

Study Fitness Online.

**Change your life,
health and career**

Fast track your personal training & nutrition career
with Australia's leading online education provider.



Hi there.



Our mission.

It's simple, we want to improve the health of Australians through education.

Helping people reach their goals with the very best fitness and nutrition qualifications allows us here at Vast Fitness Academy to reach more people, making a significant impact on the health of Australians nationwide.

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**Make the right
decision to reach
your goals.**

Why this course?





Online study flexibility.

Online study with Vast will allow you to benefit from no lecture commitments to fit into your schedule or downtime from work. All course materials, assessment items and relevant information are accessible electronically through our online learner management system.



Nationally accredited courses.

All courses are from the latest Nationally Recognised training packages and have been composed by our team of highly qualified industry professionals.



Intelligent course creation.

Our program has been designed to help students meet the performance requirements of several units of competency using Direct Credit transfers and blended assessments. This approach enables students to complete fewer theory assessments, case studies, and practical tasks without compromising the quality of their education.

For instance, our SIS40221 – Certificate IV in Fitness program includes four units from the SIS30321 – Certificate III in Fitness. This means that when you enrol in the SIS40221 – Certificate IV in Fitness, you will receive a Direct Credit Transfer for these units. Furthermore, we have added two additional blended units to the program, which means that you will only be required to complete 11 out of 17 units of competency in your student portal.

By adopting this approach, we aim to make the learning process more efficient and effective for our students, while ensuring that they receive a high-quality education that develops the skills and knowledge required to be successful in the fitness industry.



Personal assessor.

Students are assigned a dedicated Personal Assessor who is a highly qualified industry professional with extensive industry experience, ready to provide you with support and guidance throughout your program. Alongside email support, we also offer Live Virtual Support, allowing you to connect with one of our Assessors via Zoom and get answers to any questions.



No work placement required.

You are not required to complete work experience or shadow industry professionals when completing fitness courses with Vast Fitness Academy.



Vast certified mentor.

You have the option to be supplied with a Vast Certified Mentor as part of the Fitness+ program. You'll be matched with one of our Vast Certified Mentors who will mentor you inside their fitness facility for the practical components of your course that require a mentor.

➤➤ 12 week student satisfaction guarantee.

How it works.

Enrol in any Nationally Recognised course. Choose from any of our Nationally Recognised Training courses. This includes the SIS30321 - Certificate III in Fitness, SIS40221- Certificate IV in Fitness, Fast Track Personal Trainer, Complete Personal Trainer, Ultimate Fast Track Personal Trainer or any elective stream combination from the 11046NAT - Certificate IV in Nutrition. The guarantee does not apply to short courses offered by Vast Fitness Academy.

Complete the requirements

To be eligible for the 12-Week Student Satisfaction Guarantee, you must complete the full 12 weeks of your chosen course. Withdrawals made earlier than the completion of the 12-week period will not be eligible for the guarantee. You must actively participate and complete all required learning and assessments within the first 12 weeks. A detailed list is provided for each nationally recognised course on our [Terms and Conditions page here](#).

Not Satisfied? Get a refund

If you're not completely happy with your experience, you can withdraw and get a full refund – no questions asked.



Say hello to our Fitness Assessment Team...



Fiona



Josh



Tarryn



Michael



Tanna



Personal assessor.

When you join Vast, you will be assigned a dedicated Personal Assessor for the duration of your study. Your Personal Assessor will be a highly qualified fitness professional with extensive industry experience, ready to provide you with support and guidance throughout your program.



Live virtual support.

Alongside email support, we also offer Live Virtual Support, allowing you to connect with one of our Assessors via Zoom and get answers to any questions, helping you stay on track and make progress quickly.



"The team at VAST were a delight to study through! No question was too much trouble and the promptness of feedback and queries was excellent!"

Kirbi Wood | Aug 2022

"Highly recommend Vast Fitness Academy. Their content was informative and relevant, the assessments were supported by the workbook information and Assessors when needed. Feedback was received in a timely manner and the ongoing support was always available."

Sally Kerrigan | Oct 2022

"Excellent study experience with Vast, very supportive from the beginning to the end. Quickly answered any questions I had."

Kellie Kel | Sep 2022

What you will learn.

Course Options



➤➤ Course options.

We have course study options to suit everyone. Whether you are just starting out and wish to become a Group Fitness Coach or Personal Trainer, or looking to advance your career with our fitness and nutrition program, we can assist you.

Review our online fitness course options and find a course that works for you.



Group Fitness Coach.

📄 15 units ⌚ 12 months

If you're looking to kickstart your fitness career, the SIS30321 – Certificate III in Fitness is the perfect qualification for you. This course includes two highly sought-after electives: Group Exercise Instructor and Gym Instructor.



Fast Track Personal Trainer.

📄 26 units ⌚ Up to 19 months

If you're eager to launch your career in the fitness industry, consider our Fast Track Personal Training Course. This program is designed to get you working faster by providing the necessary education to become a Group Fitness Personal Trainer and Personal Trainer.



Complete Personal Trainer.

📄 32 units ⌚ Up to 24 months

If you're new to the fitness industry and looking to kickstart your career, the Complete Personal Training program is the perfect option for you. This comprehensive course combines the SIS30321 – Certificate III in Fitness and the SIS40221 – Certificate IV in Fitness.



Ultimate Fast Track Personal Trainer.

📄 40 units ⌚ Up to 19 months

If you want to take your fitness career to the next level, the Ultimate Fast Track Personal Trainer program is the perfect option. This program combines fitness and nutrition education in one comprehensive package, saving you time and money.

»» Course delivery.

Vast Fitness Academy offers a self-paced, online course for individuals seeking to further their education in the fitness industry. Our courses are designed to accommodate your lifestyle and can be customised to suit your needs.

Our program has been designed to help students meet the performance requirements of several units of competency using Direct Credit transfers and blended assessments. This approach enables students to complete fewer theory assessments, case studies, and practical tasks without compromising the quality of their education.

For instance, our SIS40221 – Certificate IV in Fitness program includes four units from the SIS30321 – Certificate III in Fitness. This means that when you enrol in the SIS40221 – Certificate IV in Fitness, you will receive a Direct Credit Transfer for these units. Furthermore, we have added two additional blended units to the program, which means that you will only be required to complete 11 out of 17 units of competency in your student portal.

By adopting this approach, we aim to make the learning process more efficient and effective for our students, while ensuring that they receive a high-quality education that develops the skills and knowledge required to be successful in the fitness industry.

The course is delivered through a combination of theoretical and practical elements:

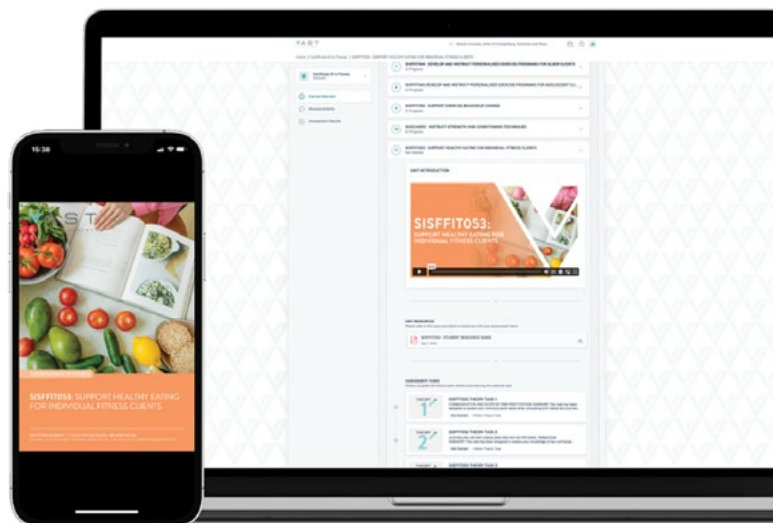
Theoretical element.

Our state-of-the-art online learning portal delivers the theoretical element of this course.

We design the course to be interactive and engaging, including various assessments, such as true-false, fill-in-the-blank, multiple-choice, and short-answer responses. We also use case studies and short scenarios to build your knowledge before moving on to the practical requirements.

Learner resources

Your 'Student Resource Guides' are located within your online learning portal and provide the necessary skills and knowledge required to successfully complete your 'online theory tasks' and 'practical tasks'. VFA will also provide you with any other additional resources to assist your learning. These can all be located within your learning portal under the specific unit of competency.



Online theory tasks

Once you thoroughly understand your available resources, you are ready to complete all online theory tasks within your online learning portal.

For the online fitness courses, online theory tasks comprise a variety of different assessment methods, examples include:

- Multiple choices questions
- Fill-in-the-blank questions
- Mix and match questions
- Short answer questions
- Label image questions

Case study assessments

Case study assessments generally require you to take part in scenario-based activities that mimic a real-life situation in order for you to meet the performance requirements of a unit of competency.

Case study assessments can comprise the following types of assessment methods and differ from unit to unit:

- Written documents (including planning documents and programs) that outline the practical component.
- The completion of templates which include referral forms, medical clearance requests and screening tools.



Chat to a Careers Advisor.

Practical element.

The practical component of the course will include a combination of tasks that can be completed at home and within a fitness facility. The tasks that are completed in a fitness facility will require a Mentor to supply third-party evidence by the way of signing forms, and providing direct and indirect supervision.

Practical Tasks

Practical tasks generally require you to partake in face-to-face 'practical' components of the units within the course. This is done with simulated activities where clients can role-play a scenario for a specific task.

Practical tasks can comprise the following types of assessment methods and differ from unit to unit:

- Report style assessments that are the foundation of the practical component
- Written documents (including planning documents, programs, templates) that outline the practical component.
- Observational/third party reports - generally, these follow practical tasks where a relevant qualified person will sign off the evidence that the student has completed.
- Video submission evidence.
- Self-evaluation checklists.

Practical elements of your course can be undertaken in one of two ways:



Fitness+ mentor

You will be supplied a Vast Certified Mentor as part of the Fitness+ course. You'll be matched with one of our Vast Certified Mentors who will mentor you inside their fitness facility for the practical components of your course that require a mentor.



Mentor of your choice

If you already know a Personal Trainer, you can choose them as your Mentor to guide you through the practical components of your course.

>> Course comparison chart.

With our courses, you'll have the skills and knowledge to pursue a variety of career paths, including Personal Trainer, Group Fitness Coach, Online Nutrition Coach, Health and Wellness Coach Studio Owner, PT Manager and more.

Outcomes.	Group Fitness Coach	Complete Personal Trainer	Fast Track Personal Trainer	Ultimate Fast Track Personal Trainer
Instruct group exercise classes at F45, Fitstop, PLC and Bodyfit or Les Mills classes	✓	✓	✓	✓
Develop web presence using social media	✓	✓	✓	✓
Supervise gym members, prescribe programs to clients	✓	✓	✓	✓
Small business principles	✓	✓	✓	✓
Outdoor bootcamp Personal Trainer	✓	✓	✓	✓
Healthy eating prescription for clients	✓	✓	✓	✓
Strength and conditioning programming	✓	✓	✓	✓
Incorporate exercise science principles into fitness programming	✓	✓	✓	✓
Instruct exercise programs for body composition goals	✓	✓	✓	✓
Assist to create positive behaviour change in relation to health	✓	✓	✓	✓
Online Nutrition Coach	✓	✓	✓	✓
Health & Wellness Coach	✓	✓	✓	✓
Sports Nutrition Coach	✓	✓	✓	✓
Create customised meal plans for fat loss, muscle gain & general health	✓	✓	✓	✓
Holistic understanding of nutrition including gut & digestive health	✓	✓	✓	✓

>> SIS30321 – Certificate III in Fitness

GYM INSTRUCTOR/GROUP FITNESS INSTRUCTOR

The SIS30321 – Certificate III in Fitness is the entry-level qualification that enables you to work in the fitness industry as a Group Fitness Instructor or Gym Instructor.

TRAINING PACKAGE	SIS – Sports, Fitness and Recreation Training Package
QUALIFICATION	SIS30321 – Certificate III in Fitness
VERSION/RELEASE DATE OF QUALIFICATION	Release 1 (current version) Release Date – 10/11/2021
TOTAL NUMBER OF UNITS	15 units
PRACTICAL REQUIREMENTS	Approximately 25 hours practical work (with a combination of at home practical and practical completed within a fitness facility)



Qualification

SIS30321 – Certificate
III in Fitness



Study Mode

Online and self
paced



Study Duration

Up to 12 months from
the date of enrolment.

UNITS OF COMPETENCY INCLUDED

UNIT CODE	UNIT TITLE
BSBPEF301	Organise personal work priorities
BSBOPS304	Deliver and monitor a service to customers
BSBOPS403	Apply business risk management processes
CHCCOM006	Establish and manage client relationships
HLTWHS001	Participate in workplace health and safety
ICTWEB306	Develop web presence using social media
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information
HLTAID011	Provide first aid <i>(this unit must be completed through an external provider in which a Direct Credit (CT) is then provided to students)</i>
*SISXIND009	Respond to interpersonal conflict
*SISFFIT032	Complete pre-exercise screening & service orientation

 [Click here](#) for further course info

**These units of competency indicated above are blended with other units of competencies within this course; this means that students will not see these units within their learning portal. Once students have successfully completed all units within this course, these units will appear on the student's official statement of attainment.*

>> SIS40221 – Certificate IV in Fitness

PERSONAL TRAINER

This qualification reflects the role of Personal Trainers who have specialist skills to train individual clients, or groups of clients, on a one-on-one or group basis, to improve health-related components of fitness in relatively low risk situations. This may include training of older clients and children.

TRAINING PACKAGE	SIS – Sports, Fitness and Recreation Training Package
QUALIFICATION	SIS40221 – Certificate IV in Fitness
VERSION/RELEASE DATE OF QUALIFICATION	Release 1 (current version) Release Date – 10/11/2021
TOTAL NUMBER OF UNITS	17 units
PRACTICAL REQUIREMENTS	Approximately 40 hours practical work (with a combination of at home practical and practical completed within a fitness facility)

UNITS OF COMPETENCY INCLUDED

UNIT CODE	UNIT TITLE
SISFFIT034	Assess client movement and provide exercise advice
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients
SISXCAI009	Instruct strength and conditioning techniques
BSBESB401	Research and develop business plans
BSBESB404	Market new business ventures
*SISFFIT035	Plan group exercise sessions
*SISFFIT036	Instruct group exercise
*SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
*CHCCOM006	Establish and manage client relationships
**SISFFIT041	Develop personalised exercise programs
**SISFFIT042	Instruct personalised exercise sessions

* These units come directly out of the SIS30321 – Certificate III in Fitness; students will receive a direct Credit Transfer (CT) for these units when they are enrolled into the SIS40221 – Certificate IV in Fitness (a CT can only be applied upon successful completion of these units).

**These units of competency indicated above are blended with other units of competencies within this course; this means that students will not see these units within their learning portal. Once students have successfully completed all units within this course, these units will appear on the student's official statement of attainment.

**Qualification**

SIS40221 - Certificate
IV in Fitness

**Study Mode**

Online and self
paced

**Study Duration**

Up to 12 months from
the date of enrolment.

ENTRY REQUIREMENTS

Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded by these units:

UNIT CODE	UNIT TITLE	COMPLETED IN
HLTAID011	Provide first aid	SIS30321 - Certificate III in Fitness
HLTAID011	Deliver and monitor a service to customers	SIS30321 - Certificate III in Fitness
BSBOPS304	Organise personal work priorities	SIS30321 - Certificate III in Fitness
HLTWHS001	Participate in workplace health and safety	SIS30321 - Certificate III in Fitness
SISFFIT032	Complete pre-exercise screening and service orientation	SIS30321 - Certificate III in Fitness
SISFFIT033	Complete fitness assessments	SIS30321 - Certificate III in Fitness
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	SIS30321 - Certificate III in Fitness
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	SIS30321 - Certificate III in Fitness
SISFFIT052	Provide healthy eating information	SIS30321 - Certificate III in Fitness

NOTE:

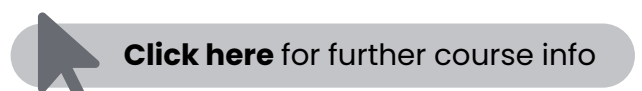
Students will need to provide their SIS30321 - Certificate III in Fitness and/or a statement of attainment as evidence of completing the relevant units. This is done prior to gaining access to this course and for Vast Fitness Academy to accept the enrolment. Students who have not completed entry requirements will not be able to enrol in the SIS40221 - Certificate IV in Fitness. Entry to this qualification is open to individuals who hold a current HLTAID011 - Provide First Aid. In addition to this, you will also need to have successfully completed the above units in order to enrol in the SIS40221 - Certificate IV in Fitness (these units are completed in the SIS30321 - Certificate III in Fitness).

WORKING WITH CHILDREN CHECKS

For the unit of competency SISFFIT045 - Develop and instruct personalised exercise programs for adolescent clients, it is a mandatory requirement to obtain a Working with Children Check (WWCC), this must be relevant to the state/territory you reside in within Australia.

A WWCC must be obtained prior to completing any practical tasks within this unit of competency. Students who are required to obtain/hold a WWCC will be required to upload their WWCC evidence into VFAs learning portal to gain access to the practical component of the necessary unit of competency.

Students will not be allowed to undertake child-related work as part of their practical tasks if they do not hold a WWCC clearance. In addition, students will not be able to complete the relevant unit of competency (SISFFIT045 - Develop and instruct personalised exercise programs for adolescent clients) if they have not received formal clearance to work with adolescents through completion of a working with children check required in the relevant state or territory.



>> Fast Track Personal Trainer

Fast-track your fitness career with our Fast Track Personal Training Course, which enables you to start working in the industry as a Group Fitness Personal Trainer or Personal Trainer faster!

Our Fast Track Personal Trainer Course is our most popular course, delivering the latest recognised fitness qualifications in the industry, consisting of SIS40221 – Certificate IV in Fitness + Entry Units.

TRAINING PACKAGE	SIS – Sports, Fitness and Recreation Training Package
QUALIFICATION	SIS40221 – Certificate IV in Fitness
VERSION/RELEASE DATE OF QUALIFICATION	Release 1 (current version) Release Date – 10/11/2021
TOTAL NUMBER OF UNITS	9 entry units 17 units (SIS40221 – Certificate IV in Fitness)
PRACTICAL REQUIREMENTS	Approximately 55 hours practical work <i>(with a combination of at home practicals and practicals completed within a fitness facility under the supervision of a qualified fitness professional/mentor)</i>



Qualification

SIS40221 – Certificate IV in Fitness



Study Mode

Online and self paced



Study Duration

Up to 19 months from the date of enrolment.

UNITS OF COMPETENCY INCLUDED

The Fast Track Entry Units must be completed before you commence the Fast Track PT Units (SIS40221 – Certificate IV in Fitness). You will not be able to begin your SIS40221 – Certificate IV in Fitness until a statement of attainment is provided for your Entry Units.

UNIT CODE	UNIT TITLE
HLTAID011	Provide first aid <i>(this unit must be completed through an external provider in which a Direct Credit (CT) is then provided to students)</i>
HLTWHS001	Participate in workplace health and safety
*SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information
SISFFIT036	Instruct group exercise

**The unit of competency indicated above is blended with other units of competencies within this course; this means that students will not see this unit within their learning portal. Once students have successfully completed all units within this course, these units will appear on the student's official statement of attainment.*

UNITS OF COMPETENCY INCLUDED

SIS40221 – Certificate IV in Fitness

UNIT CODE	UNIT TITLE
SISFFIT034	Assess client movement and provide exercise advice
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients
SISXCA1009	Instruct strength and conditioning techniques
BSBESB401	Research and develop business plans
BSBESB404	Market new business ventures
*SISFFIT035	Plan group exercise sessions
*SISFFIT036	Instruct group exercise
*SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
*CHCCOM006	Establish and manage client relationships
**SISFFIT041	Develop personalised exercise programs
**SISFFIT042	Instruct personalised exercise sessions

* These units come directly out of the SIS30321 – Certificate III in Fitness; students will receive a direct Credit Transfer (CT) for these units when they are enrolled into the SIS40221 – Certificate IV in Fitness (a CT can only be applied upon successful completion of these units).

**These units of competency indicated above are blended with other units of competencies within this course; this means that students will not see these units within their learning portal. Once students have successfully completed all units within this course, these units will appear on the student's official statement of attainment.

WORKING WITH CHILDREN CHECKS

For the unit of competency SISFFIT045 – Develop and instruct personalised exercise programs for adolescent clients, it is a mandatory requirement to obtain a Working with Children Check (WWCC), this must be relevant to the state/territory you reside in within Australia.

A WWCC must be obtained prior to completing any practical tasks within this unit of competency. Students who are required to obtain/hold a WWCC will be required to upload their WWCC evidence into VFAs learning portal to gain access to the practical component of the necessary unit of competency.

Students will not be allowed to undertake child-related work as part of their practical tasks if they do not hold a WWCC clearance. In addition, students will not be able to complete the relevant unit of competency (SISFFIT045 – Develop and instruct personalised exercise programs for adolescent clients) if they have not received formal clearance to work with adolescents through completion of a working with children check required in the relevant state or territory.



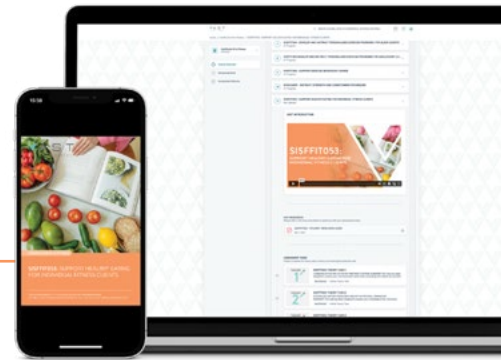
Click here for further course info

>> Complete Personal Trainer

**SIS30321 –
Certificate III in Fitness
course**



**SIS40221 –
Certificate IV in Fitness
course**



The Complete Personal Trainer course contains the industry’s latest Nationally Recognised fitness qualifications, consisting of SIS30321 – Certificate III in Fitness + SIS40221 – Certificate IV in Fitness.

>> The SIS30321 – Certificate III in Fitness is the entry-level qualification that enables you to start working in the industry as a Group Exercise Instructor or Gym Instructor.

>> The SIS40221 – Certificate IV in Fitness is the qualification required to become a Personal Trainer.

TRAINING PACKAGE	SIS – Sports, Fitness and Recreation Training Package
QUALIFICATIONS	SIS30321 – Certificate III in Fitness SIS40221 – Certificate IV in Fitness
VERSION/RELEASE DATE OF QUALIFICATION	Release 1 (current version) Release Date – 10/11/2021
TOTAL NUMBER OF UNITS	15 units (SIS30321 – Certificate III in Fitness) 17 units (SIS40221 – Certificate IV in Fitness)
PRACTICAL REQUIREMENTS	Approximately 65 hours practical work <i>(with a combination of at home practicals and practicals completed within a fitness facility under the supervision of a qualified fitness professional/mentor)</i>



Qualification

SIS30321 – Certificate III in Fitness
SIS40221 – Certificate IV in Fitness



Study Mode

Online and self paced



Study Duration

Up to 24 months from the date of enrolment.

[Click here](#) for further course info

Interested in Fitness & Nutrition?

**Study both & become
the Ultimate Fast Track
Personal Trainer.**



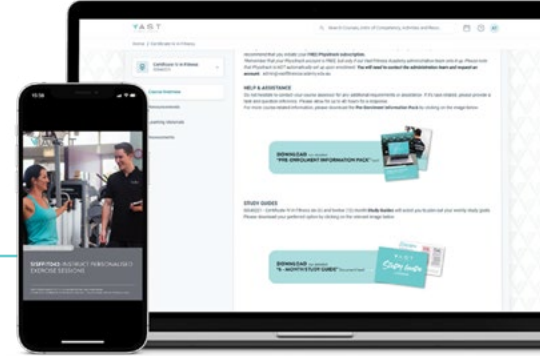
>> Ultimate Fast Track Personal Trainer

The Fast Track Ultimate Personal Trainer course is the perfect program for anyone looking to kickstart their career in Personal Training and Nutrition.

**Fast Track
Personal Trainer
course**



**Complete
Nutritionist
course**



SIS40221 - Certificate IV in Fitness

11046NAT - Certificate IV in Nutrition

The Ultimate Fast Track Personal Trainer program is designed to provide you with the knowledge and skills you need to excel in the fitness industry. You'll learn cutting-edge lifestyle, nutrition, training, and business techniques that will set you apart from your colleagues. This program is ideal for anyone looking to expand their knowledge and skills beyond the standard personal training qualifications.

During this program, you'll learn how to properly assess your clients and create evidence-based, results-inducing programs for fat loss, hypertrophy, strength, and performance. You'll also learn how to prescribe dietary advice for clients of all ages, goals, and training experiences.

In addition to the practical skills, you'll also learn how to effectively set up your personal training or gym business with systems and methods in marketing, sales, and client retention.

The Ultimate Fast Track Personal Trainer course will equip you with the knowledge and skills to work with clients on a holistic level as both a Personal Trainer and Nutritionist, addressing their physical and nutritional needs. You'll be able to help your clients reach their fitness goals and improve their overall health and well-being.



Career Outcome

Personal Trainer
Nationally Recognised Nutritionist



Study Mode

Online and
self paced



Study Duration

Up to 19 months from
the date of enrolment



Welcome to the beginning of your exciting journey in the field of fitness + nutrition!

Before diving into the nutrition course content, it's essential to recognise the true value of understanding the units contained within this course.

The 11046NAT - Certificate IV in Nutrition, crafted by peak body Nutrition Council Australia, was meticulously designed to fill the training gap in the Australian nutrition landscape below the university level. This means that 9 of the 14 of the units contained within this course were designed to educate students in areas that were previously not available for students without attending university. These units are exclusive to this course and will not be found in any other course in Australia.

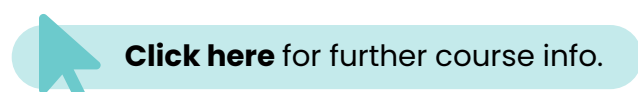
By focusing exclusively on nutrition knowledge and skills, we've eliminated unrelated units that do not directly relate to nutrition or working with clients. This laser-sharp focus ensures that you receive a complete and comprehensive nutrition education, empowering you to work with a diverse range of clients who have different goals - be it nurturing a healthier relationship with food, body composition targets such as fat loss or muscle gain, or enhancing athletic performance.

The Ultimate Fast Track Personal Trainer course will equip you with the knowledge and skills to work with clients on a holistic level as both a Personal Trainer and Nutritionist, addressing their physical and nutritional needs. You'll be able to help your clients reach their fitness goals and improve their overall health and well-being.

UNITS OF COMPETENCY INCLUDED

UNIT CODE	UNIT TITLE
HLTAAP002*	Confirm physical health status
HLTAAP001*	Recognise healthy body systems
NAT11046001	Promote the concepts of health and wellbeing in relation to nutrition
NAT11046002	Apply the fundamentals of nutrition to meet a client's dietary needs
NAT11046003	Design a nutritional plan for an individual
NAT11046004	Assist in establishing positive digestive health
NAT11046005	Analyse and apply principles of psychology and behaviour management
NAT11046006	Advise customers on the use of nutritional supplements and ergogenic aids
CHCCSL001	Establish and confirm the counselling relationship
CHCMHS011	Assess and promote social, emotional and physical wellbeing
CHCCSL007	Support counselling clients in decision-making processes
NAT11046007	Provide nutrition information to clients for exercise related goals
NAT11046008	Design a diet to assist clients in achieving exercise related goals
NAT11046009	Apply sports psychology principles in a nutritional coaching context

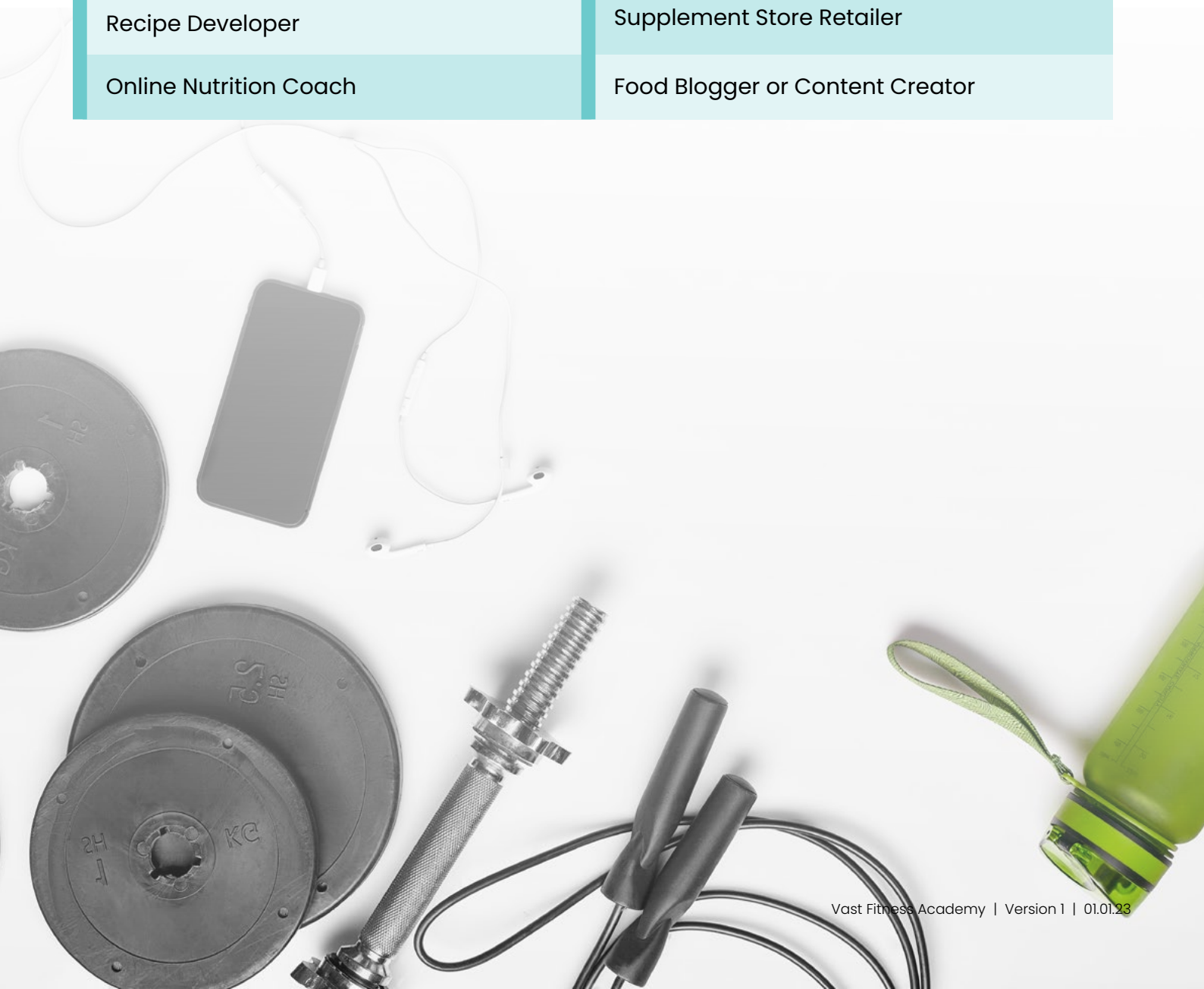
* These two units are combined to accelerate studies.



>> Career opportunities.

Completion of any of the above courses can lead to a variety of different career opportunities.

Personal Trainer	Contract PT in a Health Club
Sports Nutrition Coach	Corporate Wellness Coach
Health and Wellness Coach	Hospitality Consultant
Outdoor Bootcamp Trainer	Online Store Owner
Online Personal Trainer	Market Stall Holder
Functional Nutrition Consultant	Health Food Store Retailer
Recipe Developer	Supplement Store Retailer
Online Nutrition Coach	Food Blogger or Content Creator



03 Support.

**You can
expect a lot**



Don't just take our word for it...

“



Taha Daghestani

3 reviews

★★★★★ 9 months ago

Have finished my Cert IV in fitness. It has been a great journey thanks to Vast Fitness Academy. It has been great experience completing this course online with my chosen mentor. The assessor's were great support and marked assessments in timely manner. I have enjoyed the entire process over past 12 months. Ready to get into the field and put my knowledge into experience.

“



Laura Myers

Local Guide · 5 reviews · 4 photos

★★★★★ 9 months ago

My experience learning with Vast Fitness Academy has been nothing but positive. Course content is well organised, easy to access, and engaging. Having my own personal assessor was a huge benefit, and they were very responsive to not only any questions I had, but my assessments were also marked super quick! I am beyond happy with the support and training I recieved from Vast and would not only be happy to recommend them to anyone else but would also love to study with them again.

“



Kellye O'Brien

1 review

★★★★★ 3 months ago

I was so nervous to study online after not studying for over 20 years. I didn't think I would have the computer skills needed to navigate studying remotely. From the very beginning Vast made everything seem so simple! And if I ever did have a question or any troubles working out how to upload documents and things, never once did I feel to be a bother. Sara was my trainer and she was always so helpful and easily understood what kind of help I needed and exactly how to explain it to me. Sometimes I would ask the same questions multiple times and every time she answered like it was the first!! I would highly recommend vast to anyone who is a little nervous to take on online study. I am so grateful for the experience. It's left me feeling I could easily achieve more!

“



KELLIE Martin

3 reviews

★★★★★ a year ago

I have recently received my Certificate 4 in Fitness with Vast Fitness Academy! The course has prepared me well for a future within the industry. My assessor's were quick to respond to my questions and always provided me with great feedback. Thank you to the staff at Vast for providing me with the knowledge that I need to further my career in fitness!



Click here for more reviews.

Where to from here?



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