

FIA Certificate III in Fitness (SRF 30204) Fitness Instructor

(All dates are start dates only)

Strand 1

Foundations of Fitness *Full Time*

Monday - Friday & Monday to Wednesday

includes: textbook, study guide, bag & stationary kit

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
9	6	6	3	1	5	3	7	4	9	6	4

OR ▼

Strand 1

Fitness Foundations *Part Time*

2 nights per week 6pm-7.30pm Monday & Tuesday

(6 wks + 1 weekend Sat/Sun 9-4pm)

includes: textbook, study guide, bag & stationary kit

Part Time and Distance Learning Workshop dates (Saturday/Sunday)

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	6			8		10		4		6	
	11			13		15		15		11	

OR ▼

Distance/Online Learning available - Contact the FIA for further details

THEN

Strand 2 Fitness Instructor Registration Category

Professional Gym/Fitness Instructor

Wed 2.30-4.30pm + Thurs/Fri 9.30-4.30pm 9 x per year

and/or weekends: Sat/Sun 9-5pm 6 x per year

includes: workbook, professional development manual, & water bottle

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
18	15	15		10		12		13	18	15	13
		25	22		17		19		14		16

OR ▼

Professional Group Exercise (Aerobics) Instructor

Sat/Sun 9-5pm weekend program

includes: workbook, professional development manual, & water bottle

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	18		1	20		22		9		4	

OR ▼

Professional Group Exercise (Fitness) Instructor

Sat/Sun 9-5pm weekend program

includes: workbook, professional development manual, & water bottle

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	25		8	27		29		23		18	

OR ▼

Professional Aqua Fitness Instructor

Sat/Sun 9-5pm weekend program

includes: workbook, professional development manual & water bottle

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		11						2			

ALSO

Strand 3

Senior First Aid

includes: manual, workbook and certificate

9.30am - 4pm (Thursday) or

Senior First Aid Re-certification (All are Workcover approved)

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
25	23	23	13	18	22	20	17	21	26	23	20

All re-certs are held on the same day as full first aid (see above)

FIA Certificate III in Fitness (SRF 30204) - Assessment Dates

Strand 1 Fitness Foundations Exam (10am-12pm or 3-5pm)

Strand 2 Professional Gym/Fitness Instructor (assignment based)

Strand 2 Professional Group Exercise (Aerobics) Instructor (Prac)

Strand 2 Professional Group Exercise (Fitness) Instructor (Prac)

Strand 2 Professional Aqua Fitness Instructor (Video submission)

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
24	24	24	21	19	23	21	18	22	27	24	21
-	-	-	-	-	-	-	-	-	-	-	-
		18		6	24		26		21		2
		18		6	24		26		21		2
-	-	-	-	-	-	-	-	-	-	-	-

Certificate III in Fitness is awarded on completion of Strands 1, 2 & 3. You are then eligible for National Fitness Instructor Registration and Insurance and you are eligible to enrol in any FIA Certificate IV/Diploma Program. Student discounts are available if paying in full prior to starting strand 1. Pay in Full for your Certificate III in Fitness and save \$\$, plus on completion you will receive a free 12 month membership to FIA.

Certificate IV in Fitness (SRF 40204) Personal Trainer

(All dates are start dates only)

Strand 4

Prerequisite: FIA Cert III (see above)

Face to Face Intensive Program* (blended delivery)

1 day per week (Tuesday) for 10 weeks (4 x per year)

Students will also complete a professional practice in the workplace

Start anytime! Can't afford to give up valuable \$ Income and/or clients.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	7			2		25			10		

*offered 4 times per year

OR ▼

Full Distance/Online Learning

Complete in your own time. Set your own academic timetable.

Your student fees include all textbooks, study materials, online resources and all assessment fees.

Start anytime! Why give up valuable income \$ and/or clients.

Pay in Full for your Certificate IV in Fitness and save \$\$, plus on completion you will receive a free 12 month membership to FIA.

THEN

Certificate IV in Massage (HLT40302) Massage Therapist

Strand 4

Prerequisite: FIA Cert III (see above)

Face to Face Intensive Program (blended delivery)

Your student fees include all textbooks, study materials, online resources and all assessment fees.

1 day per wk (Friday) for 10 weeks (Term 1)

1 day per wk (Friday) for 10 weeks (Term 2)

NB. Some subjects will be completed via distance and online learning
Students will also complete a clinical practice in the workplace

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	10			5		28			13		

*offered twice per year

Term 1 Term 2

Pay in Full for your Certificate IV in Massage and save \$\$, plus on completion you will receive a free 12 month membership to FIA.

ALSO

Diploma of Fitness (SRF 50204) Fitness Therapist

Strand 5

Prerequisite: FIA Cert IV in Fitness (see above)

Full Distance/Online Learning. Choose any or all 7 subjects

Your student fees include all textbooks, study materials, online resources and all assessment fees.

Start anytime! Can't afford to give up valuable \$ Income and/or clients.

Pay in Full for your Diploma in Fitness and save \$\$, plus on completion you will receive a free 12 month membership to FIA.

ALSO

FIA Continuing Education for Professional Trainers

Research Review & Fitness Forums Articles - All Online!

FitPointz Online, Students Online and much more!

Why leave home? Gain all your CECs Online with FIA!

Or attend any/all of the fitness forums 6-7.30pm Thursday nights

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		30			29			28			7

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