

Welcome to

The
K1SPORT

College of
**HEALTH &
FITNESS**



“Essential for a Career in the Health and Fitness Industry”

2014 Information Booklet

History

The College of Health and Fitness was established in 2002. *The College of Health and Fitness* is a dynamic and professional privately owned Registered Training Organisation whose service is Nationally Recognised and designed specifically to deliver training courses in *Certificate III in Fitness* including Gym Instructor, Group Exercise Instructor (Freestyle), Aqua Instructor; and *Certificate IV* which includes Personal Trainer, Older Adults and Children’s Trainer.

The college has delivered the **Certificate III & IV in Fitness** courses to Queensland based schools since 2006, for students who require additional ranking points to get into University / TAFE and have build a solid business relationship. Now *The K1Sport College of Health and Fitness* is bringing the same high standards and courses to Melbourne!

The K1Sport College of Health and Fitness ensures that the course you are enrolled in is suitable for your chosen career and that you experience a range of training environments with ‘real’ clients. Whether you chose to study in our classroom, by flexible delivery, by online or our unique one on one personalised courses you will be guided and supported by our team of professionals.

The staff at *The K1Sport College of Health and Fitness* has many years of experience in their fields and have been involved with clients from injury rehabilitation to Olympic Gold Medal winning athletes. The owner of *The K1Sport College of Health and Fitness* has over 20 years of adult education experience teaching Health and Fitness subjects at Universities in Brisbane as well as many private Registered Training Organisations including 25 years of practical experience with the Health and Fitness industry.

What are the Employment Opportunities in the Fitness Industry?

The fitness industry continues to grow and those who qualify to be registered exercise professionals can expect to find employment instructing to individuals or groups in fitness centres, health studios, gymnasiums, sport and leisure centres, community organisations, hospitals, nursing homes and with allied health practices. New roles in the fitness industry have emerged, these include assessment, consulting, health promotion and management roles in a variety of businesses such as community, sport, workplace, clinical, outdoor and mobile services.



What Education Opportunities are Available?

There is a great range of opportunities available to students, quality education, one-on-one tuition; and a well established network with Queensland based schools and colleges since 2006 by offering the *Certificate III & IV in Fitness* for students who require additional ranking points to get into University / TAFE and have a build a solid business relationship. *The K1Sport College of Health and Fitness* ensures that the course students are enrolled in is suitable for your chosen career and that you experience a range of training environments with 'real' clients. Whether you chose to study by our classroom, flexible delivery, online or our unique one on one personalised courses you will be guided and supported by our team of professionals. The staffs at *The K1Sport College of Health and Fitness* has many years of experience in their chosen fields and have been involved with clients from injury rehabilitation to Olympic Gold Medal winning athletes.

Flexible study options:

Classroom, Online (e-text), Correspondence (textbook)
All Textbooks included | Ongoing Student Support
Affordable Payment Options | Enrol Any Time

The Courses to get you a Career in Fitness!

(SIS30310) Certificate III in Fitness

The Certificate III in Fitness course will provide you with an extensive knowledge of exercise principles which enables you to fully understand the effect of exercise on the body and therefore to write and adapt fitness programs to suit the specific needs of individuals, groups or teams. You will be able to adapt programs to suit various environments as well as provide technical advice on equipment and exercise techniques. *The K1Sport College of Health and Fitness* provides you with 'hands on' practical training in a fully equipped gym and/or pool for specific modules of this course.

Graduate as a Nationally Accredited Gym and / or Group Exercise Instructor!

- **Enjoy a Great Income**
- **Keep fit while you work**
 - **Motivate others**

You can do it all with the Certificate III in Fitness!

(SIS40210) Certificate IV in Fitness

The Certificate IV in Fitness course will supply you with the knowledge and skills to operate a business within the fitness industry. You will gain knowledge on providing supervision and guidance to others in the application and planning of fitness training and activities, and learn basic work place training.

The Certificate IV in Fitness includes Personal Trainer, Older Adults, and Children Trainer. After completing the *Certificate IV in Fitness* you will be qualified to obtain employment as a Personal Trainer and/or to work with older adults or special populations, including pregnant women, rehabilitation and people with disabilities. All "Hands-On" practical training using a fully equipped fitness facility, pool and other partnership facilities.

Graduate as a Nationally accredited Personal Trainer, Older Adults Trainer and Children Trainer

- Small business skills for Personal Trainers
- Working with Athletes, Allied Health Professionals
 - Working with Physiotherapists
 - Exercise Science
 - Postural Assessment

Training Courses Method of Delivery

- Classroom (face-face) full time, part-time
- Flexible (e-text)
- Correspondence (text-book)

Full time courses are running for **4 weeks**, during this time, you will be learning intensive theory and practical training. Daily class times are 9.00am – 3.00pm.

Part time courses are every Thursday night for 10 weeks from 6.00pm – 9.00pm.

Flexible online (e-text), and correspondence (text book) courses start anytime. You work at your own pace.

Students have a maximum **12 months** to finish the course of their choice.

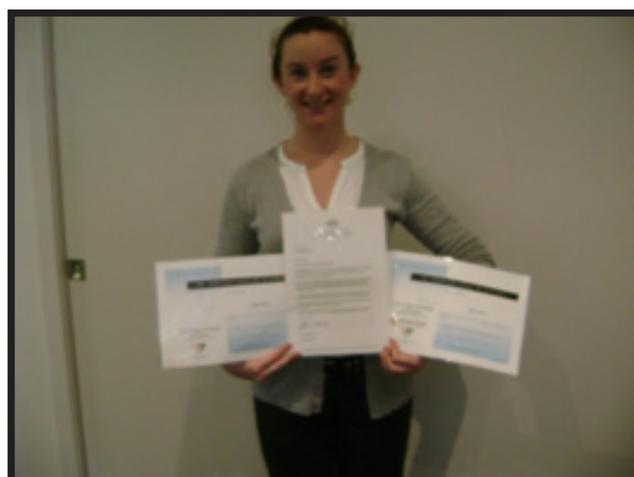
Course Costs

Courses	Cost - Classroom (face-face)	Cost - Flexible & Correspondance
SIS 30310 Certificate III in Fitness	\$2500	\$2000
SIS 40210 Certificate IV in Fitness	\$3600	\$2500
BOTH COURSES	\$5000	\$4000
Area of Specialisations: Gym, Group, Aqua, P/T, Older Adults, Children Trainer (per module)	\$500	N/A

Written Testimonials

“At the start of Grade 11 at St Paul’s school after a visit with my Careers Councillor I was given the opportunity to undertake my Certificate III and Certificate IV in Fitness through The College of Health and Fitness as one of my school projects. I had always enjoyed sports and had a special interest in physical fitness and performance, so we agreed that this would be a good way to kick-start my career in the fitness industry.

Tony and his staff from The College of Health and Fitness were extremely supportive and guided me each step of the way through the modules required to gain certification. When other students were doing their 6th class of the day I was doing my fitness theory modules in the library and I spent Friday afternoons doing the



practical component with Tony Attridge, who would come out to the school. In Grade 11 all students do work experience and I was able to do mine in a gym where I was applying all of the knowledge and skills I had learned from my fitness study.

I was able to obtain my Certificate III and Certificate IV in Fitness before I finished Grade 12, so not only did I have a qualification for the real world but I was guaranteed an OP13 or above score. I received the Australian Vocational Prize for Outstanding Achievement in school based training which included Scholarship Achievement in school based training which included scholarship money for further education. I went on to pursue studies at university for a Bachelor of Exercise Science and a Doctor of Physiotherapy and throughout my tertiary education

I have always felt a step ahead of my classmates with my knowledge and practical skills.

I owe that to my time studying with Tony Attridge at The College of Health and Fitness.

My working career started in Grade 11 when I got a job from my work experience placement at Curves and I worked there for 3 years. I then got a job working as a Personal Trainer, Pilates Instructor and Massage Therapist at a Physiotherapy clinic and I worked there part time while completing my university degrees. I am a new graduate Physiotherapist at Everton Park Sports & Spinal, and at North Lakes Sports & Spinal Physiotherapist clinics. I owe all of my success and where I am today to Tony Attridge and The College of Health and Fitness, who helped me channel my passion for sports and physical activity into a qualification for the real world and guide me into the Health and Fitness industry.”

- Ellen Winn (Australian Vocational Prize for Outstanding Achievement)

“After seven (7) years of swimming, I came to a point in my sport where I wasn’t sure whether to continue or not. I didn’t want to be putting in all the hours of training to not get anywhere and achieve the goals I set. After having a break from the sport in early 2013, I decided to give it one last try. I have always trained hard to achieve my goals, however I felt like this time I needed something more. This is why my mum mentioned that maybe a psychologist could give me a much needed edge against my competition. After searching the internet for psychologists, we came across Tony Attridge, a Queensland Academy of Sport recommended psychologist, and booked the next available appointment.

Little did I know this encounter was going to change my swimming as I knew it. From the moment we walked into the room to speak to Tony, we were impressed by his professional interest in me, his knowledge of everything sport and psychology related and his enthusiasm for what he does and his company. He suggested that maybe I looked in a different direction to something along the lines of strength and conditioning and altitude training in order to increase my aerobic capacity in the water and improve the back end of my races (allowing me to come home faster in a race), which I have always struggled with in my years of swimming. I immediately jumped at the suggestion.

The week after our meeting Tony showed me how to use the altitude machine, set my baselines for my training and the rest is history. Every week since December 2013, I have been doing altitude training for four days a week, and although it is a lot of hard work, I can already see the amazing improvements in both my training and racing. One person in particular who is also an incredible asset to this company is the Strength and Conditioning coach Dave Berry. He has been incredibly helpful, supportive, encouraging and passionate during my time at The College of Health and Fitness. Dave has also been the mediator between Tony and me. If I am finding the program easier, or if I have moved into a different phase of my swim training, Dave is the one who will talk to Tony about what to do next and constantly explain the new training program and ways I can improve myself each week.

I have two major competitions coming up in April, the Australian Open Swimming Championships (Commonwealth Games Trials) and the Australian Age Swimming Championships.

I can honestly say I am confident that with the help of Tony, Dave and the whole team from The College of Health and Fitness, I am in my best possible shape to achieve my goals

this year, and I’m sure for many years to come. For this I am forever grateful to this absolutely wonderful company”.

- Hannah Beighton

“It is with great pleasure that I am writing this reference for the lovely staff at The College of Health & Fitness: Ina, Trainer David and all the rest of the troops. The College of Health & Fitness took such good care of me whilst I completed my Certificate III and IV with them. Their service, their friendliness, their professionalism and their TLC is amazing – the guys have been terrific!

In 2012-2013 I studied with a college called *PT Train*, in late 2013 I was informed the college had closed down by ASQA. Devastated about the whole event I got in touch with *The College of Health & Fitness* with the aim to complete my PT studies with them. Ina, who was the contact person at *The College of Health & Fitness* instantly got involved and assisted not only with our new enrolment but also offered comfort and support. She is without a doubt one of the warmest and

most caring individuals that I have come across in a long time! Ina and her team worked so hard trying to help myself along with some 200 former PT Train students who were all desperately trying to get our qualifications done. Ina has had a lot of work on hands over the last few months and even though she probably didn't get much of a Xmas break she still managed to keep me up-to-date, returned my phone calls/emails and always had a lovely professional smile on her lips!

Great service is a rarity nowadays - the guys at The College of Health & Fitness offered great customer service consistently!

Today I am thrilled to have finally past my *Certificate III and IV* through *The College of Health & Fitness*! It was worth all the sweat and tears and I will remember this college for the rest of my life. Thank you from the bottom of my heart!"

- Mia Bohnmark, Student of The College of Health & Fitness, February 2014

"I decided to make a complete career and lifestyle change a while ago and decided to become a PT. I looked at a number of training organisations. *The College of Health and Fitness* stood out from all the rest so I signed up. I have never regretted that decision. The courses were excellent. The theory and content covered was thorough, but more importantly the programs were fun, energetic and practical. No sitting in a room just learning the theory. We got out there and really put that theory into practice in real world situations.

At the end of my training I felt very confident about hitting that real world as a PT.

The team at the College is wonderful. The instructors, management and support crew go out of their way to encourage, educate, and support. They are positive, energetic, and have direct hands-on industry experience.

I now have two positions where I am using what I learnt. I am helping others who have decided to take this same career path AND I'm working with clients in an industry that I believe is nothing but positive and will only grow and grow. I am having the best time and am experiencing a sense of job satisfaction that I never thought I would have.

If you are considering doing the Certificates yourself or thinking about this for your child, I definitely recommend the College of Health and Fitness".

**- Fiona Glover, Affirm Fitness (Owner) and Workout 24/7 (Staff)
Awarded for outstanding achievement in Certificates III & IV in Fitness 2013.**

"I would like to thank the college of health and fitness, I did the *Cert III in Fitness*, for the 2 weeks, a few weeks ago with Emma, it was the best experience of my life, I really enjoyed the course, and I learnt so much, also would like to thank Ina, such a lovely woman, great environment to be in".

- Sam Riley

What is Fitness?

If you can run around the school oval without getting too puffed, does that mean you are fit? Exactly what does fitness involve?

Well, FITNESS means more than just being able to run without stopping to catch your breath. Fitness means getting all parts of your body in great working order so you can study and work and play as much as you want and still have energy to spare – that is Fitness. It means your heart; your lungs, circulation and muscles are all healthy and strong. Importantly, being fit means you can do things you can't do if you're unfit!

Fitness is **NOT** about image, it's **NOT** about





the shape of your body, it's **NOT** about how good you look OR it's NOT about the size of clothing you wear. Fitness **IS** about being able to keep a healthy, balanced lifestyle and live a healthy life. It means different things at different stages of life, for example, for a mature person fitness can mean being able to get down on the floor and play with grand kids then being able to get back up!

The Australian Fitness Industry is Booming!

But where can a career move to the Fitness Industry take you? To have a career with a long future is important. There can be many and varied opportunities to a career in Fitness. There are four popular career pursuits in the industry: Group Exercise, Personal Training, Programming/Fitness Management, and Club Ownership. Many fitness professionals work in “hybrid” jobs, they build a career by meshing multiple roles. It is not uncommon for fitness professionals to be involved in two, three-or all four of these categories throughout the course of their career, or even all at once.

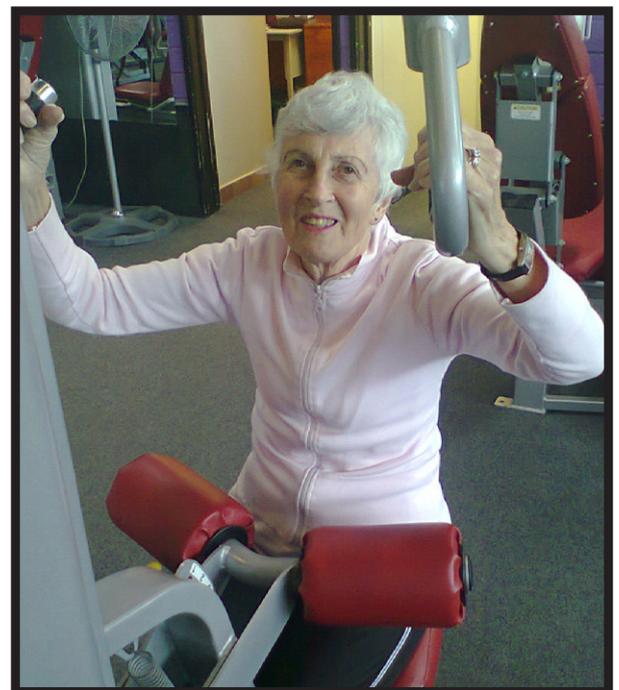
Not only is it a lifestyle choice, it's a rapidly growing segment of employment.

The Fitness industry is also riding a wave of popularity. Reality TV show like The Biggest Loser, have turned trainers into the new celebrities. The number of Fitness Instructors has exploded since 1999, when there were 8,000 instructors around the country, according to the Department of Education, Employment and Workplace Relations. There are now over 30,000, with those numbers likely to increase by 25% to an extra 57,592 instructors by 2020.

Did you know that women make up more than half of Australia's 30,000 exercise professionals, who include personal trainers and group fitness instructors! WOW!

There are several factors driving the growth, including the increasing number of people who are overweight or obese, and Australia's ageing population. Not only do older people have more time to work on their fitness, they believe that being fit will enable them to better enjoy their retirement.

Also driving growth is the mining boom. Many mining companies build gyms on site to provide fly-in, fly-out workers with an opportunity to stay fit. It is also believed the growth in online learning is making it easier for people to study a fitness course without giving up their day job. Compared to 20 years ago, career paths in the fitness industry are now better defined and therefore easier to pursue. The fitness industry today has a more sophisticated network or structure than in the past. While full-time positions in fitness used to be scarce, today they are available at Regional and National levels. The fitness industry attracts people from a diverse range of backgrounds.



Exercising and Working in the Fitness Industry

WORKING up a sweat at the gym is the second most popular fitness activity for Australians – behind walking. It's a popular form of activity where you can network, socialise and meet people from all walks of life! **IT'S A FUN WAY TO KEEP FIT AND HEALTHY!** And it's an enjoyable industry to build your career.

If you are uncertain of what you want to do with your career after completing high school; the fitness industry is a fun and enjoyable industry to start your career. **WHERE DO YOU GO FOR TRAINING?** to ***The K1Sport College of Health and Fitness***! Now available in Melbourne!

Whatever it is you want to do with your fitness career, *The K1Sport College of Health and Fitness* can point you in the right direction. If you're in Melbourne, give us a call on the below number or email us, we are happy to assist.

Mobile: 0488 800 004

Email: kaywan@k1sport.com.au

OR see our website:

www.k1sport.com

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