

ATHLETES AUTHORITY

# CERTIFICATE III / IV FITNESS COURSE GUIDE

SIS30315 & SIS40215 RTO 45678

**THE ONLY  
EDUCATION THAT  
PREPARES YOU  
FOR THE REAL  
WORLD**

<https://athletesauthority.education>



NOVA ENTERTAINMENT  
PODCAST NETWORK



Spotify



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## OUR MISSION

One day, one of the attendees at a conference we were running grabbed us during a coffee break. It was mostly pleasant small talk until he asked these three questions:

*"So what's the plan for Athletes Authority? When will you know it's a success? How will you know when to stop?"*

He'd seen our '**pinch-yourself-it's-real**' growth from sleeping on the gym floor to being called ' "one of the world leaders in private sector athlete development." Our gym was pumping so we'd moved our attention to the big picture – making a (massive) dent in the fitness industry at large.

This was my answer:

*"When the good guys in the fitness industry don't just get by week-to-week, but actually create an incredible life for themselves and their family. We'll be done when they have built their own little empire that serves them well, and where they serve their clients and tribe even better."*

# WHY CHOOSE US?

# 1.

## Course is taught by industry leaders with practical experience.

They say great coaches make great teachers. In all our courses, you learn from industry professionals who day after day, run their own coaching business and own their own gyms. We've been doing this our whole lives, and we're going to keep it that way.



# 2.

## Streamlined online learning.

Completing the online content doesn't need to be exhausting. We've made it fun and engaging by getting rid of the 'fluff' and replacing it with interactive online tutorials. This makes it easy for you to stay engaged and digest the most important information.

# 3.

## Simulation with real world clients so you leave job ready.

You can't learn how to become a great PT online, just like you can't learn how to ride a bike watching a youtube video. Some skills need to be done, not just learned about. That's why our courses bring you the best-in-class practical experience so you can succeed in your new career.





# US VS THEM

## THE AAE DIFFERENCE

**ONLINE PT COURSES DON'T WORK.**  
HERE IS WHY.

In this short video from the Athletes Authority Founder, you'll learn:

- ▶ The 'inconvenient' truth about the PT education industry...
- ▶ Why online education providers are relying on 'half-truths' to sell you their course...
- ▶ How to spot a course that is more interested in taking your money than setting you up for success...
- ▶ The secret to fast-tracking the time it takes to become an in-demand Personal Trainer
- ▶ 80% of Trainers don't last more than two years in the industry... How to **NOT** be part of the statistic
- ▶ The three most important things you need if you're going to become an in-demand Trainer...
- ▶ The easiest way to graduate with your qualifications without spending 1000's of hours in front of the computer...



Do you want to hear a crazy statistic  
of 100 people who start

# ATHLETES AUTHORITY CERTIFIED TRAINER™

**Overview:**

Our program consists of 26 weeks of practical mentoring on the gym floor. It streamlines the online learning process by making it engaging and fun. Mentored by industry leaders who have been there, done that and are still doing it in their own facilities, you will qualify prepared for the real world.

**Course:**

Athletes Authority Certified Trainer™

**Qualification:**

SIS30315 Certificate III & SIS40215 Certificate IV in Fitness

**Certification:**

Group Exercise Coach, Personal Trainer

**Additional Certifications:**

ASCA Level 1 Strength + Conditioning Coach Accreditation,  
PN Level 1 Nutrition Coaching Certification

**Study mode:**

Online and On Campus

**Campus locations:**

We have campuses in every state (Except NT)

**Career outcomes:**

Fitness coach for groups and teams, personal trainer. Foundation level for further coaching courses. Opportunities for gym manager courses.





# THE (BORING) DETAILS

## Entry requirements:

The minimum age requirement is 17 years before they commence the 'Athletes Authority Certified Trainer' program. Students will require stable Internet connection and a computer or tablet to complete the online modules. High competency of English is required to understand this course, as well as satisfactory literacy and numeracy. This course is for Australian residents only.

## Course requirements:

To graduate with the 'Athletes Authority Certified Trainer' certificate, students are required to pass all subjects within the course. Students must also demonstrate professionalism when working with clients in a face to face setting, including punctuality, a positive attitude, regular attendance of over 80% (for F2F) and willingness to learn.

## Course fees:

Upfront payment  
12 month payment plan  
More information is on page 6 of this course guide.

## Study Mode:

Online Part Time. Self paced study. Students are required to complete 19 core modules, and have the choice of 13 electives to enhance their interest.

Thirteen weeks	Fitness Fundamentals
Thirteen weeks	Personal Trainer
Thirteen weeks	Coaching Experience (runs concurrently with Personal Trainer)

## Face to Face requirements

Students must attend one three hour practical coaching session per week for 26 weeks. These sessions are run weeknights and weekends at approved locations across Australia only. (Excludes NT)

## Additional training:

Further courses are included after your certification to support your ongoing development. These courses include: Emerging Strength Coach System, and the Fitness Business Accelerator. These have a combined value of \$7497.



# COURSE MODULES

## Fitness Fundamentals Modules:

HLTAID003	Provide first aid
SISXCCS001	Provide quality service
SISFFIT001	Provide health screening and fitness orientation
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT003	Instruct fitness programs
SISFFIT006	Conduct fitness appraisals
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT012	Instruct movement programs to children aged 5 to 12 years

## Personal Trainer Modules:

BSBSLS408	Present, secure and support sales solutions
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB306	Plan a home based business
SISFFIT018	Promote functional movement capacity
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
SISFFIT021	Instruct personal training programs
SISFFIT024	Instruct endurance programs
SISFFIT017	Instruct long-term exercise programs
SISXCAI005	Conduct individualised long-term training programs
SISFFIT023	Instruct group personal training programs
SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISXRES001	Conduct sustainable work practices in open spaces
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISXICT001	Select and use technology for sport, fitness and recreation work
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program



# WHAT OUR GRADUATES SAY



## SOFIA

HEAD TRAINER AT FS-8

"After training myself for over 5 years and dating a Personal Trainer for that whole time, I thought I would already have a good idea of what it took to become a great PT. After completing my certifications with Athletes Authority, I was truly mind blown. They have shaped me into the coach I am today and a lot of my success is only because of them."

## LUKE

HEAD TRAINER AT BODY BY BRANDO

"I thought I knew more than I did when I first stepped into AA to complete my certs. Thanks to Karl and my other class mates, I was able to leave with a far greater depth of knowledge about everything I needed to know in order to help set myself up for future success. The course was never boring, each week was super interactive and informative. So many of my questions were answered before I had even thought to ask them. The tools and confidence I was given certainly helped me succeed and progress further in my current job, which was lined up for me before I had even graduated."





Students have options to finance their studies. Your budget and circumstances are not effected by your excitement to join us. Check out our options below.

# PAYMENT PLANS

## ONE TIME PAYMENT

Save \$1647 when you pay in full

# \$7997<sup>00</sup>

## WEEKLY

## PAYMENT

52 weeks with a \$2000 upfront payment

# \$147<sup>00</sup> p/w

## WHAT'S INCLUDED:

- |  |                |
|--|----------------|
| - Cert III and IV in Fitness                 | (\$4500 value) |
| - 26-Weeks of In-Person Practical Workshops  | (\$5200 value) |
| - ASCA Level 1                               | (\$600 value)  |
| - Precision Nutrition Level 1                | (\$2000 value) |
| - 12-Months of post-qualification mentorship | (\$1997 value) |
| - Fitness Business Accelerator               | (\$6000 value) |
| -Emerging Strength Coach System              | (\$1497 value) |

**PURCHASED SEPARATELY: \$21,719**



# FREQUENTLY ASKED QUESTIONS

## 1

### **How quickly can I start my qualification after I decide on my payment method?**

Access will be given after payment method is confirmed and approved. You can start content as soon as you are ready!

## 2

### **Do I need to quit my job to complete this course?**

Absolutely not. Our online learning is tailored to suit your busy schedule, with all courses having the option to start and stop when it suits you. Our 26 weeks of face to face learning is in the evening or on weekends, perfect for anyone balancing a full time schedule.

## 3

### **Will I need to complete assessments in person?**

Most assessments will be completed online with the remaining physical assessments being completed during practical workshops.

## 4

### **Can I complete this course as an International student?**

No. We can't currently facilitate international study.

## 5

### **Does AAE help me get an Industry job once I have completed my course?**

Over 90% of all our graduated students walk into their first coaching role by the time they receive their qualification. We have such a high success rate because of our extensive networks within the coaching community.

## 6

### **Can I defer or take time off my studies?**

You can defer your current enrollment to the next intake (up to 6 months). In the event this happens, any payment plan will continue. Send us an email with an explanation and we can take care of the rest.

**Did we miss your question?**

**Contact us via email or phone for more information.**





## CONTACT US:

**Email:** [info@athletesauthority.com.au](mailto:info@athletesauthority.com.au)

**Phone:** 1300 936 563

**Instagram:** [@athletesauthority](https://www.instagram.com/athletesauthority)

**Facebook** [Athletes Authority](https://www.facebook.com/AthletesAuthority)