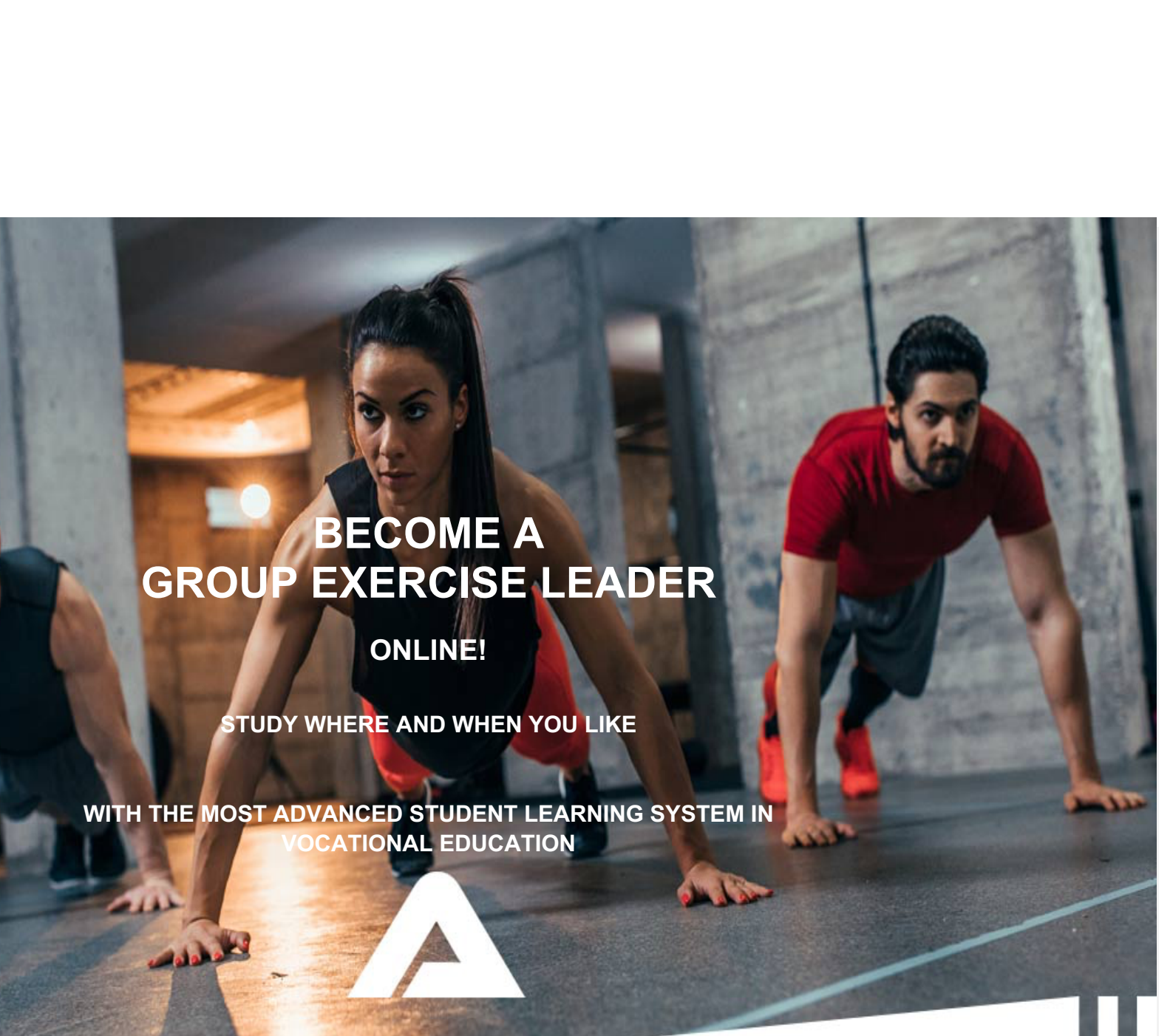


A photograph of three people in a starting crouch on a gym floor. In the foreground, a woman with dark hair in a ponytail, wearing a black tank top and red leggings, is looking intensely at the camera. Behind her to the right, a man in a red t-shirt and grey shorts is also in a crouch. To the left, another person is partially visible. The background shows a gym interior with concrete pillars and warm lighting.

BECOME A GROUP EXERCISE LEADER

ONLINE!

STUDY WHERE AND WHEN YOU LIKE

**WITH THE MOST ADVANCED STUDENT LEARNING SYSTEM IN
VOCATIONAL EDUCATION**



 **AUSTRALIAN
FITNESS AWARDS
2020** Powered by  Fitness
Australia

 **Fitness
Australia**

**APPROVED
CEC PROVIDER**

***FITNESS EDUCATOR OF
THE YEAR FINALIST***

AFHP FITNESS EDUCATION

A better way to become a Group Exercise Leader

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 (RTO #32278) offers the highest quality education in Group Fitness and Personal Training that provides students with real-world applications for their chosen career path.

[ENROL NOW](#)



OUR TEAM



LEARNING SUPPORT

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. Our dedicated team of assessors have previously worked in the field with many professional athletes such as Marion Jones (USA - athletics), Gail Devers (USA - athletics), Dwaine Chambers (GBR - athletics), Eric Boateng (GBR - basketball), Mitch Gilbert (AUS - motorsport), as well as celebrities including, Princess Diana, Gwyneth Paltrow, Emily Watson, Geri Halliwell, Will Young & David Furnish.

[ENROL NOW](#)



GROUP EXERCISE LEADER



Students on our GEL ONLINE program have access to superior learning support and AFHP's world-class e-Learning platform, designed to blend online learning with interactive, hands-on practical assessments that you complete in the fitness

environment of your choice that is suitable for group training.

OUR COURSE IS DIFFERENT FROM THE REST...

If group exercise is your passion then this is by far the best way to enter the fitness industry. By studying just FOUR (4) subjects you can be teaching, earning an income and experience and work towards completion of a Certificate III in Fitness. If you do not wish to complete a full Certificate III in Fitness you do not have to! You can keep your GEL Skill Set and teach group classes anywhere in Australia by registering your Skill Set with AUSactive (formerly Fitness Australia)



[ENROL NOW](#)



HOW IT WORKS:



The GEL ONLINE Course provides access for 6 months. The majority of our students complete their studies in just 8-10 weeks! You have access to your learning platform 24/7 and access to our online learning support team.



All learning resources required for your studies can be found on your student portal. You even have access to our FREE student mobile app (iPhone or Android).

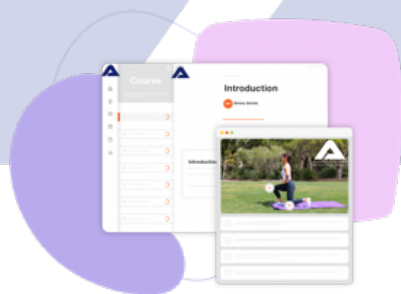


You can choose a qualified mentor or supervisor* at a gym of your choice. This option will reduce the video submission requirement. This will also be an opportunity for students to embed and apply the theory you have been learning.



Students have access to our trainers and assessors online, on the phone and face to face throughout the course to help answer questions they have about the information they are learning and their practical application.

**NOTE — Your nominated mentor or supervisor will be required to complete a third-party supervisor form in order for us to verify they satisfy the criteria.*



[ENROL NOW](#)



THE GROUP EXERCISE LEADER SKILL SET (SISSS00128)

WHAT WILL I LEARN?

HLTAID011	Provide first aid
HLTWHS001	Participate in workplace health and safety
BSBOPS304	Deliver and monitor a service to customers
SISFFIT036	Instruct group exercise sessions

WHAT JOBS CAN I GET?

You can work in a fitness centre as a nationally recognised Group Fitness Instructor

Les Mills (Asia Pacific) offer numerous modules of learning after you have completed your Skill Set.

Some of these are listed here:

- Bodypump
- Bodyattack
- Bodycombat
- RPM
- Grit
- Bodybalance
- Bodystep

<https://www.lesmills.com.au/instructors/become-an-instructor>

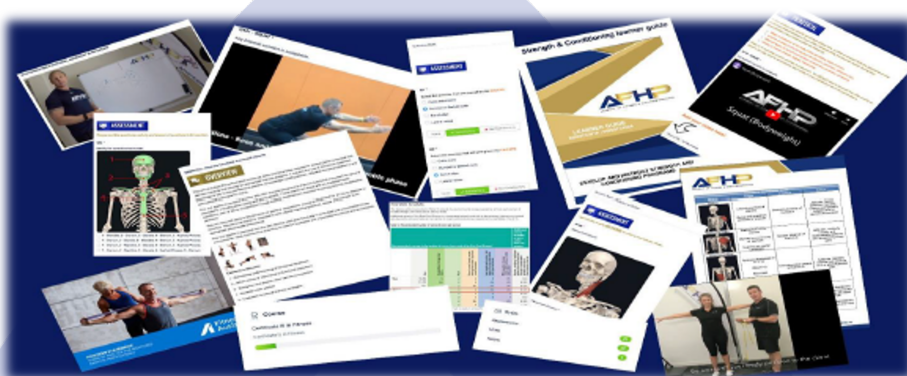
Field Code Changed

[ENROL NOW](#)





YOUR LEARNING PLATFORM



We've designed our courses to be as accessible and informative as possible. With the help of our world-class e-learning platform we bring students interactive, 3D technology and displays which provide a rich and rewarding learning experience.

\$ INVESTMENT & FLEXIBLE PAYMENT OPTIONS

OPTION 1

Payment in Full (550) paid at time of enrolment via secure online payment gateway.

OR

OPTION 2 (Contact us directly for this option)

Payment Plan - Direct Debit through Debit Success. 100 deposit and 26 weeks of only 19 pw (total 594)!

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7



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. Rob is a such wealth of knowledge and I have learnt so much from the sessions with him. 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





ABOUT ACADEMY OF FITNESS & HIGH PERFORMANCE

At AFHP, our goal is simple - to help students become the best health and fitness professionals they can be. AFHP is dedicated to educating, leading and motivating people to live a healthier lifestyle.

The team at AFHP are comprised of experts in personal training, wellness, nutrition and fitness, with over 40 years of industry experience.

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Website: www.afhp.com.au

