

NHFA NATIONAL HEALTH &
FITNESS ACADEMY

COURSE GUIDE



NHFA.EDU.AU
1300 16 10 13

RTO: 31894

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!



COURSE GUIDE **OVERVIEW**

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

01

02

COURSE **UNITS**

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

03

04

WHAT DO OUR **STUDENTS SAY?**

HOW MUCH IS THE **INVESTMENT?**

05

06

OUR **COURSES**

YOUR DREAM CAREER **ROADMAP!**

07

GET **STARTED** NOW!

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



SIS30321 **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

SIS40221 **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 SIS30321 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.



02 COURSE *UNITS*

SIS30321

UNITS FOR CERTIFICATE III IN FITNESS

Unit Code	Unit Name	Core/ Elective
SISFFIT033	Complete client fitness assessments	C
SISFFIT033	Complete pre-exercise screening and service orientation	C
BSBOPS304	Deliver and monitor a service to customers	C
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	C
SISFFIT036	Instruct group exercise sessions	C
SISFFIT035	Plan group exercise sessions	C
SISFFIT052	Provide healthy eating information	C
BSBPEF301	Organise personal work priorities	C
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	C
HLTAID011**	Provide First Aid	C
HLTWHS001	Participate in workplace health and safety	C
SISXFIN002	Process financial transactions	E
SISFFIT037	Develop and instruct group movement programs for children	E
SISFFIT053	Support healthy eating for individual fitness clients	E
SISFFIT051	Establish and maintain professional practice for fitness instruction	E

** THIS COURSE INCLUDES HLTAID011 PROVIDE FIRST AID, WHICH MUST BE COMPLETED WITH AN EXTERNAL REGISTERED TRAINING ORGANISATION (RTO). NHFA HAS AN ARRANGEMENT WITH ABC FIRST AID (RTO ID 3399) THAT OFFERS OUR STUDENTS A DISCOUNTED RATE, OR YOU MAY CHOOSE YOUR OWN PROVIDER. THE COST OF THIS EXTERNAL TRAINING IS NOT INCLUDED IN YOUR NHFA COURSE FEE. ONCE YOU'VE COMPLETED THE UNIT, SUBMIT A COPY OF YOUR FIRST AID CERTIFICATE SO WE CAN RECORD A CREDIT TRANSFER FOR THIS UNIT ON YOUR STUDENT RECORD.

SIS40221

UNITS FOR CERTIFICATE IV IN FITNESS

Unit Code	Unit Name	Core/ Elective
SISFFIT053	Support healthy eating for individual fitness clients	C
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	C
SISFFIT044	Develop and instruct personalised exercise programs for older clients	C
SISFFIT050	Support exercise behaviour change	C
SISFFIT041	Develop personalised exercise programs	C
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients	C
SISFFIT051	Establish and maintain professional practice for fitness instruction	C
SISFFIT042	Instruct personalised exercise sessions	C
CHCCOM006	Establish and manage client relationships	C
SISFFIT049	Use exercise science principles in fitness instruction	C
SISFFIT037	Develop and instruct group movement programs for children	E
SISXCAI009	Instruct Strength and Conditioning Techniques	E
BSBESB401	Research and develop business plans	E
BSBESB404	Market new business ventures	E
BSBOPS304	Deliver and monitor a service to customers	E
BSBPEF301	Organise personal work priorities	E
SISXFIN002	Process financial transactions	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.



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.



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!

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

CLUBLIME

**FUNCTIONAL AS
F45
Training**

Fitness First

**ANYTIME
FITNESS**

**EMF FITNESS
CENTRE**

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



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
Personal Trainer At Anytime Fitness



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 GC Warehouse Gym

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 blended course, with expert coaches and face-to-face practicals at state-of-the-art facilities, at an unbeatable price. The education and the delivery of specific knowledge & skills by great coaches, are going to be the true keys in determining your success.

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 advisors to find out more about our special course investment and payment plan options!



06 OUR CAMPUSES

QUEENSLAND

GOLD COAST

Goodlife Bundall

100 Bundall Road BUNDALL, QLD 4217

Goodlife Coomera

103 Foxwell Road COOMERA, QLD 4209

BRISBANE

Goodlife Springwood

Hometown, Lexington Road UNDERWOOD, QLD 4119

Goodlife Indooroopilly

Level 3/322 Moggill Road INDOOROOPIILLY, QLD 4068

Goodlife Chermside

Cnr Gympie & Hamilton Road CHERMSIDE, QLD 4032

Club Lime Yamanto

45B/488 Warwick Road YAMANTO, QLD 4305

SUNSHINE COAST

Goodlife Maroochydore

11 – 55 Maroochy Blvd MAROOCHYDORE, QLD 4558

NEW SOUTH WALES

NEWCASTLE

Platinum by EMF Kotara

Cnr Park Avee & Northcott Dr KOTARA, NSW 2289

SYDNEY

Fitness First Platinum Pitt St

255 Pitt Street SYDNEY, NSW 2000

Fitness First Darlinghurst

Level 2, 63 Oxford Street DARLINGHURST, NSW 2010

Club Lime Parramatta

15-19 Aird Street PARRAMATTA, NSW 2150

Fitness First Macquarie

451/109 Waterloo Rd NORTH RYDE, NSW 2113

VICTORIA

MELBOURNE

Fitness First Platinum QV

Cnr Lonsdale & Russell Street MELBOURNE, VIC 3000

Anytime Fitness Truganina

125 Woods Road TRUGANINA, VIC 3029

Anytime Fitness Clyde North

195S St Germain Blvd CLYDE NORTH, VIC 3978

Fitness First Platinum Richmond

2 William St CREMORNE, VIC 3121

Goodlife Fountain Gate

3101/352 Princes Hwy NARRE WARREN, VIC 3805

ZAP Fitness Geelong

312-320 HIGH STREET BELMONT, VIC 3216

NHFA

NATIONAL HEALTH & FITNESS ACADEMY



WESTERN AUSTRALIA

- Hillarys
- Mt Lawley

SOUTH AUSTRALIA

- North Adelaide

VICTORIA

- Geelong

MELBOURNE

- QV Melbourne
- Truganina
- Clyde North
- Richmond
- Fountain Gate

WESTERN AUSTRALIA

PERTH

Goodlife Mt Lawley

804 Beaufort Street MT LAWLEY, WA 6050

Goodlife Hillarys

1/470 Whitfords Ave, Hillarys WA 6025

SOUTH AUSTRALIA

ADELAIDE

Goodlife North Adelaide

67 O'Connell St & Archer St NORTH ADELAIDE, SA 5006

BLENDED DELIVERY COURSE:

ONLINE THEORY & ASSESSMENTS,
COMPLIMENTED BY FACE-TO-FACE
PRACTICALS



13 WEEKS
OF IN-PERSON PRACTICAL
SESSIONS!

Get the convenience of studying and completing theory work at home, while getting the benefits of a tailored face-to-face course for all the practical components.



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 our Course Advisors. They will advise you on the best course for you.

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 achieve competency in all units.

07

The opportunity to start your dream career doing what you love!

FIRST STEP IS TO *CONTACT OUR COURSE ADVISORS* AND THEY 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 Advisors.

This is to ensure that the course you want to enroll into is the right one for you. Once you have the interview, our Advisors will advise you on the next steps.

NHFA NATIONAL HEALTH &
FITNESS ACADEMY

NHFA.EDU.AU
1300 16 10 13

RTO: 31894