



Certificate in Personal Training (Online)

Course Information

Fitnation offers you a career in the growing health and fitness industry and the opportunity to study what you love. With industry experts developing, delivering and supporting all our courses you can be sure that you are getting the very best in fitness education. Study online, the most convenient and flexible way to obtain your personal training qualification.

The Certificate in Personal Training enables graduates to register as a Personal Trainer with Reps NZ. It also incorporates the Australian qualifications (Certificate III & IV in Fitness) should you wish to travel and work in the fitness industry.

Our online course delivers the highest quality training using the latest technology. It is specifically designed for participants who prefer to learn by accessing a variety of interactive web-based resources.

About Fitnation

Since 1995, Fitnation has been one of Australia's leading course providers in the fitness industry and an innovator in the education of fitness professionals. In 2008 Fitnation was purchased by the Endeavour College of Natural Health, an internationally accredited college with facilities in Australia and New Zealand. Since then Fitnation has expanded and now offers online programs that are fully accredited with REPs NZ.



Why Choose to Study With Fitnation?

- **Our Courses:** For over 15 years we have established a reputation as a provider of the highest quality courses. Our courses are accredited in New Zealand and Australia which enables you to work internationally as a personal trainer.
- **Our Team:** Our highly qualified team of presenters include: Physiotherapists, Dieticians, Exercise Physiologists, Exercise Scientists and industry business professionals. All experts in their fields with a passion for the fitness industry, they will provide you with the technical knowledge and practical skills required to succeed as a Personal Trainer.
- **Our Resources:** All our course resources were developed by our specialist presenters and are continually reviewed to ensure they contain relevant and up-to-date information. Our online resources are comprehensive, clear and well structured. They are an excellent learning resource and an invaluable reference for graduates.
- **Flexible Delivery:** Our online programs give you the flexibility to study at times that suit you and your lifestyle. While there are set timeframes for submission of assessments, you can work through the course as quickly as you like. Of course, you can access Fitnation's highly qualified and friendly support staff if you need assistance.
- **Fitnation Support:** We are committed to helping you get the most from your studies. Our dedicated team of health and fitness professionals are on hand to help with any questions you may have to assist you to complete your qualification.

Your Commitment

- The course content includes industry placement, theory and practical activities, reading and assessments to be completed in set times. By adhering to the due dates you will complete the course on schedule. There is much information to absorb so be prepared to commit time and effort to the course as it is not something you can complete over a weekend.
- We ***strongly recommend*** you attend a fitness centre to practice and perfect the movement skills and techniques learned during the course. You must practise what you preach!
- Attending a centre will also enable you observe how trainers communicate with their clients. Effective communication skills are essential if you want to be a successful personal trainer.

- You have enrolled because you are passionate about health and fitness. Throughout the course you will have access to industry experts so make the most of the opportunity to ask questions and apply their knowledge. We are confident you will find the course interesting, informative and enjoyable.

Course Structure

The course is arranged into 5 modules as follows. Each module needs to be completed in **three** months:

Module	Assessment	Online Format
1. Nutrition for Health Management <ul style="list-style-type: none"> Nutrition principles Healthy eating guidelines Nutritional advice for weight management and loss Nutritional advice for exercise performance 	<ul style="list-style-type: none"> Self assessments Case study assessments 	<ul style="list-style-type: none"> Powerpoint presentations Videostreams Interactive diagrams Quizzes and self assessments Reading
2. Exercise Science and Client Screening <ul style="list-style-type: none"> Applied anatomy Movement analysis Exercise physiology Postural analysis Client screening and assessment Fitness evaluation 	<ul style="list-style-type: none"> Self assessments Case study assessments Theory test (1hr) Practical placement Practical assessment 	
3. Exercise Instruction and Advanced Conditioning <ul style="list-style-type: none"> Fitness industry services Fitness training principles Instruction and motivation techniques Planning and developing exercise programs Instructing exercise programs using a range of exercise equipment Resistance training, functional training and advanced exercise conditioning 	<ul style="list-style-type: none"> Self assessments Case study assessments Practise exercises and instructional skills in the fitness centre Practical placement Practical assessment 	
4. Specialty Training for Children and Older Adults <ul style="list-style-type: none"> Exercise guidelines for clients with special needs Exercise program design and instruction for older adults Exercise program design and instruction for children and adolescents 	<ul style="list-style-type: none"> Self assessments Case study assessments Practise exercises and instructional skills in the fitness centre Practical placement Practical assessment 	

<p>5. Personal Training Business Essentials</p> <ul style="list-style-type: none"> • Providing effective client service • Risk management and OH&S • business planning and management • Marketing, promotion and selling skills • Financial management and record keeping • Conducting programs and projects 	<ul style="list-style-type: none"> • Self assessments • Case study assessments 	
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Course Units

For a complete list of units included in the Certificate in Personal Training, please visit the website www.fitnation.co.nz

Note: Students will need to have well developed reading and writing skills to complete the course.

Practical Placement and Assessment

- Students complete a 40 hour work placement supervised by a mentor in a fitness facility to obtain industry experience.
- The practical assessment involves client screening and evaluation and the instruction of an exercise (personal training) session.
 - It includes the demonstration of exercises, identification of muscle groups, joint actions and various health and fitness evaluations.
 - It takes approximately 60 – 90 minutes and can be completed by video (or personal demonstration at one of our Training Centres, depending on availability).

Course Duration

- We allow a maximum of **three** months for each module and provide you with a schedule to enable you to complete the qualification and gain employment within a realistic timeframe.
- There is no minimum time frame which means you can complete the course as quickly as you like. It all depends on how many hours you put in to study each week.
- There is flexibility with the timeframes. You can arrange an extension of up to 3 months if your circumstances prevent you from completing the course in the scheduled 15 months. Please note we will provide comprehensive support services to assist you to complete the course. However, a re-enrolment fee of \$700 may be applied for students exceeding the timeframes.

Fees

Course	Delivery Option	Payment	
		Full	Deposit + Instalments
Certificate in Personal Training	Online	NZD \$3200	NZD \$1715 + 6 x \$260
Individual modules	Online	NZD \$700	Not available

- Cost includes all course resources and assessments
- Students may pay by instalments under the following conditions:
NZD \$1715 Deposit (includes an additional NZD \$15 Administration Fee) + NZD \$250 Monthly instalments until balance is paid. This option is available with credit card payments only for a full course enrolment
- A re-enrolment fee of NZD \$700 may be applied for students exceeding the timeframes.

Refunds

- For students enrolled in one module only, no refunds will be given once the username and password have been sent.
- For full course enrolments, no refunds will be given after 30 days of the username and password being sent.
- No refund will be given once the student has completed the first two modules.
- The refund entitlement will be less the first module fee (NZD \$700) and administration fee (NZD \$200).

Contact Us

<p>Fitnation – New Zealand</p> <p>(located in M1NT Health & Fitness) 118 Victoria St Christchurch 8140 Phone: 0800 348 628 (0800 FITNATION) E: info@fitnation.co.nz W: www.fitnation.co.nz</p>	<p>Fitnation – Australian Head Office</p> <p>Shop 40, 197 Bay Street Brighton, VIC 3186 Phone: 03 9596 5533, Fax: 03 9596 5236 E: info@fitnation.com.au W: www.fitnation.com.au</p>
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Certificate in Personal Training Enrolment – 2010

Name: _____

Address: _____

P/Code _____ Telephone: (h) _____

(w) _____ (m) _____

Email: _____ Date of Birth: _____

Course Information

Has the course information provided you with sufficient information about the course, method of delivery, assessment requirements, language, literacy and numeracy requirements and support services?

- Yes No – please contact Fitnation for further assistance
 I understand the student information / refund policy attached.

Please select the course / module, delivery option and payment method

- | Course / Module | Delivery Option | Full | Deposit + Instalments |
|--|---------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Certificate in Personal Training | <input type="checkbox"/> Online | <input type="checkbox"/> NZD \$3200 | <input type="checkbox"/> NZD \$1715 + 6 x \$260 |
| <input type="checkbox"/> 1. Nutrition & Health Management | | Delivery Option | Payment |
| <input type="checkbox"/> 2. Exercise Science & Client Screening | | <input type="checkbox"/> Online | <input type="checkbox"/> NZD \$700 |
| <input type="checkbox"/> 3. Exercise Instruction & Advanced Conditioning | | | (member) |
| <input type="checkbox"/> 4. Specialty Training – Children & Older Adults | | | |
| <input type="checkbox"/> 5. PT Business Essentials | | | |

Payment Details: Total Amount: \$ _____

Cheque payable to "Fitnation" Money Order Visa Mastercard

Credit Card Number: _____ | _____ | _____ | _____

Card Holder's Name: _____

Expiry Date: _____ Signature: _____

Email to: info@fitnation.co.nz

Send to: Fitnation c/- M1NT Health & Fitness, 118 Victoria St, Christchurch 8140