

MASTER PERSONAL TRAINER

COURSE GUIDE



**Join Australia's #1 Government-Funded
Fitness Education Provider Today**



WELCOME TO THE FUTURE OF FITNESS EDUCATION!

For over 40 years, the **Australian Institute of Fitness (AIF)** has shaped the careers of the industry's top personal trainers. As Australia's only private fitness education provider with **direct government funding access**, we ensure you get **world-class training, employer-backed certifications, and guaranteed career pathways**—without the massive debt.

Why Choose AIF?

- **Recognised by Major Gyms & Employers**
Direct job pathways with Fitness First, Goodlife, EMF, Anytime Fitness, and more.
- **Faster, More Affordable Alternative to TAFE**
Complete your course in months, not years.
- **Exclusive Master Trainer Qualification™**
Elevate your credentials and stand out in the industry.
- **Industry Experts as Your Mentors**
Learn from Australia's top fitness professionals and coaches.
- **Government-Funded Learning**
Eligible students can study for free or at a fraction of the cost.

CHECK YOUR ELIGIBILITY NOW

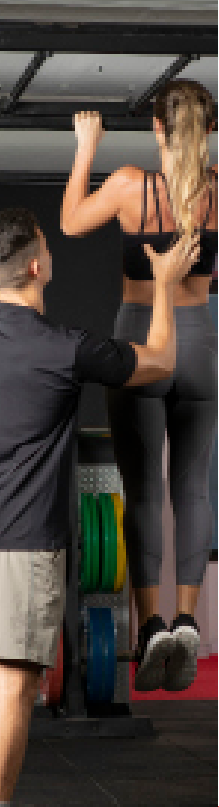


WHO THIS COURSE IS FOR

This Program Is Designed For:

- **Aspiring personal trainers** looking to enter the fitness industry.
- **Career changers** seeking a high-growth industry with real job opportunities.
- **Gym staff & fitness enthusiasts** who want to turn their passion into a profession.
- **Trainers looking to upgrade their qualifications** and stand out in the industry.
- **High school graduates** who want an alternative pathway to university or TAFE.





AIF MASTER PERSONAL TRAINER QUALIFICATION™

Earn **Two Nationally Recognised Qualifications**

- **Certificate III in Fitness (SIS30321)** – Become a qualified **Fitness Coach**.
- **Certificate IV in Fitness (SIS40221)** – Become a fully **Certified Personal Trainer**.

BONUS Certifications Included

- **PNC1 (Performance Nutrition Coach Level 1)** – Fundamental nutrition coaching for PTs.
- **PPT1 (Performance PT Coach Level 1)** – Advanced physique coaching & strength training.
- **CHL24 (Clean Health Live 2024)** – Insights from world-leading experts in programming, nutrition, and business.
- **FBE (Fitness Business Essentials)** – How to build and scale your fitness business.

Study Options

- **100% Online Theory** – Self-guided learning with full support.
- **In-Person Practical** – 30-40 hours of hands-on, real-world experience through AIF's partner network and Master Coaches.
- **IGNITE Learning Platform™** – Advanced tech for an engaging learning experience.

Program Breakdown

- **Fitness Coach (52 weeks)** – Fundamentals, group training, gym-based exercise.
- **Personal Trainer (38 weeks)** – Advanced PT skills, business setup, specialised populations.
- **Practical Trainer Experience (30 hours)** – Real-world industry training with employer alignment.

LEARN MORE + SPEAK TO AN ADVISOR →

QUALIFICATION

UNITS OF COMPETENCY

CERTIFICATE III IN FITNESS (SIS30321) – BECOME A QUALIFIED FITNESS COACH.

Unit Code	Unit Descriptor
HLTAID011	Provide First Aid
BSBPEF301	Organise personal work priorities
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
HLTWHS001	Participate in workplace health and safety
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe & effective exercise
SISFFIT052	Provide healthy eating information
BSBOPS304	Deliver and monitor a service to customers
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
CHCMHS001	Work with people with mental health issues
SISXIND009	Respond to interpersonal conflict
CHCDIV001	Work with diverse people
SISXPLD005	Facilitate inclusion for people with disability

QUALIFICATION

UNITS OF

COMPETENCY

CERTIFICATE IV IN FITNESS (SIS40221) – BECOME A FULLY CERTIFIED PERSONAL TRAINER

Unit Code	Unit Descriptor
BSBESB401	Research and develop business plans
BSBESB301	Investigate business opportunities
BSBESB404	Market new business ventures
SISXCAI011	Develop and deliver long-term training programs
SISFFIT051	Establish and maintain professional practice for fitness instruction
CHCCOM006	Establish and manage client relationships
SISFFIT050	Support exercise behaviour change
SISFFIT034	Assess client movement and provide exercise advice
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop & instruct personalised exercise programs for body composition goals
SISFFIT053	Support healthy eating for individual fitness clients
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISXIND012	Select and use technology for sport, fitness and recreation work
SISFFIT046	Plan and instruct online exercise sessions

KEY LEARNING OUTCOMES & COURSE BENEFITS



Master the Art of Personal Training

- Advanced exercise prescription for various clients.
- Hands-on coaching techniques for all fitness levels.
- Understanding **anatomy, biomechanics, and movement science.**



Nutrition & Lifestyle Coaching

- Develop nutrition-based strategies for personal training clients.
- Learn to design meal plans within industry guidelines.
- Educate clients on **long-term health & performance.**



Business Growth & Career Success

- How to **market yourself** as a personal trainer.
- Learn to **build a 6-figure fitness business.**
- Master **sales, branding, and client retention strategies.**



Government Funding & Industry Recognition

- **Study at little to no cost** with funding eligibility.
- Graduate with the **#1 certification gyms prefer.**
- **Faster career pathways** vs. TAFE – Complete in months, not years.
- **TAFE vs. AIF Breakdown** – More affordable, employer-preferred, and job-ready upon graduation.

LEARN MORE ABOUT ENROLLING TODAY!



APPENDIX

MASTER TRAINER DEEP DIVE— FULL COURSE BREAKDOWN

For those who love the details, here's the **full breakdown** of what you'll master in this course:

#	Module	Key Learning Areas	Certifications Earned	Career Application
1	Fitness Coach Fundamentals	Anatomy, Movement Science, Group Exercise	SIS30321 (Cert III in Fitness)	Gym Instructor, Group Fitness Coach
2	Advanced Personal Training	Exercise Prescription, Client Assessment, Strength Training	SIS40221 (Cert IV in Fitness)	Personal Trainer, Strength Coach
3	Nutrition Coaching	Macronutrients, Meal Planning, Client Guidelines	CHPNC1 (Performance Nutrition Coach Level 1)	Nutrition Consultant, Hybrid PT
4	Business & Marketing	Sales, Branding, Client Retention	FBE (Fitness Business Essentials)	PT Business Owner, Online Coach
5	Elite PT Mastery	Advanced Physique Coaching, Performance Training	CHPPT1 (Performance PT Coach Level 1)	Elite PT, Strength & Conditioning Coach
6	Industry Networking	Career Pathways, Employer Connections	N/A	Gym Manager, Studio Owner

Want More Details? Speak with an advisor to deep dive into the full curriculum!

SPEAK TO AN ADVISOR →