the unique AIF system



The unique AIF Integrated Training System maximises the value you get from your training. Of course it meets all official registration and government standards, including Certificate III (SRF30201) & Certificate IV (SRF40201) of the Australian Quality Training Framework, but it goes much further than this. Importantly for you, it allows you to learn at your own pace, plus pick & choose the areas you would like to study. Then, as soon as you are ready, you demonstrate you have the skills and knowledge in a particular area, and are signed off as world class competent.

YOUR EXCITING NEW CAREER STARTS HERE! FITNESS INSTRUCTOR **CORE COURSE** •FITNESS ESSENTIALS STEP 1 •FITNESS FIRST AID **GROUP EXERCISE GYM INSTRUCTOR** AQUA INSTRUCTOR **INSTRUCTOR ELECTIVE ELECTIVE ELECTIVE** CERTIFICATE III CERTIFICATE III CERTIFICATE III YOU CAN NOW WORK IN THE FITNESS INDUSTRY **MASTER TRAINER** STEP 2 CERTIFICATE IV (PERSONAL TRAINER) • ADVANCED & SPECIALIST • ONE-ON-ONE TRAINING PROGRAMMING REHABILITATION •FITNESS BUSINESS •STRENGTH & SPORTS NUTRITION CONDITIONING YOU CAN NOW REGISTER WITH FITNESS AUSTRALIA AS A PERSONAL TRAINER

"We prefer AIF Master Trainers because they get results"
- Rhonda Bacchi - National PT Manager (Zest Health Clubs)