About this course

Focus on fitness, indoors, outdoors or even online

If you have a passion for health and fitness and want to help others achieve a healthier lifestyle, Personal Training is the career for you.

The Certificate IV in Fitness provides you with the skills and knowledge to begin your career as a Personal Trainer. Learn how to develop safe and effective programs for a range of clients, including older adults, disabilities, teens, sports performance and general populations. You could find yourself working for independent gyms, council run recreation centres, sporting clubs, private companies, or as a self employed sole trader delivering customised one-on-one or group training.

Practical training will be conducted in fully equipped gym facilities located at our Perth or Joondalup campuses, as well as various outdoor venues.

Why choose North Metro TAFE? Many gyms employ our fitness graduates. You will work with real clients and start building your own networks with work placement. Our highly experienced and passionate lecturers will provide you with a great start to your career in the fitness industry.

Gain these skills

- Deliver fitness programs to older adults, children and people with specific needs
- Advanced strength and conditioning techniques and programming
- Use a wide range of indoor and outdoor equipment in fitness programs
- Work with allied health professionals
- Sales and marketing to build your own client base or business

Is this course right for me?

I have the following attributes:

- Basic math skills
Basic computer literacy
Physically fit and active
Passionate about helping others achieve their health & fitness goals
Enthusiastic, energetic & customer-focused individual
Able to cope with physical and psychological demands of the job
Exceptional multi-tasking skills and “can do” attitude

Details

During your course of study, NMTAFE may use a variety of learning practices to ensure you get the best outcome for your learning journey. This may include online learning, face-to-face classroom, laboratory/workshop delivery, work placement or a combination of these, depending on which is most appropriate.

Entrance requirements

Completion of SIS30315 AWN5 Certificate III in Fitness or equivalent.

Further study

The majority of Personal Trainers registering with Fitness Australia complete ongoing education and professional development as required component of their ongoing professional registration. In addition, the qualification also provides a pathway for individuals wishing to acquire higher level qualifications, enrolling in the Diploma of Fitness or transitioning to university, to study Sport Science or Physical Education.

Job opportunities

Fitness Instructor

- Personal Trainer

Upon graduation, students may obtain registration with the industry peak body (Fitness Australia) as a Personal Trainer in order to gain employment within the fitness industry delivering a range of individualised or group exercise programs to a variety of clients and/or client groups. Graduates may also operate as sole traders or contractors within gym or Rec centre facility

Important information

The qualification does not provide the skills and knowledge for an individual to provide advice or exercise instruction to high risk clients, other than to refer the client to an appropriate medical or allied health professional.

Classes are conducted face to face over 3 days per week and work placements form part of the requirements of this course.
Fees and charges

Local full time students

Course fees are made up of two components, tuition fees and resource fees.

**Tuition fees** are determined by multiplying the course fee rate by the nominal hours, which is the number of hours in which an average student could be expected to complete each unit. They are not the hours of training or instruction.

**Resource fees** are charges for material that are essential to a course or unit, and are purchased by NMT to be used by students during the course.

Fees may vary depending on the units you are enrolled in so an approximate amount has been shown. You will be given the exact amount of your fees at enrolment. Part time student fees will vary depending on the number of units you are enrolled in.

Please note, you may also need to buy textbooks or equipment for your course.

**International Students**

Check [TAFE International WA](https://www.tafeinternational.wa.edu.au/) to confirm this course is available to international students. You will pay your tuition fees to TIWA.

**Please note, fees are subject to change.**