



ACADEMY OF FITNESS  
AND HIGH PERFORMANCE  
AFHP.COM.AU

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## FAST TRACK PERSONAL TRAINER

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Ready to supercharge your fitness career?

Designed to fast-track your journey to becoming a personal trainer, this program is the ultimate game-changer for aspiring fitness professionals.

Unlock Your Full Potential with the

Fast Track Certificate III + Certificate IV in Fitness!

# ACADEMY OF FITNESS AND HIGH PERFORMANCE

Welcome to the Academy of Fitness and High Performance, your ultimate destination for pursuing excellence in the field of sports and fitness. AFHP have been training Australian and international students for over 20 years with great success. In fact, our lead trainer was runner up in the Fitness Australia's 'Fitness Educator of the Year' award, 2020.

## A BETTER WAY TO BECOME A PERSONAL TRAINER

There are more than 65,000 people employed in the sport, fitness and recreation industry in Australia. This tells us two things:

1. It's an outstanding career
2. You need to set yourself apart from the rest, right from the beginning.

There are a lot of ways to grab a 'quick' Personal Training Qualification. However, if you want to build a thriving, high-demand sports or fitness career, be genuinely able to help people and be a person that other people look to as an expert, then the Academy of Fitness and High Performance is for you.

The Academy of Fitness and High Performance offers the highest quality education in Fitness and Personal Training that provides students with real-world applications for their chosen career path. Did you know?



25-54 is the average age bracket of Personal Trainers in Australia



BUPA Health Insurance now recognise a Certificate IV in Fitness graduate (registered with AUSactive) as a Registered Exercise Professional to deliver training sessions under a clients' health fund.



The advancing rate of obesity and obesity-related illnesses in Australia means demand for personal trainers is high and understanding the 'specific populations' market is essential.



\$501.1 million is spent on personal training by Australians every year.

# 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! 🌟

SIS30315  
Certificate III in Fitness

Certificate III in Fitness  
SMC32021SC 12 of 16 Units Resulted

Overview Units Assessments Resources

To Do

Assessments 24 Forms 1 Units 4

FIRST AID  
HLTAID011 | FIRST AID - Knowledge  
Not Started Attempt 1

FIRST AID  
HLTAID011 | FIRST AID - Practical  
Not Started Attempt 1

AFHP  
ACADEMY OF FITNESS & HIGH PERFORMANCE

<https://afhp.com.au/>  
info@afhp.com.au  
0478 159 188

Email Call

13 units resulted

Achievements

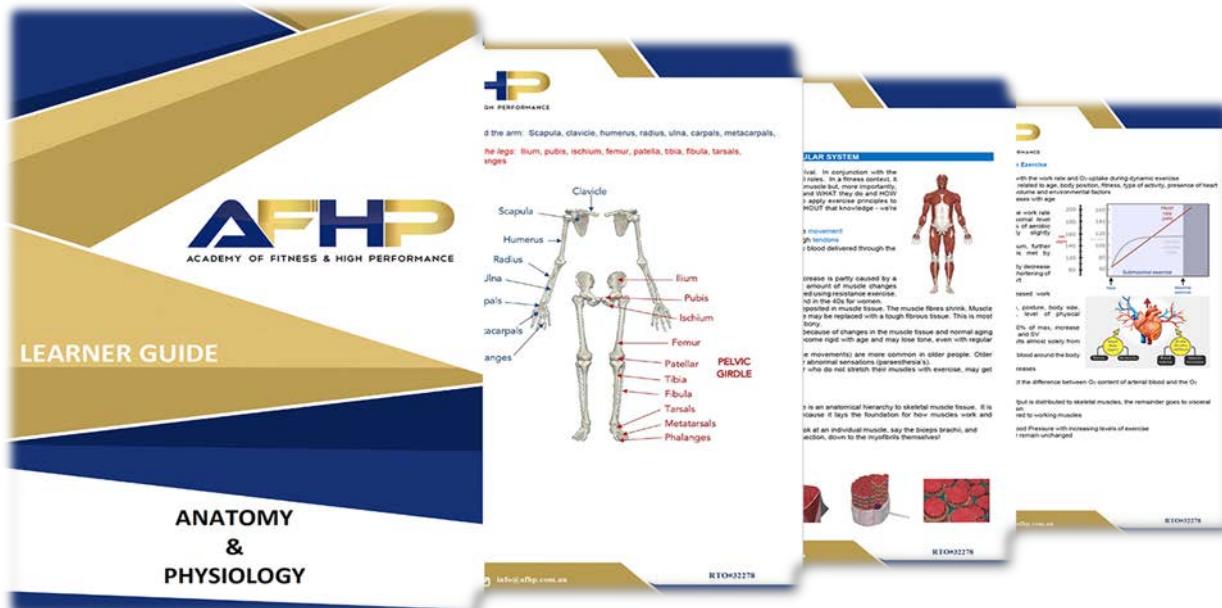
Jimbo Jones

You are seeing Jimbo's Learner App | X

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;

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

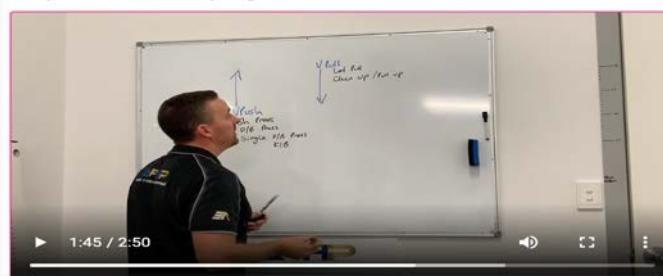


- ▲ Video tutorials and webinars. Sometimes, having something explained to you and shown to you makes more sense than just reading words. Our team of experts have over 40 years of experience in the industry and share their knowledge in all the areas you need to know!

#### Resistance Training Exercises (Vertical Push-Pull)

##### VERTICAL PUSH - VERTICAL PULL

Watch the video on the vertical push and pull movement pattern. You should practise performing exercises in these movement patterns yourself in the first instance and then practice coaching others (other students, friends, family or colleagues). The more practice you get the better! Spend some time considering which muscles are involved in creating movement and complete the tables as you go.



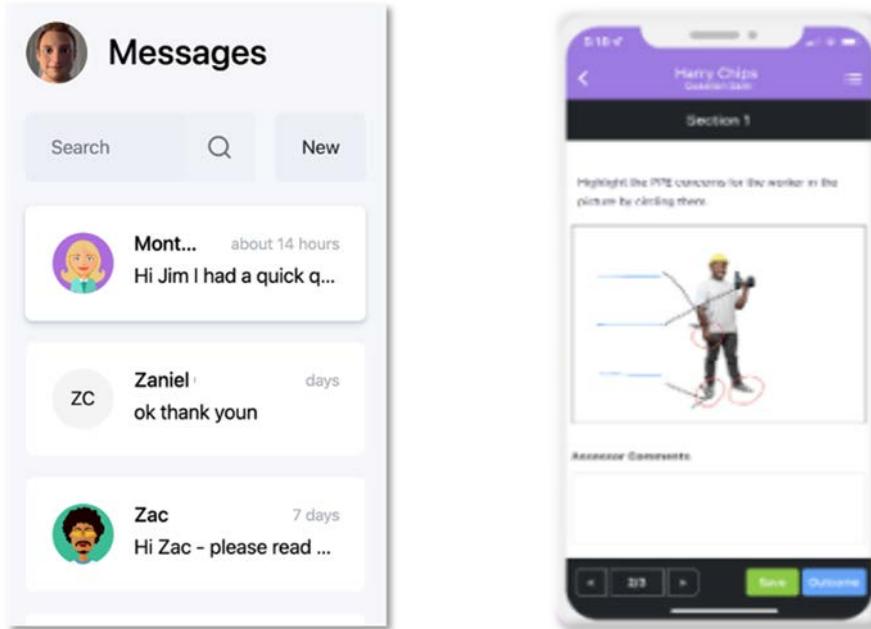
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- ▲ Html short-courses with learning quizzes. Short, interactive html courses are designed to give you the most relevant information, with short quizzes to test your understanding of the material.

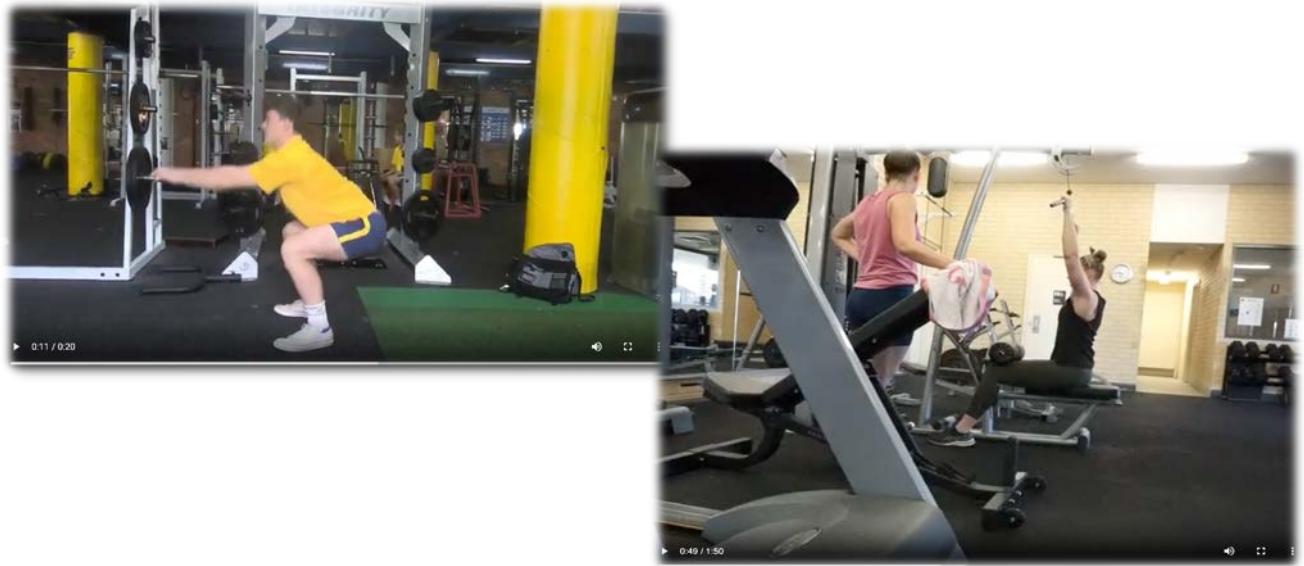
- ▲ Interactive pictures and diagrams. A visual treat to help illustrate critical information.

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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.

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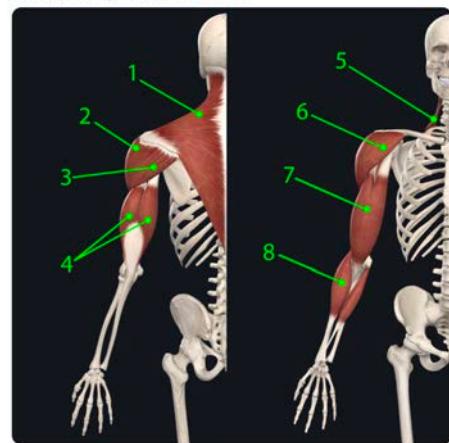
Assessments are structured to identify three key elements;

## 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.

Q5 \*

Correctly identify muscles 1-4 in order;



1 - Trapezius, 2 - Medial Deltoid, 3 - Posterior Deltoid, 4 - Triceps

1 - Trapezius, 2 - Posterior Deltoid, 3 - Medial Deltoid, 4 - Triceps

1 - Triceps, 2 - Medial Deltoid, 3 - Posterior Deltoid, 4 - Trapezius

1 - Trapezius, 2 - Medial Deltoid, 3 - Triceps, 4 - Posterior Deltoid

## 1. 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.

### Q7 - Horizontal Push \*

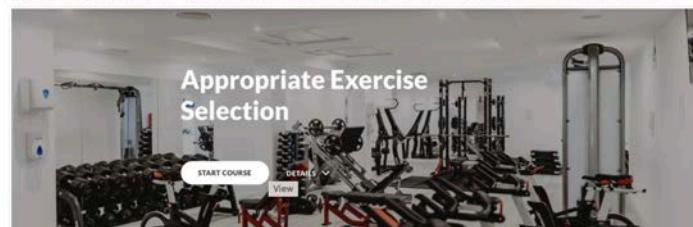
In the table below, identify the Prime Movers (agonists) that contribute the most towards the movement. This will usually be between 1-4 muscles at MOST, but is usually 2 or 3.

EXERCISE	JOINTS USED	PRIME MOVER(S)
Pin loaded chest press	Shoulder/elbow/wrist	
D/B chest press (Bench Press - any grip variation)	Shoulder/elbow/wrist	
Push up	Shoulder/elbow/wrist	

## 2. Practical, vocational application

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

Review the short course below on some of the main considerations when programming exercises for different demographics and then read the instructions for the practical assessment requirements.



For each of the following **five (5)** case studies you must select **two (2)** exercises that are appropriate for them;

- Age
- Sex
- Ability (experience/training age)

You must then coach the client through BOTH exercises using the E.S.I.C. protocol;

- Explain (in plain language for a client)
  - the exercise
  - what it is for
  - how it is beneficial to the goals of the client
  - any injury risks associated with poor technique or loading
- Show
  - a demonstration of safe and effective exercise technique to the client
  - any relevant adjustments or safety features
- Instruct
  - the client as they undertake the exercise
- Cue
  - corrections in technique, range, speed of the exercise

There will be a checklist in each section for you to make sure you have covered these points.

If you have access to a person that broadly meets the characteristics of the case study, that's great, but you may use another person to 'simulate' the client. The important thing is that you select and coach appropriate exercises for the person in the case study.

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## FAST TRACK YOUR STUDIES



The AFHP Fast-Track training program is BY FAR the best way to get the most from your studies. By completing nine prerequisite units from the Certificate III in Fitness, you can 'Fast Track' straight onto the Certificate IV and get to your goal of being a Personal Trainer much quicker.

IN ADDITION – You have the option to choose one of **two specific** continuing education courses once you complete your studies to provide you the greatest possible opportunity gain confidence and competence in your fitness knowledge. The combination of online education, practical assessments and exposure to a real environment ensures you are as prepared as it is possible to be to start your new career the second you get your certificate!



## WHAT JOBS CAN I GET?

The Certificate IV in Fitness is now the **GOLD STANDARD** in the Fitness Industry. You can work independently in any environment as an **internationally recognised** personal trainer. You also qualify to have your own ABN and can have a Personal and Public Liability Insurance to cover your work as a self-employed contractor. You will be able to register your Certificate IV in Fitness with AUSactive and this will officially register you as a Registered Exercise Professional click [here](#) for more information.

You can also work as a Fitness Instructor, in a gym floor team, or community fitness trainer working with local councils and even supervise school- based gyms.



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## INVESTMENT & FLEXIBLE PAYMENT OPTIONS

FAST TRACK TRAINER ONLINE – NORMALLY \$3499

**NOW ONLY - \$2600 UPFRONT OR \$48 p/w**

PLUS when you *complete* the Fast Track Personal Trainer we will give you access to the **Scientific Abbreviated Training (\$249 value)** course OR the **Kettlebell Level 1 (\$249 value)** course absolutely FREE as a graduation gift from us!

### OPTION 1

Payment in Full\*

2 x monthly payments of 1175.00 after an initial 250 deposit paid at time of online enrolment.

*Total - 2600*

\*Regulations prevent RTO's from collecting more than 1500 in any one transaction for the protection of the student

### OPTION 2

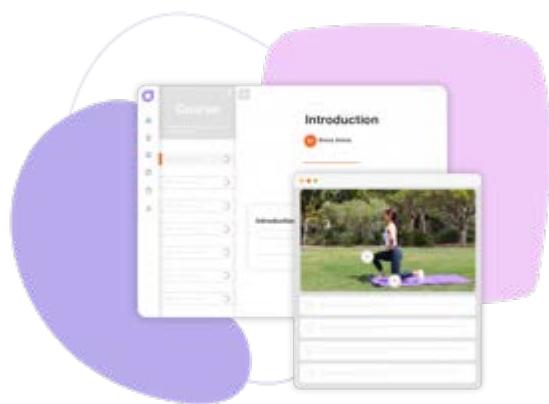
Payment Plan

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

*Total - 2750*

YES, I WANT TO **SAVE \$1249** AND

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## 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

*“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



NATIONALLY RECOGNISED  
TRAINING



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