

COURSE GUIDE



Being in the fitness industry is a rewarding career and there's never been a better time to get into the industry!

Options are endless, from working in some of the country's most amazing health clubs, gyms, personal training studios, our beautiful parks and beaches, or ever-growing functional training studios, just to mention a few.

You may want to work with clients as a one-on-one personal trainer, do small group training sessions, bootcamps, be a group exercise instructor, or all the above - if so, you're in the right place!

Investing in a course and ultimately your future career, can be somewhat confusing, so we've created a course guide with the most specific and relevant information to help you make an educated decision with the confidence and reassurance you need.

Established in 2009, our mission over the years has been to create the industry's best personal training course. We believe we have well and truly accomplished this.

Welcome to NHFA!

IMAGINE GOING TO WORK EVERY DAY IN YOUR DREAM JOB, LOVING WHAT YOU DO AND GETTING PAID GREAT MONEY TO HELP PEOPLE ACHIEVE THEIR GOALS AS A WORLD CLASS PERSONAL TRAINER!



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→ **GET STARTED NOW!**



01

WHAT QUALIFICATIONS DO I NEED FOR A CAREER IN THE FITNESS INDUSTRY?



SIS30315 CERTIFICATE III IN FITNESS

The Certificate III in Fitness, is the entry qualification to work in the Fitness Industry and is a prerequisite to the Certificate IV in Fitness.

The Certificate III provides a thorough education on the human body, anatomy & physiology, exercise & spotting techniques, all while learning about the industry!

At NHFA we provide a full Certificate III, including the group exercise module, allowing you to train groups (classes, bootcamps...)

Entry requirements:

- Year 10 certificate or equivalent
- Access to a computer and stable Internet connection

SIS40215 CERTIFICATE IV IN FITNESS

The Certificate IV in Fitness is hands down the most popular qualification. Not only do we take a much more in-depth study of exercise, complex training techniques, and advanced nutrition, but it also gives you the qualification needed to work in any part of the industry.

This allows you to train clients one-on-one, give certain nutritional advice to clients, and opens so many pathways into more specific areas!

Entry requirements:

- Year 10 certificate or equivalent
- Access to a computer and stable Internet connection
- Student must have the prerequisite units of the SIS30315 Certificate III in Fitness

THE NHFA PERSONAL TRAINER PROGRAM (Combined Certificate III & IV)

This is a great option as it combines both courses and helps you gain both certificates at once.

We've meticulously developed and designed the program, giving our students the very best opportunity for career success and to be recognised as world class personal trainers.



SIS30315 Units for Certificate III in Fitness

Unit Code	Unit Name	Core/ Elective
SISFFIT001	Provide health screening and fitness orientation	C
SISFFIT002	Recognise and apply exercise considerations for specific populations	C
SISFFIT003	Instruct fitness programs	C
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	C
SISFFIT005	Provide healthy eating information	C
SISFFIT0014	Instruct exercise to older clients	C
SISXCCS001	Provide quality service	C
SISXFAC001	Maintain equipment for activities	C
SISXIND001	Work effectively in sport, fitness, and recreation environments	C
HLTAID011	Provide First Aid	E
HLTWHS001	Participate in workplace health and safety	E
SISFFIT007	Instruct group exercise sessions	E
SISFFIT0011	Instruct approved community fitness programs	E
SISFFIT006	Conduct fitness appraisals	E
BSBOPS403	Apply risk management processes	E
SISFFIT013	Instruct exercise to young people aged 13 to 17 years	E

SIS40215 Units for Certificate IV in Fitness

Unit Code	Unit Name	Core/ Elective
SISFFIT013	Instruct exercise to young people aged 13 to 17 years	C
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context	C
SISFFIT016	Provide motivation to positively influence exercise behaviour	C
SISFFIT017	Instruct long-term exercise programs	C
SISFFIT018	Promote functional movement capacity	C
SISFFIT019	Incorporate exercise science principles into fitness programming	C
SISFFIT020	Instruct exercise programs for body composition goals	C
SISFFIT021	Instruct personal training programs	C
SISFFIT023	Instruct group personal training programs	C
SISFFIT025	Recognise the dangers of providing nutrition advice to clients	C
SISFFIT026	Support healthy eating through the Eat for Health Program	C
SISXRES001	Conduct sustainable work practices in open space	C
SISFFIT003	Instruct fitness programs	E
SISFFIT006	Conduct fitness appraisals	E
BSBESB402	Establish legal and risk management requirements of new business ventures	E
BSBESB404	Market new business ventures	E
BSBESB401	Research and develop business plans	E
BSBESB407	Manage finances for new business ventures	E
SISFFIT024	Instruct endurance programs	E
SISXCAI010	Develop strength and conditioning programs	E

03 HOW DOES NHFA PROVIDE AN AMAZING EDUCATION, PATHWAYS INTO THE INDUSTRY, & OPPORTUNITIES FOR CAREER SUCCESS?

WE KNOW THE INDUSTRY, WE KNOW ITS NEEDS:

Our Founder, Dave Burgis, is recognised as one of Australia's leading Health & Fitness experts. Dave designed the course with his 15 years of experience, the Industry needs and the student's experience in mind. Dave meticulously developed the course, giving our students the knowledge, skills, and tools to help them become the industry's very best fitness professionals.

Delivery mode:

Our face-to-face course gives you the opportunity to ask our expert coaches questions, interact, learn, and refine your skills with other motivated students.



OUR COACHES:

Dave has assembled what he believes to be the very best team of coaches in the country. Our coaches are approachable, positive, enthusiastic, supportive, and dedicated to helping our students achieve their goals. All our coaches are high performing leaders within the industry and come with decades of experience. Our coaching team comprises health club managers, studio owners, online coaches, strength and conditioning coaches, exercise physiologists. At NHFA, each unit content is delivered by a coach with specific expertise. We believe that, to be the best, we must be taught and mentored by the best!



LATEST FACILITIES AND EQUIPMENT:

Our learning environments are focused on your learning, giving you 24/7 access to some of the country's best fitness facilities. You'll learn how to use all the equipment available at the gym while gaining an understanding of advanced strength training techniques and spotting. We help our students get a thorough understanding of how to use, understand, and train various types of clients using different machines.

CAREER OPPORTUNITIES:

After completing the course and gaining your qualifications, you will have exclusive career opportunities with our partnering health clubs, gyms, and studios. NHFA has an unbeatable reputation, and if you're looking for qualifications with a brilliant reputation attached and a network of opportunities that can assist you in achieving your dream career, you've come to the right place!

Goodlife.
HEALTH CLUBS

F Fitness First

FUNCTIONAL AS
F45
Training

EMF FITNESS CENTRE

PLATINUM by **EMF**

04 WHAT DO OUR STUDENTS SAY?

We go above and beyond to assist our students in achieving their goals, whatever they may be. Here's just a snippet of what some of our graduates have to say!

The course was outstanding and gave me everything I needed to not only become a successful PT but to now also have 2 amazing businesses and the lifestyle I've always dreamt of.

**- RAY BROWN, NHFA GRADUATE
OWNER OF F45 LABRADOR & SURFERS PARADISE**



Studying my Cert III and IV through NHFA was an absolute joy. All coaches were very knowledgeable, supportive, and a ball of fun to learn from. 100% recommend studying through NHFA, you will obtain the best experience and knowledge through Dave and his team of coaches.

**- SHENAYE NOENDENG, NHFA GRADUATE
PERSONAL TRAINER AT GOODLIFE COOMERA**



I cannot even begin to express just how much Dave and NHFA has changed my life in the 8 or so weeks I was with him doing the full-time course. Dave has mentally motivated me to become the most successful version of myself.

**- TYSON EDWARDS, NHFA GRADUATE
HEAD COACH AT YOUFIT TRAINING**



Each class was perfectly designed! Everything I have learnt is still stuck in my head... For anyone that's wanting a life change and to become a personal trainer, I 100% recommend NHFA.

**- AMBRA MASTROGIACOMO, NHFA GRADUATE
PERSONAL TRAINER AT GOODLIFE COOMERA**



05 HOW MUCH IS THE INVESTMENT?

The reason we say investment is because you're investing in not just a course, but knowledge, skills, and opportunities that will determine your success.

We offer a premium face-to-face course, with expert coaches and latest facilities, at an unbeatable price. The education and the delivery of specific

INVESTMENT OPTIONS

We offer many payment options

01

Pay-in-full

02

Easy payment plan, designed to fit into your budget and individualised around your income & your circumstances

Enquire or schedule a call with our career advisor, Mel, to find out more about our special course investment and payment plan options!



06 OUR COURSES

FACE-TO-FACE LEARNING DELIVERY COURSE OPTIONS

FULL-TIME: 8 Weeks
PART-TIME: 14 Weeks
WEEKEND: 15 Weeks

GOLD COAST

BUNDALL CAMPUS:

Goodlife Bundall
100 Bundall Road
BUNDALL, QLD 4217



COOMERA CAMPUS:

Goodlife Coomera
103 Foxwell Road
COOMERA, QLD 4209



ROBINA CAMPUS:

Goodlife Robina
19 Robina Town Centre Drive
ROBINA, QLD 4230



NERANG CAMPUS:

Goodlife Nerang
7027 Southport Nerang Road
NERANG, QLD 4211



SOUTH BRISBANE

SPRINGWOOD CAMPUS:

Goodlife Springwood
Hometown, Lexington Road
UNDERWOOD, QLD 4119



NORTH BRISBANE

LUTWYCHE CAMPUS:

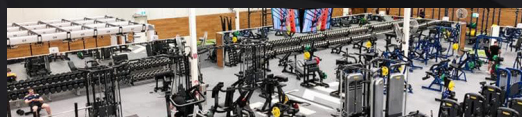
Fitness First Lutwyche
461-473 Lutwyche Road
LUTWYCHE, QLD 4030



NEWCASTLE

KOTARA CAMPUS:

Platinum by EMF Kotara
Cnr Park Avenue & Northcott Drive
KOTARA, NSW 2289



07 YOUR 7-STEP DREAM CAREER ROADMAP!

So how do I make it happen & where do I start?

We have created a simple roadmap to show you the process of enrolling and starting your dream career!

01

Enquire or schedule a call with Mel - Mel will advise you on the best course

02

Choose your start date and location. Prepare all documents for enrolment

03

Get started by submitting your application and choosing your payment option

04

You will receive an agreement with all our Terms and Conditions if you meet the entry requirements

05

Develop your skills to become a world class personal trainer or coach

06

Receive your qualification once you achieved competency in all units

07

The opportunity to start your dream career doing what you love

First step is to contact Mel and she will answer any questions that you may have. From there, we'd love to help you create your dream lifestyle doing what you love! All potential students have a phone interview with our Course Advisor, Mel. This is to ensure that the course you want to enroll into is the right one for you. Once you have the interview, Mel will advise you on the next steps.