



BECOME A PT

Help the World get

MOVING



MOVE ACADEMY

moveacademy.edu.au

1800 125 002

RTO code 41087

Completing your personal trainer certifications with Move Academy provides you with real skills to turn your passion for fitness into your dream career. With our online learning platform you will learn both practical and theoretical components of health and fitness. Upon completion of both the certificate III and IV in Fitness, you will have a base of knowledge, and the skills to build your business as a PT.

Through our flexible program you are able to progress through the course at your own pace with access to an online learning platform with all required resources and information. Move Academy will assist you to find a mentor close to you to assist you to practice the required skills to be a successful PT, build the confidence to perform the required tasks to work as a PT, and with the completion of the practical activities to complete your certification.

You can get support during your program in a variety of ways including phone, email, webinars, screen share sessions and video chat tutorials you just need to let us know how we can help. Our support services also extend to weekends and after hours, to suit busy lifestyles.

As a Registered Training Organisation (Move Academy Pty Ltd RTO 41087) delivering this Nationally Recognised Qualification, you can feel assured that your training and certification is of a high standard and meets industry and government requirements.

We understand that embarking on a new career, or changing careers, is a big step. Not only is our course flexible, our payment plans are flexible too. We have many different payment options available, tell us about your budget and we can customise a financial payment plan for your program of choice.

We would love to help you get started in the exciting Health and Fitness industry!





CERTIFICATE III IN FITNESS (SIS30321)



YOUR FIRST STEP TOWARDS AN EXCITING CAREER IN HEALTH AND FITNESS.

Are you interested in pursuing a career in health and fitness?

Look no further! The SIS30321 - Certificate III in Fitness is the perfect first step to jumpstart your journey towards an exciting career in the industry.

Graduating with this nationally accredited qualification will open up a range of career opportunities including gym floor instructor, gym instructor, group exercise instructor, and older adult instructor. If your ultimate goal is to become a Personal Trainer, the Certificate III in Fitness is the necessary first step before advancing to the Certificate IV in Fitness.



During the course, you will develop highly sought-after industry skills including the foundation skills of exercise science, fitness orientations and appraisals, exercise programming and delivery, and healthy eating guidelines. With our flexible self-paced learning, you can easily balance your work, family, and social commitments while still achieving your goals.

Our program is designed to provide you with the knowledge so that you can achieve the practical tasks which you can complete with your mentor. This style of learning ensures that you gain the essential skills and knowledge needed to confidently work with clients after graduation.

So, take the first step towards an exciting career in health and fitness with the Certificate III in Fitness today!



Entry Requirements

Have completed Australian Year 10 or equivalent: or certificate level II, or CV experience to show you have the required competencies to complete the skills of the program. You must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Course Outline

You will have 12 months to complete the Certificate III in Fitness (SIS30321) which is the entry level course for the fitness industry.

There are 15 Units Of Competency: 11 core and 4 elective.
BSBOPS304 - Deliver and monitor service to customers
BSBPEF301 - Organise personal work priorities
HLTWHS001 - Participate in workplace health and safety
SISFFIT032 - Complete pre-exercise screening and service orientation
SISFFIT033 - complete client fitness assessments
SISFFIT035- plan group exercise sessions
SISFFIT036 - Instruct group exercise sessions
SISFFIT040 - Develop and instruct gym-based exercise programs for individual clients
SISFFIT047 - Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052 - Provide healthy eating information
SISXFAC002 - Maintain sport, fitness and recreation facilities
CHCDIV001 - Work with diverse people
HLTAID011 - Provide first aid**
HLTAID010 - Provide basic emergency life support**
HLTAID009 - Provide cardiopulmonary resuscitation**

**this unit of competency is not included in the course and needs to be completed through an accredited provider at an additional cost. Move Academy have made the First Aid requirements (HLTAID009, HLTAID010 and HLTAID011) as part of this qualification as we believe this is integral knowledge and important to have within the fitness environment. These units are not organised or offered by Move Academy. You will be required to complete with an external organisation and submit your completion certificate as evidence through your online learning portal.

Assessments

Students will be required to complete a series of online theory and practical activity assessments for each unit of study. These assessments come in the form of multiple choice, short answer questions, case studies, workbooks and practical activities.



Delivery Mode

At Move Academy, we will help you tailor a study plan to suit your lifestyle. The entire course and all learning materials will be accessed via an online platform which enables completion of your subject readings, and all assignments when you have time.

Students have the ability to self-pace their studies so you can study when you want where you want, with access to and the support of a tutor to motivate and ask questions during the study period.

Training

Training for this course will take place in both online and within practical-based learning environments through various modes of learning such as online webinars and tutorials, readings, case studies, simulated practical projects and/or workplace tasks.

The practical component of the qualification requires access to 'clients' and a fitness facility so we will team you up with a gym of your choice for your placement/practical experience. This work placement experience is essential for submission/sitting the practical assessment activities within the program. This includes such tasks as client screening, gym inductions and orientations, providing healthy eating advice, and instructing fitness programs. This will ensure that you have the knowledge, skills and confidence to go out and train clients post-graduation.

Move Academy will work with you to organise a suitable mentor and fitness workplace in order to undertake the practical assessment tasks which are outlined within each of the required units of the qualification. The practical tasks will be a coordination of you, your mentor and your trainer and assessor to ensure the successful achievement of all requirements.

Practical Based Tasks

You will undertake practical-based learning throughout your fitness course. By the end of this online course, you will have learnt and developed the skills to undertake effective gym instruction and client-centred service to clients in a health and fitness context.

Training Locations

Your training will occur online (within the learning platform and in training sessions with your trainer/assessor), within your own access to your local fitness club, and within your arranged workplace for your practical experience. This training will allow you to access all of the required equipment and facility, learn, practice and perfect the skills required for you to become a skilled personal trainer.





CERTIFICATE IV IN FITNESS SIS40221



CERTIFICATE IV IN FITNESS - THE FINAL STEP TO BECOMING A PERSONAL TRAINER.

The Certificate IV in Fitness is your gateway to becoming a Personal Trainer.

Personal Trainers play a vital role in helping individuals achieve their fitness goals. With this qualification, you will learn how to work with clients to set goals, develop training programs, teach correct exercise principles and apply strength and conditioning techniques using various equipment. You will also acquire the skills to set up and manage your own fitness business. This qualification is perfect for those who wish to expand their knowledge and skills in delivering and instructing exercise programs within fitness centres or outdoor environments for individual clients and small groups.

Completion of the entry requirements within the Certificate III in Fitness (SIS30321) will give you a strong foundation to excel in your personal training career.

Move Academy's nationally accredited qualification provides you with comprehensive fitness knowledge and skills, allowing you to design and deliver personal training programs tailored to the diverse needs of your clients. Our online education program is flexible and self-paced, allowing you to complete the Certificate IV in Fitness around other commitments like work, family, and social life.

Our program is structured to ensure you gain the essential skills and knowledge required for a personal trainer, and to put your fitness science knowledge into practice from the beginning to the end of a client's fitness journey. With a combination of online and workplace learning, you will gain, apply and perfect the essential skills and knowledge to excel as a qualified personal trainer. Once you graduate you will have tools to be confident within a fitness environment and enhance your clients experience while helping them achieve their health and fitness goals.

Get started on your journey towards becoming a Personal Trainer with the Certificate IV in Fitness today!



Entry Requirements

- Hold the eight (8) pre-requisite units of competency or units superseded by the units from the SIS30321 Certificate III in Fitness.
- Have attained HLTAID011 Provide first aid
- You must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Course Outline

You will have 12 months to complete the Certificate IV in Fitness (SIS40221) which is the required qualification to become a personal trainer in the health and fitness industry

- There are 17 Units Of Competency: 10 core and 7 elective.
- CHCCOM006 - Establish and manage client relationships
 - SISFFIT041 - Develop personalised exercise programs
 - SISFFIT042 - Instruct personalised exercise programs
 - SISFFIT043 - Develop and instruct personalised programs for body composition goals
 - SISFFIT044- Develop and instruct personalised exercise programs for older adults
 - SISFFIT045 - Develop and instruct personalised exercise programs for adolescent clients
 - SISFFIT049 - Use exercise science principles in fitness instruction
 - SISFFIT050 - Support exercise behaviour change
 - SISFFIT051 - Establish and maintain professional practice for fitness instruction
 - SISFFIT053 - Support healthy eating for individual fitness clients
 - SISXCAI009 - Instruct Strength and conditioning techniques
 - SISXCAI010 - Develop Strength and conditioning programs
 - BSBESB401 - Research and Develop Business Plans
 - BSBESB303 - Organise finances for new business ventures
 - BSBXCM501 - Lead communication in the workplace
 - BSBPEF502 - Develop and use emotional intelligence
 - HLTWHS001 - Participate in workplace health and safety

Delivery Mode

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Students have the ability to self-pace their studies so you can study when you want where you want, with access to and the support of a tutor to motivate and ask questions during the study period.



Training

Training for this course will take place in both online and within practical-based learning environments through various modes of learning such as online webinars and tutorials, readings, case studies, simulated practical projects and/or workplace tasks.

The practical component of the qualification requires access to 'clients' and a fitness facility so we will team you up with a gym of your choice for your placement/practical experience. This work placement experience is essential for submission/sitting the practical assessment activities within the program. This includes such tasks as client screening, programming, instructing and reviewing fitness and strength and conditioning programs for a variety of clients. You will also start to think about, plan and apply business solutions to your PT business. This will ensure that you have the knowledge, skills and confidence to go out and train clients and run a successful business post-graduation.

Move Academy will work with you to organise a suitable mentor and fitness workplace in order to undertake the practical assessment tasks which are outlined within each of the required units of the qualification. The practical tasks will be a coordination of you, your mentor and your trainer and assessor to ensure the successful achievement of all requirements.

Training Locations

Your training will occur online (within the learning platform and in training sessions with your trainer/assessor), within your own access to your local fitness club, and within your arranged workplace for your practical experience. This training will allow you to access all of the required equipment and facility, learn, practice and perfect the skills required for you to become a skilled personal trainer.

Assessments

Students will be required to complete a series of online theory and practical activity assessments for each unit of study. These assessments come in the form of multiple choice, short answer questions, case studies, workbooks and practical activities.

