



# MOTIVATORS AND LIFE CHANGERS.

Are you an energetic go-giver who's into fitness in a big way and loves motivating others to get into it too? Enjoy engaging with lots of different personalities and sharing your knowledge and experience to help improve people's health and wellbeing? And does the flexibility of working evenings or early mornings appeal to you too? Yes?

**THEN YOU'LL FIND A GOOD FIT IN FITNESS.**



## LOVE

- Sport and fitness
- Working with people
- Sharing knowledge
- Improving health and wellbeing



## STRENGTHS

- Sociable and energetic
- Excellent communicator
- Ability to motivate others



## PREFER

- Flexible hours



## DEAL BREAKERS

- Working alone at a desk
- No opportunity to help others

## WHERE COULD YOUR GET-UP-AND-GO TAKE YOU?

Fitness is going from strength to strength and expanding into many different areas. So, while you might choose to go to the gym, recreation centre, yoga or pilates studio, or your local sports club for an active role in fitness, you could also step into the corporate and mining sectors, a hospital or health centre, a major hotel or cruise liner. Or even run your own studio.

- Gym/fitness centres
- Leisure/recreation centres
- Yoga/pilates studios
- Hospitals
- Hotels or cruise liners
- Sporting clubs
- Corporate organisations



## BRING OUT THE PERSONAL BEST IN EVERYONE.

### PERSONAL TRAINER

- Creating and running tailored one-to-one fitness programs to help individuals achieve their health, wellbeing and fitness goals
- Supporting the fitness journey with coaching, appraisals and advice

### FITNESS INSTRUCTOR

- Creating and instructing group fitness programs and routines with inspirational music and aligned movement
- Providing clear, safe, up-beat and motivating fitness instructions and coaching
- Specialising as a gym, yoga, pilates or aqua instructor, senior or group exercise instructor

### FITNESS MEMBERSHIP AND SALES COORDINATOR

- Promoting the benefits of fitness and exercise programs, organising events to entice members to the fitness centre and mentoring a team of consultants to meet sales goals
- Managing membership enquiries, sales, registrations and communications

## BE THE GOAL SETTER.

### FITNESS CENTRE MANAGER

- Overseeing the running of the centre, deciding its future direction and driving growth
- Managing staff and membership development, ensuring efficiency and safety
- Allocating and controlling resources, activities, facilities and finances

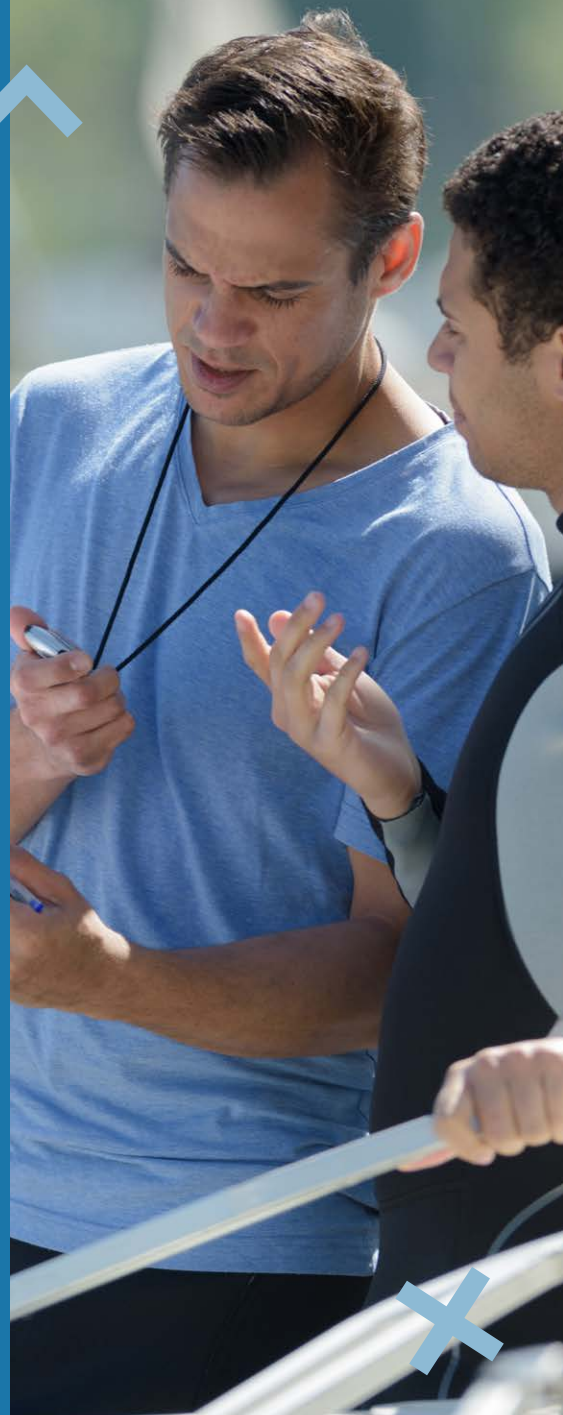
## BRING BODY AND MIND INTO BALANCE.

### HEALTH AND WELLBEING SPECIALIST

- Travelling and conducting staff fitness and wellbeing programs for major corporate and mining organisations
- Presenting engaging educational health and wellbeing info and activities
- Supporting staff to consider and adopt new ways of living for a healthier body and mind

### EXERCISE PHYSIOLOGIST

- Applying in-depth fitness knowledge to design and deliver tailored exercise programs for higher risk clients with injuries or chronic medical conditions.
- Improving functional movement and mental health in everyday life, as well as enhancing performance in sports.



## WHERE TO FROM HERE? EXPLORE YOUR PATHWAYS.

### VOCATIONAL TRAINING

- Certificate III in Fitness (Code: SIS30321)
- Certificate IV in Fitness (Code: SIS40221)

### TRAINEESHIPS

- Giving you the opportunity to combine practical experience at work with structured training, you enter a formal training contract with an employer that leads to a nationally recognised qualification. And you spend most of your time in paid employment. Available for both level 3 and 4 fitness training courses.

### UNIVERSITY COURSES

- Bachelor of Exercise and Sports Science, University of Notre Dame
- Bachelor of Science majoring in Sports Science, University of Western Australia
- Bachelor of Sport and Exercise Science, Murdoch University
- Bachelor of Science (Exercise and Sports Science), Edith Cowan University
- Bachelor of Science (Exercise Science and Rehabilitation), Edith Cowan University
- Graduate Certificate of Exercise Science (Strength and Conditioning), Edith Cowan University
- Bachelor of Exercise and Sports Science, Curtin University

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