

FITNESS INSTRUCTOR PERSONAL TRAINER

Developing People for the Health and Fitness Industry



Do you love health and fitness and want it to be your career? Your first step is the Certificate III in Fitness, which will enable you to become a fully qualified Fitness Instructor.

Many instructors then go on to achieve their Personal Training qualification (Certificate IV Fitness).

"I completed my Personal Training qualification with Smart Connection Training. I am now a qualified Personal Trainer building my own business and embarking on a sports related University degree."

Chloe DuPont (May 2010)

IT'S YOUR JOURNEY: FITNESS

Over the past decade, Smart Connection Training has trained more than a thousand participants within the leisure, recreation and sport industry. Our experience in delivering relevant qualifications that enable students to achieve their goals is second to none.

With industry experienced tutors and lecturers, you can be assured of being taught by the best in the business. Our students also have the support of our training team on hand via telephone or email to answer any queries.

HOW YOU CAN LEARN

Our Fitness courses offer flexible learning through blended delivery. This means a combination of:

- Online learning
- Classroom activity
- On-the-job training and assessment

ASSESSMENT

- Question and answer assessment
- Case studies / projects
- Logbook

COURSES COMMENCING SEPTEMBER 2010

PERSONAL TRAINER
(CERTIFICATE IV)

SCT training room
South Melbourne

Thursdays 6-9pm
Commences 2nd September 2010

Continues weekly / fortnightly
Final session 9th December 2010

FITNESS INSTRUCTOR /
PERSONAL TRAINER COMBINED
(CERTIFICATE III & IV)

Monash Aquatics & Recreation
Centre, Glen Waverley

Thursdays 6-9pm
Commences 23rd September 2010

Continues fortnightly / monthly
Final session 11th August 2011

FITNESS INSTRUCTOR & PERSONAL TRAINER

A FOCUS ON VALUE

Becoming a qualified Fitness Instructor or Personal Trainer can cost up to \$3000 for each qualification. Smart Connection Training is committed to sourcing and securing funding opportunities from the Government's \$100 million training fund for all eligible participants. Over 90% of our students are eligible to receive this funding so talk to us about how you may be able to access it.

A SMOOTH JOURNEY FOR EMPLOYER AND STUDENT

Some students enrol via their employer, others enrol directly. However you come to us, you can be assured of the best experience.

As a Registered Training Organisation of 10 years, we strive to offer the best in client management, compliance and service. Strong links with leading associations Life Saving Victoria, Australian Leisure Facilities Association and Kinect Australia, assures industry relevance and great connections into the fitness industry.

"Smart Connection Company does over and above what is required. Their contacts and expertise make training simple and enjoyable. I highly recommend them."

Kris Miller - Centre Manager,
Monash Aquatic and Recreation Centre

YOUR JOURNEY: FITNESS INSTRUCTOR CERTIFICATE III IN FITNESS (SRF 30206)

This course gives you everything you need to become a qualified Fitness Instructor. Fitness Instructors work in a variety of settings and with a variety of clients. The majority are employed in a gym, a sports club or a leisure centre. Many Fitness Instructors gain further qualifications e.g. in Group Exercise or Aqua Fitness and go on to qualify as a Personal Trainer through completion of the Certificate IV in Fitness.

What will you learn?

- Fitness assessment and instructing
- Developing fitness programs including aerobic, strength and conditioning and resistance training
- Basic nutrition
- Safe use of equipment and correct technique
- Anatomy and Physiology

YOUR JOURNEY: PERSONAL TRAINER CERTIFICATE IV IN FITNESS (SRF 40206)

This course gives you everything you need to become a qualified Personal Trainer. Whether running your own business or being employed by a gym or sports club, you need an in-depth knowledge about the science, business and psychology of Fitness.

A career as a Personal Trainer is all about making a difference in people's lives. Many Personal Trainers develop specialist areas and continue to do further study in relation to specialist populations or complementary skills. Further study includes becoming a fitness specialist through studying for a Diploma in Fitness.

What will you learn?

- Advanced aerobic conditioning
- Advanced resistance training
- Leadership and sports psychology
- Diagnosis for sports injuries
- Nutrition and weight management
- Business management

WHERE TO NEXT

Call Smart Connection Training on (03) 8696 7500 and discuss your journey with our training experts. We can also guide you through the various funding options and eligibility criteria.

