



fiteducation

**Courses**

*Fit for life.*



# About Fit Education

At Fit Education, our goal is to empower your educational journey, develop essential skills, embrace global perspectives, and thrive in an ever-evolving industry.

Our student-centric approach is designed to be both inclusive and innovative to ensure your education effectively prepares you for a rewarding career, personal growth, and a prosperous future.

## Our Experience

### Where Experience Meets Innovation.

Our team's extensive experience and knowledge in the fitness industry allows Fit Education to provide the most modern and effective training techniques for people of all ages and fitness levels. The team at Fit Education have worked with many professional sporting teams including the Australian Wallabies, Brisbane Broncos, Queensland Reds, Brisbane Bullets, North Qld Cowboys, London Irish Rugby, London Broncos, Bordeaux Beagles and Fulham Football Club. In addition, we consult to many corporate clients and secondary schools on a range of health, fitness topics.

## Our Passion

### We don't just teach fitness, we live and breathe it.

We are passionate about delivering the best education to our clients, so that you as the fitness professional of tomorrow are educating, motivating and inspiring your clients. Together, we are teaching the community about the value of a fit and healthy lifestyle.

## Our Knowledge

### Learn from the best.

Our lecturing team has a wide variety of experience in the health and fitness industry, from conditioning professional sporting teams both in Australia and internationally, to working with elite athletes and secondary schools, teaching at university, and running successful personal training businesses. You will be inspired and motivated by our team.

## Our Commitment to You

### We are outcome focused.

Our goal is to produce graduates that are in demand. Fit Education combines a highly practical course with a strong theoretical background, so you are well equipped to handle health and fitness related questions on a daily basis. We are confident you will be able to step into your role the day you graduate. There are great job opportunities for you once you have completed your training.



Since 2003, Fit Education has launched over 10,000 students into fitness careers.

## Highly Experienced

Our team have worked with professional sporting teams including the Australian Wallabies, Brisbane Broncos, Queensland Reds, Brisbane Bullets, North Old Cowboys, London Irish Rugby, London Broncos and Fulham Football Club.

## Personalised Support

As an online student, you have access to an exceptional learning management system and our expert tutors are available to guide and support you, in a way that fits with your schedule.

## Nationally Recognised

Our courses are nationally recognised and once you complete your course, you can register with AusActive and work anywhere in Australia and even abroad.



## Flexible Online Delivery

- ▶ Study at your own pace with flexible online delivery.
- ▶ Get instant access to a state-of-the-art online course.
- ▶ Affordable payment plans available
- ▶ National & internationally recognised course.

Practical Experience Our courses have a strong practical component.

## Be a Job Ready Graduate

Our goal is to produce graduates that are in demand. Fit Education combines a highly practical course with a strong theoretical background, so you are job ready to work in the fitness industry.

## Career Pathways

Fit Education takes pride in offering diverse career pathways for students. We have established partnerships with universities such as Griffith, University of the Sunshine coast, James Cook University as well as partnering with the Australian Strength Conditioning Association (ASCA), to open a range of pathways into further education.



## Accreditation

At Fit Education, we take pride in being an approved Vet Student Loans provider, enabling eligible students to receive government assistance to support their studies.

Our recognition by CRICOS showcases our commitment to meeting the rigorous standards set by the Australian government for international education providers.

Fit Education is a Qld Government Skills Assure Supplier (SAS), ensuring that our courses adhere to the high-quality requirements established by the Queensland government.

These accreditations and funding approvals serve as a testament to our dedication to delivering exceptional education and supporting students throughout their fitness career journeys.



# Why Study with Fit Education?





# Fit Education Certificates

## Certificate III in Fitness

(SIS30321)

**You don't have to be fit or have any prior knowledge in fitness to start our courses.**

Once you've completed this course, you will know how to conduct a health screening, apply anatomy and physiology to exercise prescription, test fitness levels, design exercise programs, develop your communication skills and make basic nutritional recommendations.

### What jobs can I get?

You can work in a fitness centre as a Group Fitness Instructor or Gym Instructor.

## Certificate IV in Fitness

(SIS40221)

**Build on the skills learnt in Cert. III**

PLUS learn how to develop, conduct and evaluate long term periodised fitness plans, develop your sales and marketing skills, evaluate and analyse the performance of individuals or groups in a variety of fitness settings and learn how to apply teaching methods and instructional styles both indoors and outdoors.

### What jobs can I get?

You can work as a Personal Trainer in a fitness centre or start your own personal training business.

(Certificate III in Fitness is a prerequisite to Cert IV in Fitness)

## Certificate II in Sport Coaching

(SIS20321)

**With the announcements of the Brisbane 2032 Olympics this is the perfect course to launch your coaching career.**

Use this qualification to work in assistant coaching roles at community based sports clubs and organisations in the Australian sport industry.

### What jobs can I get?

Possible job role titles depend on the specific sport and may include assistant coach.

## Certificate II in Sport & Recreation

(SIS20122)

**The Cert. II in Sport & Recreation teaches coaching practices, coaching fundamental motor skills, preparing and conducting sport and recreation sessions and coaching communication.**

### What jobs can I get?

You can work as a Community Coach, or Recreation Assistant.

## Diploma of Sport - Coaching & Development

(SIS50321)

**This qualification provides the skills and knowledge for an individual intending to pursue a career in sport Coaching & Sport Development.**

What jobs can I get? Occupational outcomes for this qualification include: high performance coach, identifying and developing athletes, community sport development officer, sports administration position, competitions management and roles within sports venues and facilities.

## First Aid + CPR

(HLTAID011) + (HLTAID009)

**Current First Aid and CPR training is a requirement to work in the sports and fitness industry.**

First aid ensures that professionals are equipped with the necessary skills to handle medical emergencies and provide immediate care when needed. They are crucial for maintaining a safe and secure environment for participants and clients in the sports and fitness industry.



# Certificate III in Fitness (SIS30321)

Certificate III in Fitness is the industry standard to work as a Fitness Instructor in the fitness industry in every state in Australia.

Fit Education offers a comprehensive learning package for the full Certificate III. Including fitness instruction and group fitness instruction electives. You may be eligible for Government Funding for the Certificate III.



# Certificate IV in Fitness (SIS40221)

Certificate IV in Fitness is the minimum requirement to become a Personal Trainer in Australia.

This means that if you want to work as a Personal Trainer or conduct group activity classes in an independent fashion, you must have this qualification. The depth of knowledge required for Certificate IV obviously then reflects the added responsibility of obtaining and using this certificate.



## 1 Gym Maintenance

SISXFAC007	Maintain clean facilities (E)
HLTWHS001	Participate in workplace health and safety (C)

## 2 Anatomy And Physiology

SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise (C)
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## 3 Orientation, Health Screening, Fitness Assessment

BSBOPS304	Deliver and monitor a service to customers (C)
SISFFIT032	Complete pre-exercise screening and service orientation (C)
SISFFIT033	Complete client fitness assessments (C)

## 4 Healthy Eating

SISFFIT052	Provide healthy eating information (C)
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## 5 Exercise Instruction

SISFFIT040	Develop and instruct gym based exercise programs for individual clients (C)
SISXCA009	Instruct Strength and Conditioning Techniques (E)

## 6 Training Children

SISFFIT037	Develop and instruct group movement programs for children (E)
BSBPEF301	Organise personal work priorities (C)

## 7 Group Exercise

SISFFIT035	Plan group exercise sessions (C)
SISFFIT036	Instruct group exercise sessions (C)
BSBOPS403	Apply business risk management processes (E)

## 8 First Aid

HLTAID011	Provide First Aid (C) (May need to source from a local provider)
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Due to the vast experience of our team, we offer an unparalleled course program that goes far beyond the knowledge necessary for the current minimal requirements. You will be learning from Australia's leading fitness and performance consultants.

Studying the combined Certificate III and Certificate IV program, you'll dive deeper into one-on-one personal training and strength and conditioning modules. This allows you to fulfill the full theory requirements of the Australian Strength and Conditioning Association (ASCA) Level 1 accreditation.

We've partnered with the University of Sunshine Coast, providing our Certificate IV graduates with direct access to studying a BSc of Sports and Exercise Science. It's an amazing opportunity to further your education and career prospects.

## 1 Personal Training

SISFFIT041	Develop personalised exercise programs (C)
SISFFIT034	Assess client movement and provide exercise advice (E)
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals (C)
SISFFIT053	Support healthy eating for individual fitness clients (C)
CHCCOM006	Establish and manage client relationships (C)
SISFFIT050	Support exercise behaviour change (C)
SISFFIT042	Instruct personalised exercise sessions (C)

## 2 Strength And Conditioning

SISXCAI010	Develop strength and conditioning programs (E)
SISFFIT049	Use exercise science principles in fitness instruction (C)
SISFFIT051	Establish and maintain professional practice for fitness instruction (C)
SISCCA1005	Conduct individualised long-term training programs (E)

## 3 Specific Populations

SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients (C)
SISFFIT044	Develop and instruct personalised exercise programs for older clients (C)

## 4 Pt Business

BSBESB404	Market new business ventures (E)
BSBESB401	Research and develop small business plans (E)
BSBESB402	Establish legal & risk management requirements of new business ventures (E)
BSBESB403	Plan Finances for new business ventures (E)





# Certificate II in Sport and Recreation (SIS20122)

Fit Education’s Certificate II in Sport and Recreation will set you up to make a difference in your community.

With this nationally recognised qualification, you can start working as a community coach or recreation assistant. You’ll also be able to assist at community recreation centres, outdoor sporting grounds and aquatic centres. Certificate II will allow you to work as a Community Coach, or Recreation Assistant.

VET in Schools funding is available for this course.



# Certificate II in Sport Coaching (SIS20321)

This qualification is for individuals who apply the skills and knowledge to conduct pre-planned coaching sessions with foundation level participants in a specific sport.

Work in assistant coaching roles at community based sports clubs and organisations in the Australian sport industry. Individuals with this qualification use basic coaching skills to engage participants in a specific sport using beginner practical skills and basic sport industry knowledge.

They work under the supervision of a coach. Possible job role titles depend on the specific sport and may include assistant coach.

VET in Schools funding is available for this course.



1 Coaching In The Sport & Fitness Industry	
SISXCCS004	Provide quality service (C)
SISXIND011	Maintain sport, fitness and recreation industry knowledge (C)
SIRXPDK001	Advise on products and services (E)
2 Assist With Coaching	
SISOFLD001	Assist in conducting recreation sessions (C)
BSBPEF301	Organise personal work priorities (E)
3 Maintenance, WHS & Emergencies	
HLTWHS001	Participate in workplace health and safety (C)
SISXEMR003	Respond to emergency situations (C)
SISXFAC007	Maintain clean facilities (E) SISXFAC006 Maintain activity equipment (C)
4 First Aid	
HLTAID011	Provide First Aid (E) (May need to source from local provider)



1 Planning And Delivering Coaching Sessions	
SISSSCO002	Work in a community coaching role (C)
SISXPLD001	Provide equipment for activities (E)
2 Fundamental Motor Skills	
SISSSCO001	Conduct sport coaching sessions with foundation level participants (E)
3 Workplace Health And Safety And Emergencies	
SIRXWHS001	Work safely (C)
SISXEMR003	Respond to emergency situations (E)
SISXFAC007	Maintain sport, fitness and recreation facilities (E)
4 First Aid Certificate	
HLTAID011	Provide First Aid (C) (May need to source from a local provider)







# Workout your future

## Diploma of Sport (SIS50321)

This qualification provides the skills and knowledge for an individual intending to pursue a career specializing in sport (Coaching and Sport Development).

Any learner who successfully completes the program is awarded the qualification "Diploma of Sport" which is recognised anywhere in Australia. Occupational outcomes for this qualification can vary from high performance coaching, sports development, managing competitions, sports venues and facilities, and identifying and developing athletes.

This is a Vet Student Loans approved course, enabling eligible students to receive government assistance to support their studies. Fit Education's Diploma of Sport qualification can also lead into university pathways with credit linkages into the Bachelor of Sports Studies and Bachelor of Business with Griffith University and University of Sunshine Coast.



### This program prepares participants for employment in the sports and fitness industry as:

- ▶ High Performance Coach
- ▶ Sport Development Manager
- ▶ Athlete Talent ID Manager
- ▶ Program Developer
- ▶ Sports Management and Administration

### Graduates Of This Program Will Be Able To:

- ▶ Select and use relevant technologies to assess athletic performance
- ▶ Plan and implement coaching programs for athletes
- ▶ Coach athletes in competition
- ▶ Support and develop athletes and teams
- ▶ Manage integrity in sport
- ▶ Apply sports psychology principles
- ▶ Apply anti-doping policies
- ▶ Lead and manage people
- ▶ Interact and liaise with relevant stakeholders within sport

#### 1 Integrity And Ethics In Sport

SISSSCO011	Manage integrity in sport (E)
SISSSCO008	Apply anti-doping policies (E)
SISXIND008	Manage legal compliance in sport and recreation (E)

#### 2 Sport Coaching - Strength And Conditioning

SISSSCO004	Plan, conduct and review coaching programs (E)
SISSSCO003	Meet participant coaching needs (E)
SISSSCO007	Apply sport psychology principles (E)
SISSSCO016	Coach participants in sport competition (E)

#### 3 Sport Development

SISXFIN001	Lead and manage people (C)
SISXMGTO01	Manage meetings (E)

#### 4 Sport Leadership

SITXHRM003	Develop personalised exercise programs (C)
BSBTWK503	Assess client movement and provide exercise advice (E)
HLTWHS003	Maintain work health and safety (C)
HLTAID011	Provide first aid and CPR (E) (May need to source from a local provider)





# Practitioner Certificate in Nutrition

Fit Education's Practitioner Certificate in Nutrition will set you up to make a difference in your community.

From understanding obesity and its impact on health, to mastering the intricacies of macronutrients and micronutrients, to learning about popular diets and food intolerances – our curriculum is designed to provide you with a deep understanding of nutrition science.

The Certificate in Nutrition allows graduates to provide evidence-based recommendations to healthy clientele, providing an excellent opportunity for both novice and seasoned fitness trainers to augment their knowledge and proficiency in the highly competitive fitness industry. Upon completion of the program, graduates can effectively leverage their acquired expertise in nutrition to enhance their fitness enterprise or establish a unique value proposition that distinguishes them from other industry professionals.

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|-------------------------------------|--|
| <b>NC01</b> The Obesity Epidemic    | <b>NC07</b> The Art of Nutrition Coaching            |
| <b>NC02</b> Understanding Nutrition | <b>NC08</b> Body Composition Nutrition               |
| <b>NC03</b> Food Intolerances       | <b>NC09</b> Performance Nutrition                    |
| <b>NC04</b> Popular Diets           | <b>NC10</b> Ergogenic Aids                           |
| <b>NC05</b> Human Physiology        | <b>NC11</b> Behaviour Change                         |
| <b>NC06</b> Nutrition Assessment    | <b>NC12</b> Building a Nutritional Coaching Business |



# Diploma of Sport Academies

The Diploma of Sport program at Fit Education offers exciting partnerships with renowned institutions such as the Brian Kerle Basketball Academy and Women's Sport Academy.

This collaboration provides Diploma of Sport students with unique opportunities to immerse themselves in their chosen sport, combining academic studies with practical experience and the chance to work closely with coaches and athletes.



Where you  
get results,  
not promises



# Fit Education Short Courses

## Female Coaching Short Course

**Expand your knowledge on female sport involvement and how women can advance in leadership and coaching positions to get the most out of their athletes.**

In the sport industry currently, there are substantially more male coaches than female coaches across all levels of sport. Empowering upcoming female coaches/athletes and providing them with the tools to succeed in the industry will help to increase the number of females in coaching positions.

## Resistance Band Short Course

**Resistance bands are a highly useful training tool for all fitness professionals since they can be used in a diverse set of ways, depending on the specific individual and their training goals.**

In this course you will learn the technique and theory underpinning resistance bands and the most common exercises to target each muscle group. This will provide you with the tools to use resistance bands across varying levels of difficulty and age groups.

## Nutrition Short Course

**Expand your knowledge and support your clients with smarter food choices by studying Fit Education's Nutrition Short Course.**

Designed by personal trainers for personal trainers, this course is aimed at helping you build a base knowledge of nutrition so your clients achieve the best results and create long lasting healthy habits.

Aus Active 2 CEC Points



## Group Exercise Leader Short Course

**The Group Exercise Leader (GEL) program offers a quick and budget-friendly pathway for individuals aspiring to gain a foundational fitness industry qualification to lead prechoreographed fitness classes, such as Les Mills Programs.**

This course equips participants with the necessary skills and knowledge to effectively teach group exercise sessions, making it an ideal option for those seeking to enter the fitness industry and share their passion for fitness with others.



## Online Trainer Short Course

**Expand your knowledge and support your clients with online training.**

This course is aimed at helping you build a base knowledge of online training to help expand your business. Personal trainers who work with new technology rather than viewing it as a threat to their existence will benefit both their clients and their businesses.

Aus Active 3 CEC Points



## First Aid and CPR

**With a nationally accredited first aid course Brisbane and CPR course Brisbane from Fit Education, you'll be able to confidently manage emergency situations and provide a critical first aid response to anyone suffering a casualty.**

This certificate is a minimum requirement for workplace first aid compliance and covers the most common workplace injuries and illnesses. On completion of the certificate, you will confidently be able to manage the casualty, provide life support and manage the incident until further help arrives on the scene.





# Career Pathways with Fit Education

The Diploma of Sport has University pathways at the Degree level in Business and Sport Development.

Fit Education has Articulation arrangements with Griffith University, University of the Sunshine Coast and James Cook University. Cert IV in Fitness and Diploma of Sport graduates receive credit and entry towards Bachelor courses. Full details of these arrangements are listed on the Fit Education website.



Completing the combined Certificate III and IV in Fitness program offers students a unique opportunity to meet the theory requirement for the Australian Strength and Conditioning Association (ASCA) Level 1 Accreditation.

Through this integrated pathway, students can demonstrate a comprehensive theoretical grasp of essential fitness principles, exercise programming,

and sports science concepts. Not only enhancing professional credibility but also widens the spectrum of career prospects, including opportunities to work with sports teams, athletic organisations, and specialized fitness facilities, giving Fit Education graduates a distinct competitive edge within the industry.



## What Our Students have to Say

Studying with Fit Education has given me the confidence to start a rewarding career as a Strength and Conditioning coach in preparation for the Olympics.

**Emily Geilnik**  
Aston Villa FC & Matildas

Studying the Diploma of Sport gave me the ability to train towards my goal of performing at the Olympics while obtaining a nationally recognized qualification.

**Fraser Symons**  
400m Hurdles Athlete

# Built to fit you





# *Fit for life*



## **ENROLMENT & INFORMATION**

email: [info@fiteducation.edu.au](mailto:info@fiteducation.edu.au)

Or call: 1300 FITEDU (1300 348 338) to  
speak to one of the Fit Education team

## **FIT EDUCATION AUSTRALIA PTY LTD**

55 Queenscroft Street, Chelmer Qld 4068 PO Box 2505, Graceville Qld 4075

**1300 348 338 | [fiteducation.edu.au](http://fiteducation.edu.au)**

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