The Faculty of Health & Fitness

Overview
The AIAS offers courses in health and fitness, and these are designed to suit both beginner and more experienced professionals. Get your career off the ground in the fitness industries with the AIAS.

Our Clinic
The AIAS clinic facilities include a remedial massage and natural health clinic which is open to the public. On-campus students can practice their skills in this clinic. Online students can attend optional block training sessions where they can experience the campus’ hands-on environment.

Accreditation
The AIAS Health & Fitness Faculty provides you with nationally recognised world-class health and fitness courses that meet the requirements of the relevant National Training Packages. These courses have been developed by the industry, for the industry, so you can be sure you are well-prepared to commence your new career.

aias.edu.au/health
Certificate III in Allied Health Assistance  HLT32412
Campus: Online
Online option 1: 24 weeks
Online option 2: 48 weeks

The Certificate III in Allied Health Assistance is perfect for those seeking to gain skills in allied health in general therapy areas.

The Certificate III in Allied Health Assistance will provide you with a foundation in the areas of anatomy, physiology and clinical practice, and you'll be introduced to fitness.

The course focuses on developing the skills necessary to work with and interact appropriately with clients.

It’s a hands-on course where you’ll learn about the legal and ethical issues in health care. You’ll practice your communication skills, and apply your knowledge of anatomy and physiology to the treatment and care of real clients in the AIAS Clinic.

Where will it take me?: Achieving this Certificate III qualifies you to provide assistance to allied health professionals. As a key member of a health team at this level, you’ll operate under direct supervision in fields such as Occupational Therapy, Radiology, Podiatry, Speech Pathology and Physiotherapy.

Your role could involve developing therapy resources, conducting client sessions, and administrative tasks. Employment can be gained in hospitals, both public and private, and in the rehabilitation sector.

Many graduates of this qualification also continue their studies, undertaking the Certificate IV in Allied Health Assistance for a more advanced qualification in this field.

Certificate IV in Allied Health Assistance  HLT42512
Campus: Online
Online option 1: 48 weeks
Online option 2: 72 weeks

The Certificate IV in Allied Health Assistance will provide you with the skills to perform therapeutic and program related support to allied health professionals.

The course focuses on the foundation knowledge in nutrition principles required to work as an allied health assistant in areas of nutrition or dietetics.

Additionally students gain the opportunity to develop the skills necessary to work with and interact appropriately with clients.

Where will it take me?: Achieving the Certificate IV in Applied Health Assistance Nutrition qualifies you to perform the role of a nutrition or dietetic assistant to allied health professionals.

 Allied health professionals cover areas such as rehabilitation, nutrition, physiotherapy and occupational therapy. Other roles could include meals on wheels professionals and health promotion workers.

Occupational titles for these workers may include: Therapy Assistant, Nutrition Assistant, Dietetics Assistant, Allied Health Assistant, Occupational Therapy assistant.

Certificate III in Fitness  SIS30310
Campus: Online
Online option 1: 24 weeks
Online option 2: 48 weeks

Includes practical skills component with a registered fitness instructor.

The Certificate III in Fitness is perfect for those seeking entrance into the fitness industry as a fitness instructor.

The Certificate III in Fitness will provide the skills and knowledge to develop and deliver exercise programs and potentially move towards a career in personal training. It’s a hands-on course where you will learn about Anatomy and Physiology, Fitness Nutrition, Client Services, Fitness Instruction and Strength and Conditioning.

This programme is delivered online – training, assessment and support – and includes a hands-on, gym-based and practical skills component, supervised by a registered instructor in the workplace.

Where will it take me?: A Certificate III in Fitness offers graduates dynamic career pathways in the fitness industry. Completion of this course qualifies graduates to be employed as fitness instructors in gyms, fitness facilities and communities, or in an outdoor environment.

Students may also choose to continue their studies with a Certificate IV in Fitness to become a Personal Trainer.

Certificate IV in Fitness  SIS44210
Campus: Online
Online option 1: 48 weeks
Online option 2: 72 weeks

Includes practical skills component with a registered fitness instructor.

The Certificate IV in Fitness is the minimum requirement needed to become a personal trainer.

This advanced course is targeted at people who already have experience in the fitness industry and wish to further their skills. Students are provided with the knowledge, skills and confidence to deliver innovative one-on-one and group personal training sessions.

The Certificate IV in Fitness is a hands-on course where you will learn about small business compliance and marketing, fitness assessment and programming, planning and delivery of personal training and strength and conditioning.

You will be required to complete the gym-based practical skills components of the course with a registered fitness instructor in the workplace.

Where will it take me?: With a Certificate IV in Fitness, you can work as a personal trainer in fitness centres and gyms, or even run your own business. Graduates will be expected to train individual clients, on a one-to-one basis or as part of a group, and will have the ability to plan, conduct and evaluate exercise training. With this qualification, it is expected also to be a pathway for students wishing to continue their studies at Diploma level.

About AIAS
Whether you intend to study for interest, or to begin a new career in the health or well-being industries, the AIAS has a course that will suit you. The AIAS provides world-class quality education to students, at an affordable, competitive price.

The AIAS is known internationally for its high standards, safe practices and professionalism.

Our courses are developed through consultation with professional industry associations, and are constantly updated to meet the needs of students and industry.

How do I fund my studies
Australian students can study now and pay later on a range of eligible courses through the government’s VET-FFEE Help Scheme.

For non-eligible VET-FFEE Help courses, AIAS offer a range of flexible payment plan options.

Find out more
1300 880 933 | aias.edu.au/health