Expand your employment. Obtain a nationally recognised qualification and work in a vibrant and rewarding industry.

Course is suitable to fitness professionals as well as anyone who is keen to learn

Plan and Deliver Water Based Fitness Activities \((\text{SISFFIT310A})\)
- 2 Day Course Intensive Training covers both theory and Practical

The Magic of Water!
You will love what the water will do for your body and what the Aqua qualification will do for your career! You will be taught the foundations of aqua instruction, including techniques for modifying exercises to suit a wide range of fitness levels and capabilities. Plus, learn how to design and plan an effective class through exercise selection, music, equipment and teaching methodologies.

If you are an activity leader, personal trainer, fitness instructor or JUST INTERESTED in getting fit in the water, dive in early and become qualified by the experts.

Group Exercise is one of the most popular forms of exercise and employers are always looking for quality instructors.

This course covers both theory and practical assessment.

Plan and Deliver Exercise to Apparently Healthy Children and Adolescents \((\text{SISFFIT313A})\)
This short course involves planning, demonstration, instruction, review and modification of activities and instructional techniques to meet participant needs.

\((\text{SISFFIT314A})\) Plan and Deliver Exercise to Older Clients with managed conditions
This unit applies to exercise instructors and community fitness leaders who work in facilities that provide a range of exercise programs to older clients aged 50 and over who present with managed medical conditions.
Fulfil your commitment to ongoing professional development with specialised courses that will expand your skills and knowledge and gain CEC/PDP points at the same time.

SHORT COURSES for PROFESSIONAL DEVELOPMENT

Level 1 Basic Boxing, Kickboxing & MMA Padwork for Personal Trainers
Learn how to safely handle Focus Pad, Thai Pad & Kick Shield for simple and effective programs for any fitness level. Richard O’Connor shares his extensive fitness industry knowledge to make this course relevant to Personal Trainers of any level and experience. Gain your accreditation developed by one of Australia’s most experience MMA coaches. Co-developer and Owner of Padmasters Vincent Perry, is Head Coach at Potential Unlimited Mixed Martial Arts, and coach to Dylan Andrews, current UFC fighter, qualified through the TUF (The Ultimate Fighter) house.

“Great course! PadMasters are our padholding educator of choice for both active Pt’s in our clubs & our fitness students”  Luke Petzke – Genesis Pt Manager

Pelleres Base Training (PBT) is a core strength and conditioning program. The latest evolution in core strength and conditioning is CORE ACTIVTATION. By activating key core muscles the body becomes more efficient in its movement.

PBT focuses on activating The Three Cores. When you complete a PBT course you will learn to:
- Locate and activate The Three Cores – Understand the concept pre-emptive contractions and why they are so important in our every day lives.
- Teach your body to move with more efficiency.

Altitude Training – Level 1 Instructors Course - This 6.5 hour training course is designed to give the student a basic understanding of the physiology of simulated altitude training, health and safety requirements, monitoring of clients, base line testing, basic exercise prescription and training protocols. The course covers both theory and practical. Assessment is ongoing and competency based, however a short multi-choice questionnaire and practical assessment is required for certification. The course is suitable for those with Certificate IV Fitness or Level 1 Sports coach.

The Core Disc 10 will give you the comprehension, confidence and skills to put together training sessions for clients for different strength, weight loss and rehab goals, levels of ability from beginner (no previous exercise routine) to professional athletes. You will be able to construct fun and engaging training sessions of varying time duration that can be all sliding disc training or used in conjunction with other cardio and strength training routines.

Approval Pending
Your business focus is the key to your success!

You can read all the theory in the world, write mission statements and smart targets, but none of this will make you successful. To be successful you can only have one focus – THE CUSTOMER.

I love the quote from John Wannamaker – which he made way back in the early 1900’s.

“When a customer enters my store, forget me. He is king”

John Wanamaker

With all of the ideas, none of them will be successful unless you firstly have a clear business focus, a distinctive market presence, a memorable logo and a professional appearance at all times.

“"If you don’t drive your business, you will be driven out of business”

B.C. Forbes

All of the successful trainers who earn big incomes give considerable time to marketing. After all if you have no clients you will earn no money!

Additional Competency Based Training Courses

Business Planning for Personal Trainers
BSBCMM401A Make a presentation
BSBCUS402B Address customer needs
BSBMKG413A Promote products and services
BSBMKG414B Undertake marketing activities

Market Your Personal Training Business
BSBSMB401A Establish legal and risk management requirements of small business
BSBSMB403A Market the small business
BSBSMB404A Undertake small business planning
CUFIND401A Provide services on a freelance basis
Have you ever thought how much the success of your business relies on your ability to provide a quality service that puts you ahead of the rest?

You should!

One of the best ways to improve that service is by gaining new skills. Whether learning the latest exercise revolution or better business management.

*Learning Education and Development (L.E.A.D) in Fitness* is an exciting new provider of CEC opportunities for fitness professionals. Initially we are focussing on business and personal skill areas to help you and your business.

**APPROVAL CODE**

- 360 Degree Feedback 04211FA
- The Inspiring Presenter 04212FA
- Coaching and Mentoring 04213FA
- Time Management 04141FA
- Motivating Your Employees 04214FA
- Sales Fundamentals 04215FA
- Business Writing 04216FA

The courses have been approved for **5 CEC** points each and require just one day of face to face learning plus some pre course day preparation.

Courses are just **$150!**

CONTACT THE COLLEGE OF HEALTH AND FITNESS
TO OBTAIN COURSE DATES AND FURTHER COURSE INFORMATION

Tel: 07 3385 0195

Email: enquiries@thecollegeofhealthandfitness.qld.edu.au

[www.thecollegeofhealthandfitness.qld.edu.au](http://www.thecollegeofhealthandfitness.qld.edu.au)
<table>
<thead>
<tr>
<th>COURSE TITLE</th>
<th>DATE</th>
<th>COST</th>
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<tr>
<td>Plan and Deliver Water Based Fitness Activities (SISFFIT310A)</td>
<td>April, 18&lt;sup&gt;th&lt;/sup&gt; &amp; 19&lt;sup&gt;th&lt;/sup&gt; July 24&lt;sup&gt;th&lt;/sup&gt; &amp; 25&lt;sup&gt;th&lt;/sup&gt; September 25&lt;sup&gt;th&lt;/sup&gt; &amp; 25&lt;sup&gt;th&lt;/sup&gt; December 18&lt;sup&gt;th&lt;/sup&gt; &amp; 19&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>Plan and Deliver Group Fitness Exercise (SISFFIT309A)</td>
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<td>Plan and Deliver Exercise to Older Clients with managed conditions (SISFFIT314A)</td>
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<td>$490</td>
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<tr>
<td>Plan and Deliver Exercise to Apparently Healthy Children and Adolescents (SISFFIT313A)</td>
<td>TBA</td>
<td>$490</td>
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Candidates Statement of Attainment can be used for CEC’s/PDP’s

<table>
<thead>
<tr>
<th>FITNESS CATEGORY</th>
<th>SHORT COURSES FOR PROFESSIONAL DEVELOPMENT</th>
<th>DATES</th>
<th>COSTS</th>
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<tr>
<td>Level 1 Basic Boxing, Kickboxing &amp; MMA Pad-work for Personal Trainers</td>
<td>July, 3&lt;sup&gt;rd&lt;/sup&gt; August, 7&lt;sup&gt;th&lt;/sup&gt; October, 23&lt;sup&gt;rd&lt;/sup&gt; December, 4&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>Pelleres Base Training (PBT)</td>
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<td>Altitude Training – Level 1 Instructors Course</td>
<td>June, 12&lt;sup&gt;th&lt;/sup&gt; September 11&lt;sup&gt;th&lt;/sup&gt; November 13&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>The Core Disc 10</td>
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<td>$320</td>
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| BUSINESS CATEGORY                                                                                                                  | - Classroom & Correspondence                |                                |
| Business Development                                                                                                               |                                             | $365                          |
| Marketing The Business                                                                                                             |                                             | $365                          |
| Learning Education and Development (L.E.A.D) in Fitness                                                                          |                                             | $150 per course               |
| Business Planning for Personal Trainers                                                                                        |                                             | $450                          |
| Market Your Personal Training Business                                                                                           |                                             | $450                          |

The College of Health & Fitness Operates a Right Way industry recognised training facility which fully meets the physical environment & equipment requirements of the: SIS10-Sport, Fitness and Recreation Training Package for:
- Certificate III, IV and Diploma in Fitness
- Gym Instruction
- Aqua Instruction
- Indoor/Outdoor Group Exercise Instruction