

Welcome to Fitlink Australia; we are excited to have you joining the Health and Fitness Industry and are looking forward to watching you grow as our fitness ambassadors.

- 1. Commitment to online study** To complete any course or study requires a degree of a commitment. Online can be challenging as you will need to set aside regular time to study and apply practical skills. To help you understand the amount of time you will need to be able to set aside, Fitlink has provided you with the following charts.

The nominal hours may vary from individual to individual depending on how fluently you can read, how well you can absorb and understand the information, and how well you manage your way through the variety of assessment tasks. You will be given a total of 12 months to complete a certificate level (therefore if you are completing both Certificate III and IV you will have 2 years to do so). With this in mind remember the following is a guide only:

Certificate III in Fitness

	Theory	Practical	Assessment	Additional Study	Total
Exercise Science 1	30	12	10	16	68
General Principles of Nutrition	10	4	3	3	20
Recreational Programming	7	7	10	17	41
General Workplace Skills	10	4	14	4	32
Gym Instruction	15	20	10	15	60
Special Populations Awareness	7	7	4	2	20
Total Hours					241

Certificate IV in Fitness

	Theory	Practical	Assessment	Additional Study	Total
Exercise Science 2	24	12	6	8	50
General Principles of Nutrition	10	4	3	3	20
Postural Assessment	7	5	5	5	22
Psychology for Fitness	4	2	4	2	12
Special Populations Awareness	7	5	4	2	18
Personal Training	21	14	11	14	60
Fitness Equipment Use and Maintenance	2	3	2	2	9
Strength and Conditioning	14	20	16	15	65
Exercise for Children	10	4	4	4	22
Total Hours					278

2. **Assessments** – some assessments will be submitted directly through the online process whereas others may require you to find an approved qualified Personal Trainer, complete a video or submit an assessment in writing to Fitlink by mail or email. Ensure your name is clearly identifiable on every piece of assessment submitted. Please refer to the Assessment Policy and Procedure provided in this pack for full guidelines.
3. **Tutorials** – are available for students at set times, you will need to book as places are limited in each session. Please contact Fitlink on: education@fitlink.com.au, to book into one of our phone conference tutorial sessions. One of our staff will contact you to confirm a tutorial time - prior to the call. It is requested that you also send through, via email, a

list of the areas or concepts you require help with, so that we can best assist you.

It is also possible, if you are Brisbane based, that you can organise to attend one of our face to face group tutorial sessions. Please request these via email as outlined above.

4. **Practical sessions** - are important for your education. If you can source the opportunity to apply your knowledge and skills in a practical context you will find they develop at a faster rate and improve your confidence. We therefore encourage you to network with local Fitness Professionals who may provide you with the opportunity to apply what you learn in a practical situation.
5. **Behaviour** – Fitlink Australia prides itself on its level of professionalism and asks students to abide by this standard which will set them in good stead for the future; please remember you are representing Fitlink at all times during and after your training. Therefore when you are working with Fitness Professionals during assessment or practical sessions maintain a professional standard which reflects positively of yourself and Fitlink.
6. **Academic Standard** – Students are required to maintain academic achievement in every unit to meet the *Fitlink Australia* academic benchmark. Fitlink is aware that it may be a challenge working independently as an online student therefore if you find yourself with difficulties in meeting this academic benchmark contact Fitlink to discuss what assistance may be available to you.

And, finally HAVE fun!
The Fitlink team is here to help with any questions you may have