out if you are eligible for funding, please contact the MSAC Institute of Training on: 03 9926 1328 or msacinstitute@ssct.com.au.

SRF30206 CERT III in FITNESS – FITNESS INSTRUCTOR (Flexible Delivery)

Content:

The Certificate III in Fitness will equip you with comprehensive skills and knowledge to register with Fitness Industry registration Bodies to work in the fitness industry as a gym Instructor and circuit instructor. Certificate III is the pre requisite for certificate IV.

Dates and Times 2012 - Semester 1:

Two class options available:

Fridays 9am - 12pm: February 24; March 2, 9, 16, 23; First Aid 30th March 8:30am - 5 pm;
April 20, 27; May 4, 11, 18, 25; June 1 Double session 9am to 5pm, June 15.

OR

Sundays 9am - 12pm: February 26; March 4, 11, 18 & 25, First Aid Sunday 1st April 8:30am - 5 pm;
April 22, 29; May 6, 13, 20, 27; June 3 Double session 9am to 5pm, June 17.



CORE UNITS

BSBCMN302A Organise personal work priorities and development
BSBFLM303A Contribute to effective workplace relationships
ICAITU006C Operate computing packages
SRXFAD002A Provide advanced first aid response (Credit Transfer if have L2 1st aid)
SRXGCSO04A Meet client needs and expectations
SRXGCST03A Process client complaints
SRXINU002A Apply sport and recreation law
SRXOHS001B Follow defined Occupational Health and Safety policy and procedures
SRXRIK001A Undertake risk analysis of activities

STREAM UNITS

SRFFIT001B Provide orientation to clients prior to undertaking fitness program
SRFFIT003B Undertake client induction and screening
SRFFIT004B Develop basic fitness programs
SRFFIT005B Apply basic exercise science to exercise instruction
SRFFIT0015B Provide nutrition advice to clients in accordance with recommended guidelines
SRFFIT0014B Provide advice to clients on the application of basic anatomy and physiology to fitness programs
SRFFIT006B Use and maintain core fitness industry equipment
SRFGYM001B Instruct fitness activity skills to a client using fitness equipment
SRFSPP002A Develop and apply an awareness of specific populations to exercise delivery
SRXGRO003A Provide leadership to groups

SPECIALISATION

SRFGYM002B Customise gym instructional skills to include specific areas of expertise current in the fitness industry

INDUSTRY ELECTED

SRFCTC001A Plan and instruct a circuit training class
BSBMKG413A Promote Products and Services
BSBINN201A Contribute to Work Innovation
BSBINM301A Organise Workplace Information

SRF40206 CERT IV FITNESS – PERSONAL TRAINER (Flexible Delivery)

Content:

Certificate IV in Fitness students will be prepared for careers in physical health, fitness and rehabilitation and be qualified to work with Older Adults. Career opportunities include working for a Recreation and Fitness centres or independently as a personal trainer for different client groups, working under the guidance of allied health practitioners in programs or services related to exercise rehabilitation, nutrition and exercise for fat loss and counselling for motivation and working in this role in a health of fitness centre. You will also be prepared to work with difficult or challenging clients or client groups requiring the use of advanced technical, planning and leadership skills.

Completion of the Certificate III in fitness is required prior to starting certificate IV. Recognition of Prior Learning is available for students to recognise skills they already have and may reduce the length of their course.

Dates and Times 2012 - Semester 1:

Two class options available:

Fridays 1pm - 5pm, February 24; March 2, 9, 16, 23; April 20, 27; May 4, 11, 18, 25; June 1 Double session 9am to 5pm, June 15.

OR

Sundays 1pm - 5pm, February 26; March 4, 11, 18 & 25; April 22, 29; May 6, 13, 20, 27; June 3 Double session 9am to 5pm, June 17



CORE UNITS

BSBWOR404A Develop work priorities
ICAITU006C Operate computing packages
SRXGCSO06A Address client needs
SRXGCST05A Coordinate client service activities
SRXINU003A Analyse participation patterns in specific markets of the leisure and recreation industry
SRXINU004A Promote compliance with laws and legal principles
SRXOGN001A Conduct projects
SRXRIK001A Undertake risk analysis of activities
SRXOHS002B Implement and monitor the organisation's Occupational Health and Safety policies, procedures and programs

STREAM UNITS

SRFFIT007B Undertake relevant exercise planning and programming
SRFFIT008B Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
SRFFIT009B Undertake postural appraisal of low risk clients
SRFFIT010B Utilise a broad range of fitness equipment
SRFFIT011B Provide exercise for fitness industry clients with special requirements
SRFFIT012B Utilise an understanding of motivational psychology with fitness clients
SRFFIT013B Provide information and exercise related to nutrition and body composition

SPECIALISATION

INDUSTRY ELECTED

SRFPTI001B Plan and deliver personal training
SRFOLD001B Plan and deliver exercise for older adults
SRFAHN001A Make referrals and work collaboratively with allied health professionals where appropriate
SRFAHN002A Receive and respond to rehabilitation referrals from Allied Health Professionals
SRFFSP001A Provide body composition management programming for moderate risk clients