



ACADEMY OF FITNESS
AND HIGH PERFORMANCE
AFHP.COM.AU

CERTIFICATE 3 IN FITNESS

Ready to begin your journey as a Fitness Professional?

This course is designed to provide you with the foundational skills and knowledge to undertake employment in the health and fitness industry.

Whether you are just starting out or want to formalise your skills with a Nationally Recognised Qualification, the Certificate 3 in Fitness is perfect for you!

A BETTER WAY TO BECOME A FITNESS PROFESSIONAL

YOUR LEARNING PORTAL



ALL your learning material is embedded INTO the assessments with an 'easy to drive' portal. Simply login and start or carry on from where you left off!

Hello, Jimbo! 🌟

The screenshot shows the AFHP Learning Portal interface. At the top, it displays the course details: SIS30321 Certificate III in Fitness, Cert III 2024, and 0 of 16 Units Resulted. Below this, there are tabs for Overview, Units, Assessments, and Resources. The 'To Do' section lists two items: 'Language, Literacy and Numeracy' (HTLWHS001 | LLN) and 'AFHP - Induction Course' (HTLWHS001 | AFHP Induction Course), both marked as 'Not Started' with an 'Attempt 1' link. On the right, the AFHP logo is displayed with the tagline 'ACADEMY OF FITNESS & HIGH PERFORMANCE'. Below the logo, contact information is provided: <https://afhp.com.au/>, info@afhp.com.au, and 0478 159 188. There are also 'Email' and 'Call' buttons. At the bottom, a summary shows '2 badges available' and a 'Results' section with a '2 units resulted' badge.

We know everyone learns in different ways, so the learning portal contains instant access to an array of options for learning - we've got all bases covered.

- ▲ Comprehensive, downloadable learner guides. Use these as you would a textbook - lots of information!



- ▲ Video tutorials and webinars. Sometimes, having something explained to you and shown to you makes more sense than just reading words. Our team of experts have over 40 years of experience in the industry and share their knowledge in all the areas you need to know!

DUTIES OF AN ASSISTANT COACH

SKILL ACQUISITION IN COACHING PRACTICE

We have provided a video of skill acquisition in coaching practice to assist you to further understand the fundamentals of coaching sport participants. Please ensure you watch the [video](#) and familiarise yourself with the [learner guide](#) in section one prior to attempting the short answer questions in this section.



- ▲ Html short courses with learning quizzes. Short, interactive html courses are designed to give you the most relevant information, with short quizzes to test your understanding of the material.

Anatomy & Physiology

Anatomy is about understanding what we're made of. Human anatomy follows a structural hierarchy with the simplest structures at the bottom, all the way up to the most complex at the top. Each structure supports the more complex structure directly above it, and the relationship between these levels determines the biological efficiency of the organism overall.

Human Anatomical Hierarchy

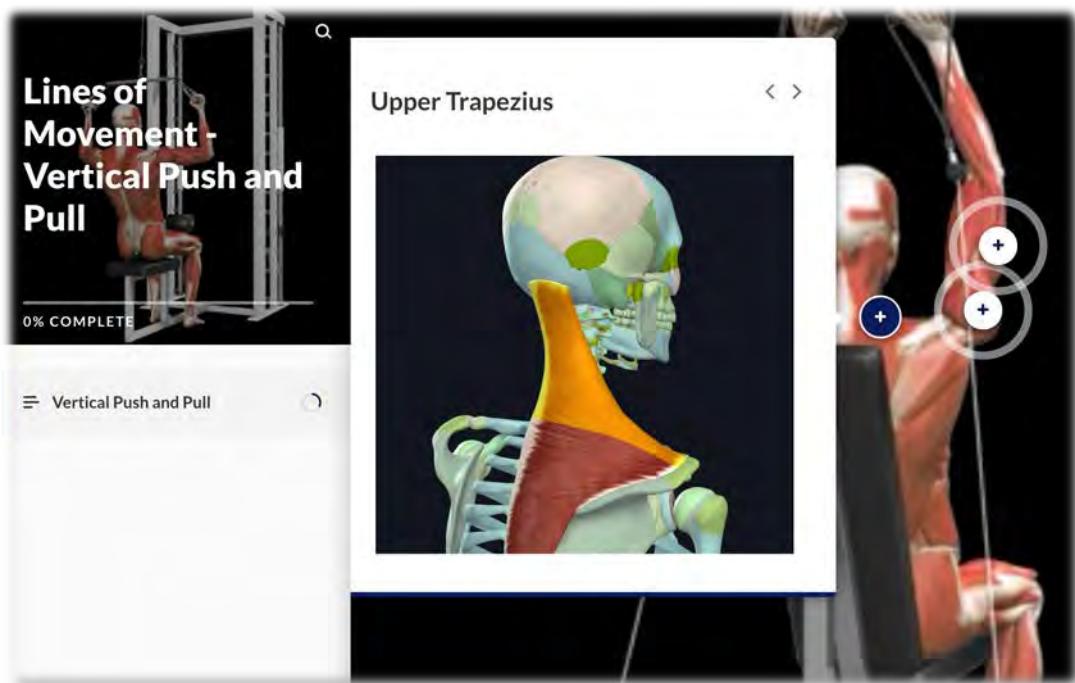
Organisms: A collection of organs normally found in organisms. 5
Organ-Systems: 2 or more organs working together. 4
Organs: Similar tissues create organs. 3
Tissues: A collection of similar cells. 2
Cells: The basic building blocks. 1

See if you can sort the exercises below into those which belong in the Knee Dominant group and those which do not.

Kettlebell Swing

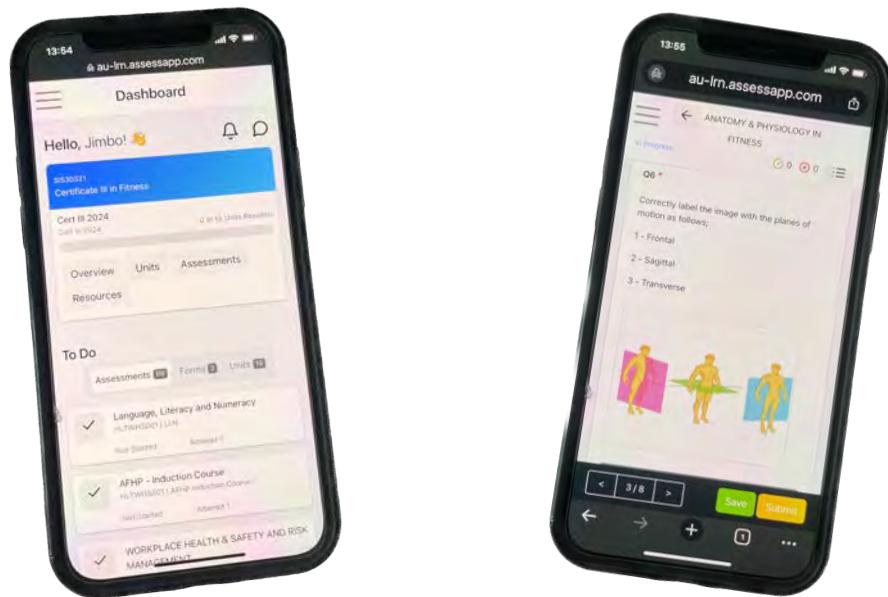
Knee Dominant Pattern Other Pattern

- ▲ Interactive pictures and diagrams. A visual treat to help illustrate critical information.



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- ▲ Direct access through a message portal to teachers assigned to a course and assessors at head office, so asking questions and getting help at any time is quick and simple.
- ▲ You'll have access to an advanced mobile app (iPhone or Android) so access is available anytime, anywhere.



- ▲ Video uploads allow you to SHOW your assessor what you can do and invites you into the world of delivering information in real time – a critical aspect of learning to be a great personal trainer.



All of this makes the process of learning information and translating it into assessments more logical, more relative, and more intuitive.

Assessments are structured to identify three key elements.

1. Foundation Knowledge

Multiple choice answers. These are set as a quiz and are auto-marked for immediate response! Six initial attempts allow students the opportunity to correct answers before intervention and assistance from an assessor.

QUIZ

COACHING PRACTICE IN AUSTRALIAN SPORT



We have provided an introduction video of coaching practices to introduce you to basic coaching practice, and also to assist you with your coaching session delivery in later stages of this unit.

Please ensure you watch the [video](#) and familiarise yourself with the [learner guide](#) in section one prior to attempting the Quiz in this section.



TIM ROBERTSON

Comments: When trying to meet the needs of an individual athlete some of the things

Q1 *

What were the [five \(5\)](#) tips on presenting and pacing information at a coaching session?

- Explain a drill or an activity in simple terms
- Best practice is to formulate, execute, repeat and analyse drills with all age levels
- Breakdown the information into small presentations and back it up with a demonstration
- Ask questions of the participants to ensure there is an understanding
- Use video support for low training age participants so they can view the drills in their own time
- Get the participants to use the new knowledge in an activity as quickly as possible
- Remember that young participants cannot process too much information at once and get bored very easily

2. Interpretation & Application of Knowledge

Short-answer questions designed to validate the acquired knowledge has been interpreted correctly. Feedback is provided directly in the assessment by the teacher or assessor for easy reference.

COACHING SESSION STRUCTURES

Q2 *

What are the [six \(6\)](#) benefits of warm-up exercises as outlined in the learning resources?



1.	
2.	
3.	
4.	
5.	
6.	

3. Practical, vocational application

Physical demonstration of skills required. This could be writing programs, demonstrating exercise techniques or instructing participants in sporting activities.

VIDEO UPLOAD SECTION



****ALL STUDENTS****

NOTE: It is not a requirement to film the entire test. The short video files verify that you can complete the tasks required for this assessment.

Client One Only.

Video 1: Row test or Beep test (60 second file)

Video 2: Sit and reach test (30 to 60 second second file)

Video 3: Strength Endurance test (choose one only - 30 seconds of footage)

Video 4: Strength Test (choose one only - 30 to 60 seconds of footage)

Remember to change your iPad/tablet or phone camera settings to the lowest file size or 720p at 30fps

ONLINE STUDENTS ARE REQUIRED TO REPEAT THIS VIDEO PROCESS FOR EVERY CLIENT

VIDEO 1

ROW TEST (CARDIOVASCULAR TEST)

Here you are required to show how to set the row test for 200m on the Concept II console.

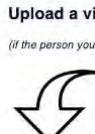
You are required to demonstrate to the client the correct technique you wish to see during the test. Explain the process of the test to the client and what the results will mean for their fitness level.

Upload file here:



No file chosen

When uploading videos, you can convert them to audio files (i.e remove the images and keep the sound only) by selecting the following button before you upload:



No file chosen

When uploading videos, you can convert them to audio files (i.e remove the images and keep the sound only) by selecting the following button before you upload:

MARKING OUTCOME *

Please read any feedback from your assessor below. If you have been marked Not Satisfactory, it will contain guidance to help you improve your responses.

None Satisfactory Not Satisfactory

ASSESSOR FEEDBACK

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WHAT WILL I STUDY?

The 15 Units for study in the Certificate 3 in Fitness are selected to provide students with knowledge and skills that encompass all aspects of being a Gym Instructor. There are many elements that are sometimes less obvious, but equally as important in creating a well-rounded and successful fitness professional.



Participate in Workplace Health & Safety (HTLWHS001)

Essential for understanding the broader considerations of working in a health and fitness environment.

Use Anatomy & Physiology Knowledge to Support Safe and Effective Exercise (SISFFIT047)

The bedrock of all fitness qualifications, this Unit guides you through everything you need to know about how the body works and how to apply that knowledge for exercise prescription.

Deliver and Monitor a Service to Customers (BSBOPS304)

Ultimately, we are in the service industry and making sure you understand some fundamental principles about communicating with customers can help boost your confidence and increase your positive feedback.

Respond to Interpersonal Conflict (SISXIND009)

This short unit teaches simple, practical ways to handle everyday conflict — spotting problems early, talking so people actually listen, keeping everyone safe, and knowing when to get help. It's all about respectful communication, de-escalation and common-sense steps you can use at school, in sport or in the workplace so small issues don't become big ones.

Complete Pre-Exercise Screening and Service Orientation (SISFFIT032)

Learn how to screen customers to ensure they can safely undertake activity and recommend appropriate services based on your findings.

Complete Fitness Assessments (SISFFIT033)

If customers are healthy, you can assess their fitness levels so that the exercise types and intensities will meet their exercise goals.

Develop and Instruct Gym-Based Programs for Individual Clients (SISFFIT040)

Writing and structuring exercise programs that customers can follow independently in the gym is a key skill.

Plan Group Exercise Sessions (SISFFIT035)

When you increase the number of participants and change the environment, there are several factors to consider. Here you will learn how to design and structure exercise for multiple participants.

Instruct Group Exercise Sessions (SISFFIT036)

See if your group program designs play out as you deliver to a group! Can you communicate effectively, correct form, keep time and answer questions all at the same time?

Conduct Sport Coaching Sessions for Foundation Level Participants (SISSSCO001)

This Unit focusses on how to structure and deliver an effective coaching session, collecting feedback and managing parents and spectators!

Apply Business Risk Management processes (BSBOPS403)

Learn what to look for when considering risk in the health and fitness industry.

Maintain Activity Equipment (SISXFAC006)

Central to any successful fitness facility is the smooth running of the environment and the equipment necessary to do the job. Learn what to look for and how to tackle the basics.

Provide Healthy Eating Information (SISFFIT052)

Many people just need a little bit of guidance towards healthier eating. It promotes health and supports all exercise and physical activity programs. Using the Australian Dietary Guidelines as your reference, you can help customers understand what they need and how to get it.

Organise Personal Work Priorities (BSBPEF301)

It sounds simple, but many fitness professionals forget to address the basic requirements of organisation in the context of performing their duties efficiently and effectively.

Provide First Aid (HLTAID011)

A core unit in many certifications, this is usually undertaken with a local provider and the certificate can be applied as a Credit Transfer to your package.

WHEN AND WHERE CAN I STUDY?

The course is designed for you to start ANYTIME. Once you are enrolled, the course will move with you, going as fast or as slow as you like. That means you can study WHENEVER and WHEREVER you like! Our Toowoomba HQ runs monthly practical workshops* for those that want to come and have their practical elements assessed and to meet other students.

No term dates.

No class commitments.

No reason to put it off!

*(*invoiced separately for each workshop)*

WHAT JOBS CAN I GET?

The Certificate 3 in Fitness is the foundation qualification for those looking to enter the fitness industry. It will allow you work as a gym instructor in a commercial fitness facility. With the Group Exercise Units in this course, you will also be able to deliver group exercise classes within a facility under the umbrella of the facilities supervision. If you want to run bootcamps independently or deliver personal training sessions, you will need to complete the [Certificate 4 in Fitness](#) as well, or take our [Fast Track](#) course to take the most efficient route!



AUSactive

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INVESTMENT & FLEXIBLE PAYMENT OPTIONS

NOW ONLY - \$1840 UPFRONT OR \$33 p/w

OPTION 1

Payment in Full

2 x monthly payments of 795.00 after an initial 250 deposit paid at time of online enrolment.

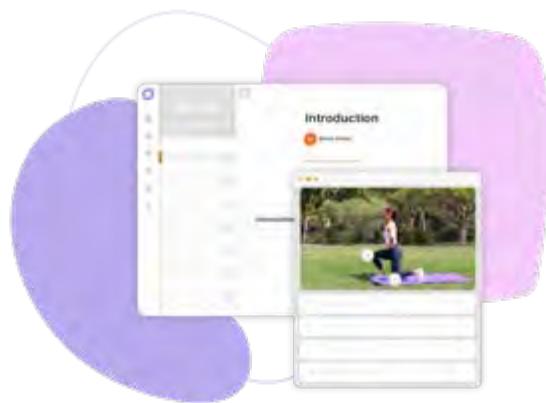
Total - 1840

OPTION 2

Payment Plan

33 per week after initial 250 deposit paid at time of enrolment.

Total – 1990



[Enrol Now](#)

TESTIMONIALS

"AFHP have exceptional staff that really go above and beyond to help each student learn and progress. The online modules have an abundance of information that is both easy to navigate and applicable to becoming a personal trainer. I highly recommend anyone who is interested in doing a fitness course to take a look at AFHP."

CHRIS CHAN

"I signed up to do my course with AFHP after having a bad experience with another provider and I am so glad I did. The online material is interactive and easy to read. And the in-classroom sessions are very informative and enjoyable. The trainers have such a wealth of knowledge and I have learnt so much from the sessions with them. I would highly recommend AFHP to anyone that who is looking at studying and getting into the fitness industry."

NAKITA MUNRO

"My son is really loving the course and is enjoying engaging with the online platform. He is busy planning his practicals with his sports teacher and is thoroughly motivated by the course content. Great product!"

RIKKI MCCABE

"Working with AFHP to complete my Certificate III and IV has been an amazing and worthwhile experience. Learning through a mixture of online, written and physical methods has equipped me with all the essential knowledge needed to enter the fitness industry. The teachers are the best in the business and will help you every step of the way.

I would definitely recommend AFHP for anyone who wants to achieve their fitness certificates."

TOM DEARNSLEY

