

## Fitness – Personal Trainer

## 2008 Venues/Dates

This qualification will allow you to lead individuals or groups as a fitness leader/personal trainer

Your introduction to the world of fitness and your first step to gaining qualifications in the fitness industry. You will learn about the muscular/skeletal systems, biomechanics and exercise physiology. You will develop skills to create fitness programs and how to conduct group fitness classes. You will become aware of clients' needs and services, OH&S requirements, risk analysis and working in a team environment.

Increasing the skills you have already mastered you will gain the knowledge required to provide personal trainer services. You will learn to perform fitness assessment, provide professional advice and develop exercise programs. You will also learn about nutrition for fitness and how to motivate clients.



### Are you a Certificate IV in Massage (HLT40302) graduate?

Certificate IV in Massage (HLT40302) graduates have RPL eligibility for A&P components of Fitness

### FAST TRACK COURSES – 2 night per week (+ seminar\* + external study)

<b>CHARMHAVEN</b> Round 1/08	<b>A&amp;P:</b> Mons 15,22,29/9, 7,13,20,27/10, 3/11	<b>Fitness:</b> Wed 17,24/9, 1,8,15,22,29/10, 5/11	A&P: 6.45-9pm Fit: 6.45-9.45pm
	<b>A&amp;P:</b> Mons 24/11, 1,8/12, 19,26/1, 2,9,16/2	<b>Fitness:</b> Wed 26/11, 3,10/12, 21,28/1, 4,11,18/2	
<b>WARNERS BAY</b> Round 1/08	<b>A&amp;P:</b> Weds 17,24/9, 1,8,15,22,29/10, 5/11	<b>Fitness:</b> Tues 16,23,30/9, 7,14,21,28/10, 4/11	“
	<b>A&amp;P:</b> Weds 26/11, 3,10/12, 21,28/1, 4,11,18/2	<b>Fitness:</b> Tues 25/11, 2,9/12, 20,27/1, 3,10,17/2	

MESSAGE & FITNESS FEE OPTIONS		Option 1: Full Fee	Option 2: Early Bird	Option 3: Pay as you go by Direct Debit
MESSAGE COSTS	Part 1	\$1998	\$1898	Dep \$398 then \$251 each month for 7 months
	Part 2	\$1998	\$1898	Dep \$398 then \$251 each month for 7 months
	Part 1 & 2	\$3698 (Save \$300) Advance payment only		
FITNESS COSTS		\$3698	\$3596	Dep \$398 then \$282 each month for 13 months
FITNESS + MESSAGE COMBO COSTS		\$6992 (Save \$1000) Advance payment only		N/A
MESSAGE with RPL for FITNESS A&P COSTS		\$3398 (Save \$300)	\$3298	Dep \$398 then \$270 each month for 12 months
FITNESS with RPL for MESSAGE A&P COSTS		\$3198 (Save \$500)	\$3098	Dep \$398 then \$275 each month for 11 months
FITNESS with RPL for CERT III FITNESS COSTS		\$1849	\$1798	Dep \$398 then \$266 each month for 6 months

**CONDITIONS** \*Include \$88 enrolment fee if applicable. \*Early Bird payment must be received 28 working days prior to course commencement. \*Fees include course manual, School folder, S.I.B.T. T-Shirt, exams and clinic \*Direct debit will incur an \$18 establishment fee plus 3.9% interest. \*Credit card payment will incur a 2% fee on total amount. \*Individual payment plans available on request, contact School. \*SIBT reserves the right to alter training structure/dates/venues/teacher as it sees fit without prior notice. \*Ensure you have checked dates of all components and specified accreditation prior to completing application for enrolment form in SIBT booklet. \*Contact School if you are applying for Recognition of Prior Learning (RPL). \*A fee may apply for RPL. \*A current 1<sup>st</sup> aid certificate required for both Fitness & Massage certification 1<sup>st</sup> Aid fee is not included in course fee (see 1<sup>st</sup> Aid dates offered by school above) See separate Fitness flyer for dates

**\*PRACTITIONER DEVELOPMENT SEMINAR DATES:** 12/5/08 Charmhaven 6.45-9.45pm or 27/10/08 Warners Bay 6.45-9.45pm.

**EXAM DATES:** to be advised

**SIBT 1<sup>st</sup> AID DATES:** 24/8, 26/10, 16/11 at Charmhaven or 21/9, 14/12 at Warners Bay 9.30-4.30pm \$120

A Senior 1<sup>st</sup> Aid Cert is a qualification requirement.

Dates/venues subject to change without notice. Confirm details prior to commencement.

Visit [www.massageschool.com.au](http://www.massageschool.com.au) for course info

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School of Integrated Body Therapy

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