

### **BECOME AN INDUSTRY LEADING PERSONAL TRAINER**

As a qualified Personal Trainer with WYN you will have an unlimited range of opportunities to start and expand your career. The WYN Fitness Trainer Program will give you sound knowledge of exercise science, advanced training, corrective exercise therapy, nutrition, motivational psychology, well developed communication skills as well as astute business acumen.

WYN also focuses on developing your business knowledge to give you the skills and confidence to start your own business. You may set up from home or a local park, running one-on-one, two-on-one or small group training. Many graduates start their own Outdoor Group Training business running sessions for multiple clients at a time. You may even want to open your own facility. We will provide you with the skills and qualifications you need in order to succeed as a Personal Trainer. We'll teach you how to set up your business, package your product, market your services, control your finances and sell yourself so that you not only survive, but thrive in this competitive industry. Our business is all about What You Need to be the best personal trainer you can be.

Once you graduate, your career opportunities include:

- Employment as a personal trainer in a large health club or small studio.
- Start your own personal training business in a large health club chain.
- Purchase your own personal training franchise.
- Jump on a cruise ship and travel the world whilst working!

### **DEVELOP EXPERT, WELL-ROUNDED PT SKILLS**

The WYN Fitness Trainer Program contains the Certificate IV in Fitness (SIS40215) plus its entry requirements (details provided below). Students entering the program holding any or all of the Certificate IV in Fitness entry requirements are eligible to apply for credit.

#### **Certificate IV in Fitness (SIS40215\*)**

BSBSLS407 Identify and plan sales prospects

BSBSLS408 Present, secure and support sales solutions

BSBSMB401 Establish legal and risk management requirements of small business

BSBSMB402 Plan small business finances

BSBSMB403 Market the small business

BSBSMB404 Undertake small business planning

SISFFIT013 Instruct exercise to young people aged 13 to 17 years

SISFFIT015 Collaborate with medical and allied health professionals in a fitness context

SISFFIT016 Provide motivation to positively influence exercise behaviour

SISFFIT017 Instruct long-term exercise programs

SISFFIT018 Promote functional movement capacity

SISFFIT019 Incorporate exercise science principles into fitness programming

SISFFIT020 Instruct exercise programs for body composition goals

SISFFIT021 Instruct personal training programs

SISFFIT023 Instruct group personal training programs

SISFFIT025 Recognise the dangers of providing nutrition advice to clients

SISFFIT026 Support healthy eating through the Eat for Health Program

SISSTC301A Instruct strength and conditioning techniques

SISSTC402A Develop strength and conditioning programs

SISXRES001 Conduct sustainable work practices in open spaces

\*The status of this qualification is current

### **Entry Requirements: Certificate IV in Fitness (SIS40215)**

HLTAID003 Provide first aid

SISFFIT001 Provide health screening and fitness orientation

SISFFIT002 Recognise and apply exercise considerations for specific populations

SISFFIT003 Instruct fitness programs

SISFFIT004 Incorporate anatomy and physiology principles into fitness programming

SISFFIT005 Provide healthy eating information

SISFFIT006 Conduct fitness appraisals

SISFFIT014 Instruct exercise to older clients

SISXCCS001 Provide quality service

Students typically take 6-18 months to complete the program, and study on-campus during the day or in the evening and on weekends.

The WYN Fitness Trainer Program is open to those 18 years of age or over.

You will need to attend a selection interview, where a pre-training review will be conducted, and your required level of competence in reading and numeracy will be assessed.

### **WORK PLACEMENT HOURS**

Throughout your program WYN requires you to complete a minimum of 40 Work Placement Hours. The Fitness Industry strongly supports work placements by students:

- To strengthen their experience of the workplace;
- To support expectations of performance in the workplace;
- To practise skills and apply knowledge within the workplace, which promotes stronger embedding of learning; and
- To provide exposure to real workplace situations and circumstances which cannot be replicated in a learning environment or simulation.

### **ASSESSMENT REQUIREMENTS**

You can expect a variety of assessment types, including demonstration, knowledge tests, case studies, role plays, reports and portfolios. Such assessments are conducted throughout the program, and may take place in the classroom, in the workplace or online.

### **CAREER OUTCOMES**

Upon successful completion of the WYN Fitness Trainer Program you will receive a Certificate IV in Fitness (SIS40215), a First Aid qualification, plus a Statement of Attainment for the Certificate IV in Fitness entry requirements (where applicable). Upon graduation you can work independently as a Personal Trainer within a fitness centre, gym, pool, community facility and in open spaces.

### **PAYMENT OPTIONS**

WYN provides a range of flexible payment options, including upfront payment or an instalment plan.