



RTO 32107

The Leaders in Online Health & Fitness Education

Study with the **trusted name** in online health & fitness education.

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SIS30321 & SIS40221

CERTIFICATE III & IV IN
FITNESS

GYM & GROUP FITNESS INSTRUCTOR
PERSONAL TRAINER



WHO WE ARE

We're the experts in Online Health & Fitness Education

With over a decade of experience in delivering online courses & qualifications for careers in health & fitness.

We're a family owned, Australian business

Don & Rhonda Bacchi founded Onfit Training College in 2008. After decades working in the fitness industry, they found there was a gap in the knowledge & skills of new trainers entering the industry. Passionate about helping the next generation of professionals succeed, they applied their experience & partnered with expert educators, to build courses that would provide quality education, critical business skills & were industry relevant. Proud of achieving this mission, Onfit Training College continues to strive to work with the best, to ensure our graduates received the highest quality education & outcomes for their career.

We're forward thinkers.

We know you're not looking for a short-term career, you want to feel confident that what you're learning will equip you for the future of the health & fitness industry. Our team is constantly updating, researching & connecting with industry leaders, to ensure our courses are cutting edge.



YOUR CAREER ADVANTAGE

OUR EDUCATORS

Our fitness educators are highly qualified exercise physiologists, sports scientists, nutritionists, exercise specialists. They've also all worked as fitness professionals & have over 100 years of collective experience to share with you.

OUR REPUTATION

We work with many different fitness organisations to help bring you true industry insights and ensure your readiness for the health and fitness industry. In addition to this, we are proud to be the preferred Australian education provider for one of the largest fitness organisations in the world, F45 Training, showing that Onfit's reputation for quality education recognised on a global scale

OUR COURSES

One of the most important aspects of career success is in the quality of education you receive, after all it's what you do on the job that will really count. Our courses don't shy away from ensuring you'll have confidence in your practical ability, underpinned by a strong foundation of theoretical knowledge.

YOUR CAREER OUTCOMES

Upon successful completion of the Certificate IV in Fitness, employment and career opportunities include:

PERSONAL TRAINER

Being a Personal Trainer is the most popular career in the fitness industry. You'll have a hands-on role in helping your clients reach their health & fitness goals.

What does this involve?

- Assess a client's current fitness level and goals
- Develop personalised programs
- Teach your client safe and effective exercise technique
- Motivate your clients to help them stay on track
- Assess and adapt programs as your clients progress

GYM INSTRUCTOR

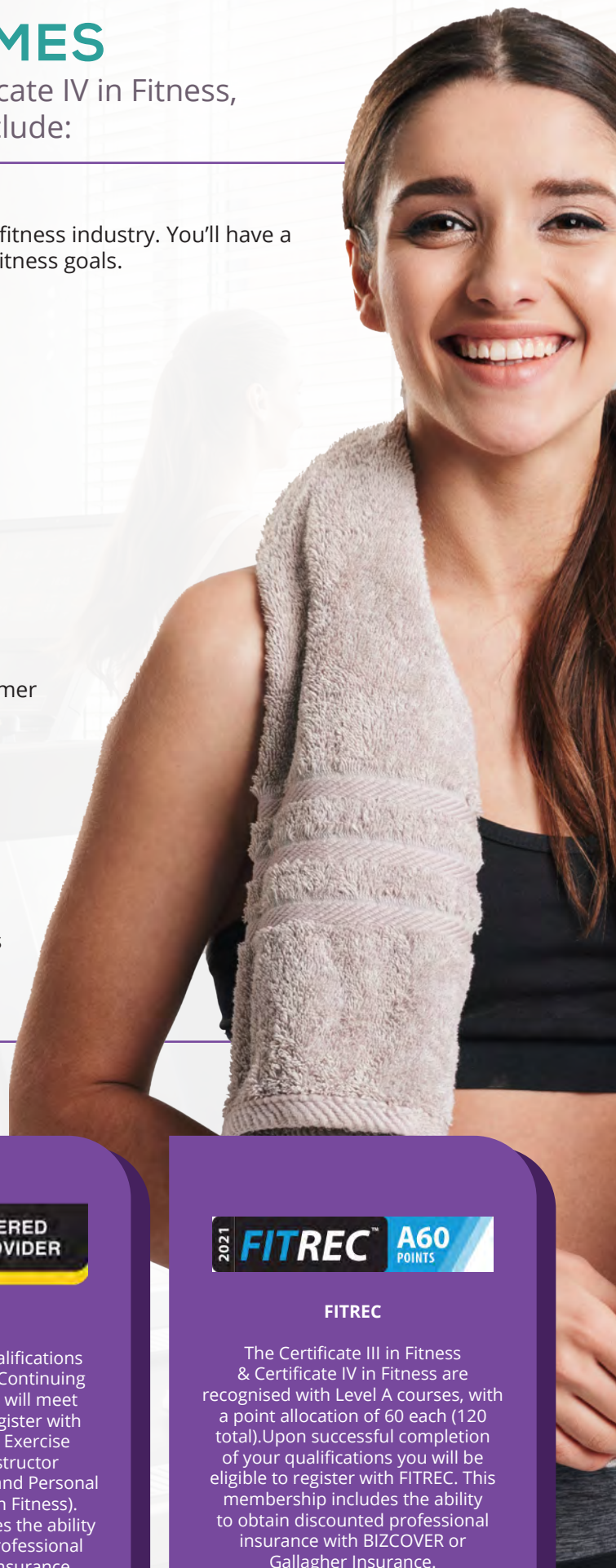
What to expect as a Gym Instructor:

- Work in a variety of fitness facilities, from a private studio to a large gym.
- Supervise and monitor the gym floor.
- Write programs for clients and provide excellent customer service!
- Enjoy a rewarding and flexible career!

GROUP EXERCISE INSTRUCTOR

What to expect as a Group Exercise Instructor:

- Instruct group exercise classes
- Enjoy an exciting, fast paced, social environment
- Increase your employment opportunities in the Fitness Industry
- Build your own business as a Group Fitness Instructor



ACCREDITATION, RECOGNITION AND INSURANCE



Nationally Recognized Training

Upon completion of your studies, you will be awarded the nationally accredited SIS30321 Certificate III in Fitness, followed by the SIS40221 Certificate IV in Fitness.

As a Registered Training Organisation 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.



AUSACTIVE

Each of your fitness qualifications will equate to 20 CECs (Continuing Education Credits) and will meet the requirements to register with AusActive, as a Group Exercise Instructor & Gym Instructor (Certificate III in Fitness) and Personal Trainer (Certificate IV in Fitness). This membership includes the ability to obtain discounted professional insurance with Guild Insurance.



FITREC

The Certificate III in Fitness & Certificate IV in Fitness are recognised with Level A courses, with a point allocation of 60 each (120 total). Upon successful completion of your qualifications you will be eligible to register with FITREC. This membership includes the ability to obtain discounted professional insurance with BIZCOVER or Gallagher Insurance.

WHAT WILL I LEARN?

COURSE DETAILS

SIS30321 Certificate III in Fitness

Training Package	SIS - Sport, Fitness and Recreation Training Package
Release	1 (current) release date 10 November 2021
Total Units	15
Qualification	SIS30321 Certificate III in Fitness

Entry Requirements:

This course is designed for people who don't have any previous qualifications in fitness. As an entry level qualification, there are no entry requirements for the Certificate III in Fitness.

Delivery Method: Online

Course Duration: Maximum 12 months

Recommended study hours:

4 – 8 per week.

Learning resources:

You'll have all learning resources available within your online learning profile. Your interactive lessons will be filled with videos, diagrams and includes audio playback. Lessons are designed to keep you engaged and focused, to aid fast and enjoyable learning. You can also access your lessons offline and via our app.

How am I assessed?

Assessment

You'll have the flexibility to complete your Theory & Practical Assessment, when it suits you, whether you're balancing studies with work, family or other passions, our courses are designed to fit in with your lifestyle.

With online course access 24/7, you can complete your lessons & assessments at your own pace.

Theory Assessment

Your Theory Assessment will include Multiple Choice Quizzes, Short Answer Quizzes & Case Studies, which can all be completed online.

Practical Assessment

Your Practical Assessment involves Practical Assessment Role Plays to help ensure you're prepared for your work placement and career. These can be submitted via film or can be completed by attending a practical assessment session in Brisbane.

Work Placement (optional)

Highly beneficial for students wanting to get the most of out their studies, work placement will allow you to gain experience in the fitness industry that you can apply to your future career. This is an optional course requirement and is recommended, especially for students who haven't had much exposure in gyms.



COURSE OUTLINE

The **SIS30321** Certificate III in Fitness

SISFFIT047 - Use anatomy and physiology knowledge to support safe and effective exercise

- Identify role of anatomy and physiology in fitness instruction.
- Select effective exercise activities for participants.
- Support participants to exercise safely and effectively.

SISFFIT032 - Complete pre-exercise screening and service orientation.

- Screen clients for participation in exercise programs.
- Evaluate outcomes of screening.
- Provide client referrals.
- Provide exercise service information.

SISFFIT033 - Complete client fitness assessments

- Prepare for fitness assessments.
- Assess current fitness capabilities.
- Communicate assessment outcomes.

BSBOPS304 - Deliver and monitor a service to customers

- Identify customer needs.
- Deliver a service to customers.
- Evaluate customer service delivery.

SISFFIT040 - Develop and instruct gym-based exercise programs for individual clients

- Identify client needs.
- Develop program and session structure.
- Provide initial instruction and advice.
- Provide ongoing service to client.

SISFFIT052 - Provide healthy eating information

- Identify authoritative and evidence-based information.
- Communicate general healthy eating information to clients.
- Identify clients who require nutrition advice outside of own scope.

HLTAAP001 - Recognise healthy body systems

- Work with information about the human body.
- Recognise and promote ways to support healthy functioning of the body.

CHCCCS001 - Address the needs of people with chronic disease

- Determine the person's needs.
- Support the person in a holistic manner.
- Contribute to a coordinated service approach.

HLTWHS001 - Participate in workplace health and safety

- Follow safe work practices.
- Implement safe work practices.
- Contribute to safe work practices in the workplace.
- Reflect on own safe work practices.

BSBWHS332X - Apply infection prevention and control procedures to own work activities Identify risks

- Prepare to undertake work activities in a manner that supports infection prevention and control.
- Undertake work activities in a manner that supports infection prevention and control.
- Finalise work activities according to organisational infection prevention and control requirements.

SISFFIT035 - Plan group exercise sessions

- Identify needs and expectations of diverse participants.
- Plan group exercise sessions.
- Review and modify future sessions.

SISFFIT036 - Instruct group exercise sessions

- Prepare for group session.
- Brief participants.
- Deliver group exercise session.
- Evaluate group session.

SISCCRO001 - Plan and conduct recreation programs for older persons

- Establish participant needs and expectations.
- Plan recreation programs.
- Prepare for recreation programs.
- Conduct recreation programs.
- Conclude recreation programs.
- Evaluate recreation programs.

BSBPEF301 - Organise personal work priorities

- Organise and complete own work schedule.
- Evaluate own work performance.
- Coordinate personal skill development and learning.

HLTAID011 - Provide First Aid*

* this unit of competency is not included in the course and needs to be completed through an accredited provider at an additional cost

WHAT WILL I LEARN?

COURSE DETAILS

SIS40221 Certificate IV in Fitness

Training Package	SIS - Sport, Fitness and Recreation Training Package
Release	1 (current) release date 10 November 2021
Total Units	17
Qualification	SIS40221 Certificate IV in Fitness

Entry Requirements:

Entry to this qualification is open to individuals who hold the following units of competency (within the SIS30321 Certificate III in Fitness) or units that have been superseded by these units:

HLTAID011	Provide First Aid (or a unit that supersedes this unit)
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

Delivery Method: Online

Course Duration: Maximum 12 months

Recommended study hours: 4-8 / week

Learning resources:

You'll have all learning resources available within your online learning profile. Your interactive lessons will be filled with videos, diagrams and includes audio playback. Lessons are designed to keep you engaged and focused, to aid fast and enjoyable learning. You can also access your lessons offline and via our app.

How am I assessed?

Assessment

You'll have the flexibility to complete your Theory & Practical Assessment, when it suits you, whether you're balancing studies with work, family or other passions, our courses are designed to fit in with your lifestyle.

With online course access 24/7, you can complete your lessons & assessments at your own pace.

Theory Assessment

Your Theory Assessment will include Multiple Choice Quizzes, Short Answer Quizzes & Case Studies, which can all be completed online.

Practical Assessment

Your Practical Assessment involves Practical Assessment Role Plays to help ensure you're prepared for your work placement and career. These can be submitted via film or can be completed by attending a practical assessment session in Brisbane.

Work Placement (optional)

Highly beneficial if you want to get the most out of your studies, work placement lets you 'walk the talk' and live the life of a fitness professional while still studying! Perfect for students starting out, or keen to get started quickly in the industry. As many of our students are offered positions while on placement, Onfit remains highly supportive of this optional extra.

Additional Course Requirements

The Certificate IV in Fitness includes tasks relating to working with adolescent clients. Students will be required to obtain a working with children clearance which will be at no cost to students. you'll be guided through this process.

COURSE OUTLINE

The **SIS40221** Certificate IV in Fitness

SISFFIT049 - Use exercise science principles in fitness instruction Identify role of anatomy & physiology in fitness instruction

- Identify information sources for exercise science principles relevant to fitness instruction.
- Incorporate exercise science principles in fitness instruction.
- Maintain & update knowledge of exercise science.

SISFFIT034 - Assess client movement & provide exercise advice

- Establish client needs.
- Assess client movement.
- Provide advice on exercises for optimal movement.

SISFFIT053 - Support healthy eating for individual fitness clients

- Identify client needs for nutrition advice.
- Provide healthy eating advice within scope of own role.
- Support clients to adopt & sustain healthier eating patterns.
- Evaluate effectiveness of advice to clients.

SISFFIT051 - Establish & maintain professional practice for fitness instruction

- Establish context for fitness instruction work.
 - Develop & maintain collaborative relationships with medical & allied health professionals.
 - Participate in professional reflection & development.
- Maintain evidence-based knowledge for fitness instruction.

SISFFIT050 - Support exercise behaviour change

- Establish current patterns of client exercise.
- Assist clients to plan for change.
- Support the change process.

CHCDIV001 - Work with diverse people

- Reflect on own perspectives
- Appreciate diversity & inclusiveness, & their benefits
- Communicate with people from diverse backgrounds & situations
- Promote understanding across diverse groups

SISFFIT041 - Develop personalised exercise programs

- Identify client needs.
- Plan personalised exercise program.
- Plan personalised exercise sessions.

SISFFIT042 - Instruct personalised exercise sessions

- Prepare for session.
- Provide exercise instruction.
- Encourage & support clients during sessions.
- Evaluate session.
- Monitor client progress & update program.

CHCCOM006 - Establish & manage client relationships

- Establish professional relationship with the client
- Manage client interactions
- Provide effective responses to client enquiries

SISFFIT043 - Develop & instruct personalised exercise programs for body composition goals

- Identify client body composition needs.
- Develop personalised programs for body composition.
- Plan individual sessions.
- Instruct exercise sessions targeting body composition goals.
- Encourage & support clients during sessions.
- Evaluate program effectiveness.

SISFFIT045 - Develop & instruct personalised exercise programs for adolescent clients

- Screen & assess adolescent clients.
- Develop personalised programs for adolescent clients.
- Plan individual sessions.
- Instruct exercise sessions for adolescent clients.
- Encourage & support clients during sessions.
- Evaluate program effectiveness.

SISFFIT044 - Develop & instruct personalised exercise programs for older clients

- Identify client needs.
- Develop personalised exercise programs for older clients.
- Plan individual sessions.
- Instruct exercise sessions for older clients.
- Encourage & support clients during sessions.
- Evaluate program effectiveness.

SISSSPT001 - Implement sport injury prevention & management strategies

- Maintain knowledge of sport injury prevention & management.
- Provide sport injury prevention & management information to participants.
- Implement sport-specific injury prevention strategies.
- Implement injury, illness & medical condition management strategies.
- Reflect on sport-specific injury prevention management practice.

SISFFIT046 - Plan & instruct online exercise sessions

- Establish technology requirements for online exercise sessions.
- Assess safety risks associated with online exercise sessions.
- Plan online exercise sessions.
- Instruct online exercise sessions.
- Evaluate online exercise sessions.

SISXICT001 - Select & use technology for sport, fitness & recreation work

- Conduct technology appraisal.
- Apply wireless requirements.
- Apply monitoring software requirements.
- Apply capture technology requirements.
- Maintain technology equipment.

BSBESB302 - Develop & present business proposals

- Evaluate business ideas.
- Manage risk associated with business proposal.
- Develop proposal for viable business idea.
- Present business proposal.

BSBESB401 - Research & develop business plans

- Prepare to develop business plan
- Draft business plan
- Create a business plan
- Finalise business planning & plan for risk

STUDYING ONLINE

with Onfit Training College

Online education allows you to have a consistent yet personal and supported learning experience. At Onfit, our team of experts use the latest interactive technology to keep you engaged and interested in what you're learning, so you're not just reading online, you're being educated online. That's the Onfit difference.

Your online learning experience will include:

- Instantly marked quizzes
- Offline study option
- Mobile learner app
- Audio playback
- Mini lectures
- Printable templates for your career
- A comprehensive exercise database
- 24/7 access for flexible study

Furthermore, because we create all of our learning materials 'in-house' if something changes in the fitness industry, we change it on our course, meaning you'll have access to the latest and most current information and research.



YOUR CIRCLE OF SUPPORT



Your success is our purpose. Your Circle of Support is all about you. Our expert team of Tutors, Career Advisors, Admin and IT support staff are dedicated to helping you succeed.

- Unlimited and uncapped support
- Guaranteed 24hr response for education support
- Weekend support from 9am – 5pm (AEST)
- Weekday support from 8am – 7pm (AEST)

MUST KNOW QUESTIONS, ANSWERED!

Are Onfit Training College's Courses Nationally Recognised Australia-Wide?

Yes, Onfit Training College is a Registered Training Organisation (RTO Number: 32107), and all of our courses (with the exception of our Professional Development courses) are nationally accredited.

What do I need to study online?

All resources for your studies are provided to you, you're not required to purchase any textbooks or additional course materials. There are a few things you'll need to for studying online:

- A device to study on (laptop, computer, tablet or mobile). For the best learning experience, we recommend a computer or laptop.
- A steady internet connection
- A video recording device (a smartphone is suitable)

Is my qualification recognised in other countries?

Australian fitness qualifications are well respected world-wide. Australian Fitness Registering body, AusActive, is a member of the International Confederation of Registers for Exercise Professionals (ICREPS) network, which

provides portability between different countries, including New Zealand, Canada, the United States of America, India, Ireland and the UAE. You can visit the ICREPS website for more details.

Will I feel confident enough to start working straight away?

Yes! We pride ourselves on producing 'industry ready' graduates. Our strong connections within the health and fitness industry helps us ensure that we're providing you with the skills that are truly in demand when you start working. You'll also receive our exclusive PT Business Success course as a free bonus (RRP \$995). Developed with fitness gym managers, this course will teach you the vital skills needed to run your business, including sales, marketing, finance, and insurance"

I'm ready to enroll, what's next?

When you're ready to enrol, you'll be sent your online enrolment form and Student Handbook. After completing your enrolment documents, we'll create your online learning profile, and provide you with access to your lessons and assessment. Our team will support you with starting your studies and make sure you're set up for success!

HOW CAN I PAY FOR MY COURSE? PAYMENT OPTIONS

Just like studying, we know paying off your course fees is not a one-size-fits-all approach. We offer a range of flexible payment options, so there's sure to be an option that suits you!



- Easy Setup, Convenient Payments
- Scheduled payments through Direct Debit
- Start Studying with as little as \$50/week



- Study now pay later
- No Deposit, 12 months interest free!
- Manage payment through digital account
- Eligibility Criteria and Terms and Conditions



CASH ADVANTAGE

- Best Value and Lowest Price
- Receive a discount for paying a higher deposit
- Quick & easy to get started

SUCCESS STORIES AND INSPIRATION



Clint Holland

Certificate III & IV in Fitness, Kettlebell Fundamentals, Boxing for Fitness & Altitude Training Graduate

Owner of NuPeak

"If you're considering a career in the fitness industry I'd only recommend Onfit. For me personally, that's how good they've been to me and how supportive they've been... I wouldn't recommend anyone else."



Kylie Papazoglou

Certificate III & IV in Fitness Graduate

Owner of FemFitLife, specialising in Women's Fitness Coaching.

"After 15 years of working in a corporate office job and teaching dance and fitness part time, I decided it was time to pursue my dream of coaching full time, to help others to improve their health and vitality. So now my goal now is to serve my clients and guide them to optimal well-being. With my expertise in fitness and my current holistic approach to well-being, I strive to ensure my clients become fit, functional and fulfilled through our coaching together."



Penelope Connolly Victoria
2 reviews 2 likes

Online support throughout

★★★★★ published 2 months ago

Completed the Cert111 on line from Melbourne. The course was easy to follow & relevant. Subject material was easy to follow & engaging. Assessments were marked & feedback given promptly. The education support was outstanding . Always encouraging & supportive.

"can't recommend ONFIT enough to study with.

I recently finished my Cert IV in Fitness. Throughout the last 2 years with the COVID lockdowns, the trainers and assessors from OnFit were so helpful in working out ways to suit our circumstances.

The student support was amazing with my emails answered by 9am the next day 9/10 times.

★★★★★ By Adam on Dec 30, 2021

PRODUCT REVIEW



Top of the line customer service. Would 100% recommend. The entry process is seamless ...

★★★★★ by Dominic on 24 Feb 2022

Flexible and content rich. The software and website is easy to use and has effective easy of teaching complex concepts. I really enjoyed the process and loved the layout and flexibility



Jade Sheppard

1 review

★★★★★ a week ago **NEW**

I have really enjoyed my studies with Onfit Training College. The layout of the online course was easy to follow and the instructors and course supervisors were always extremely helpful. I am currently enjoying another course by Onfit and I don't plan on stopping anytime soon. I would highly recommend them to anyone.

👍 Like

Note that \$5 from every enrolment will be donated to [Mindblank](#).

Mindblank's aim: "We are committed to reducing suicide and empowering Australians with the tools to improve their mental health."



READY TO GET STARTED?

Speak to one of our Career Advisors for further details or to organise your enrolment with us!

onfit.edu.au

📞 1300 557 637