



RABBITOHS INSTITUTE OF PERSONAL TRAINING

POWERED BY AIF

SIS30321 Certificate III in Fitness +
SIS40221 Certificate IV in Fitness



AIF



RABBITOHS INSTITUTE

Delivered by the Australian Institute of Fitness (RTO 121508)
in partnership with the South Sydney Rabbitohs.

1300 669 669 TRAINING PROVIDED BY AUSTRALIAN INSTITUTE OF FITNESS RTO: 121508. [Fitness.edu.au](https://www.fitness.edu.au)



RABBITOHS INSTITUTE

WELCOME TO THE FUTURE OF FITNESS EDUCATION

Welcome to the most exciting evolution in fitness education where elite sport, cutting edge learning, and career ready skills collide.

In a first of its kind partnership, the South Sydney Rabbitohs and the Australian Institute of Fitness (RTO 121508) have created an immersive training experience that redefines how the SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness is delivered.

This is not just a course, it's the starting line for the next generation of fitness professionals. Study your theory through AIF's advanced digital platform, then step into the Rabbitohs' high performance training environments in Redfern and Heffron to apply your knowledge in real time. Every session connects classroom learning with the energy of professional sport giving you the confidence, capability, and mindset of a true industry leader.

You'll graduate as a qualified Fitness Coach and Personal Trainer, ready to inspire others and shape your future in one of Australia's fastest-growing industries. The Master Personal Trainer program combines both qualifications into one complete learning journey from foundational fitness instruction to advanced personal training and business skills.

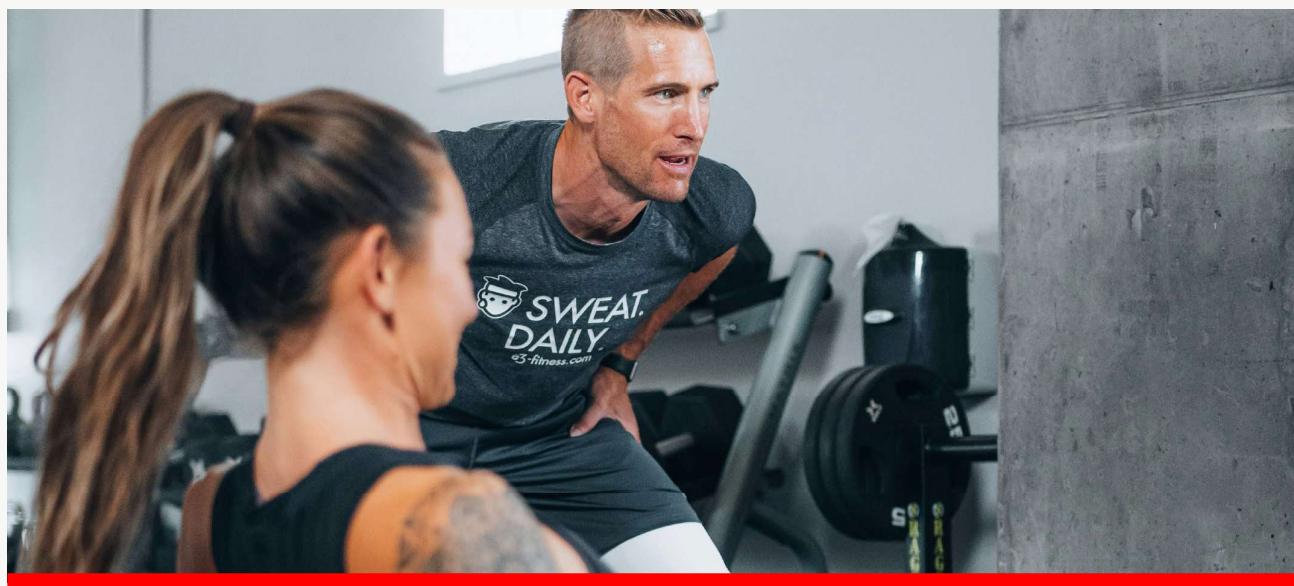
**TRAIN WHERE CHAMPIONS ARE MADE.
LEARN WITH AUSTRALIA'S LEADING FITNESS EDUCATORS.
STEP INTO THE FUTURE OF FITNESS THE RABBITOHS X AIF WAY.**

WHY CHOOSE THE **RABBITOHS x AIF** FITNESS PROGRAM?

Because this is where world class sport meets world class education.

The SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness, delivered by the Australian Institute of Fitness (RTO 121508) in partnership with the South Sydney Rabbitohs, give you access to an industry experience that simply doesn't exist anywhere else.

This program combines AIF's 40 year legacy as Australia's most trusted fitness educator with the Rabbitohs' 115 year history of high performance excellence, bringing together the best of both worlds: elite athletic culture and nationally recognised fitness education.



Here's why thousands choose AIF and why this program stands above the rest:

Real World Learning, Not Just Theory

Train inside the Rabbitohs' professional facilities, learning the same discipline, focus, and performance mindset that drives one of Australia's most iconic sporting clubs. From foundational coaching skills in the Certificate III to advanced program design, client management and business readiness in the Certificate IV, you'll learn through experience, not just study.

Nationally Recognised Qualifications

Graduate with the SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness qualifications respected across Australia's fitness and recreation industries. These are your passport to employment in gyms, clubs and community fitness settings, and your entry into personal training and business ownership.

Expert Mentorship

Be guided by AIF's industry leading trainers and assessors professionals who coach, assess and inspire using current, evidence-based practice across both levels of qualification.

The Power of Partnership

Experience a program built through genuine collaboration between education and sport, with Rabbitohs coaches and community leaders contributing insights that keep learning relevant, applied and industry-ready.

Future Pathways

When you're ready to take the next step, you'll progress seamlessly from the Certificate III into the Certificate IV in Fitness your pathway to becoming a fully qualified Personal Trainer. Students enrolled in the Master Personal Trainer Program complete both qualifications as a single, integrated learning journey.

This isn't just any fitness course

It's a purpose-built launchpad designed for those who want more challenge, more credibility and more connection to the real fitness world.

The Rabbitohs x AIF program doesn't just teach fitness, it lives it.



WHAT YOU'LL **LEARN**

Welcome to a learning experience built around performance, purpose and real world results.

The Master Personal Trainer Program combining the SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness is delivered by the Australian Institute of Fitness (RTO 121508) in partnership with the South Sydney Rabbitohs. Together, these nationally recognised qualifications form your complete pathway into Australia's fitness industry.

You won't just learn the theory, you'll live it.

This program is built around the same values that drive elite sport:

discipline, teamwork and the pursuit of excellence.

You'll study online through AIF's dynamic digital platform, then step into the Rabbitohs' high performance environments in Redfern and Heffron, where classroom knowledge becomes applied skill. Every session connects science, coaching and communication to prepare you for the fast-moving world of modern fitness.

Across the journey, you'll build the technical foundation, client-focused mindset and business readiness to work as a qualified Fitness Coach and Personal Trainer capable of leading individuals and groups, designing tailored programs, and running your own fitness business.



KEY LEARNING OUTCOMES & COURSE BENEFITS



Master the Art of Coaching

Learn to plan and instruct group and gym based sessions that inspire results. Develop a deep understanding of anatomy, physiology and movement science so you can train with confidence and purpose.

Progress to mastering advanced programming, one on one client coaching and goal-driven training plans that deliver measurable outcomes.



Empower Clients Through Nutrition and Lifestyle

Gain the practical tools to integrate evidence-based nutrition and lifestyle guidance into your coaching. Learn how food, movement and mindset combine to drive real performance outcomes, and how to support clients through long-term behavioural change.



Professional Practice & Career Readiness

Build the interpersonal, organisational and safety skills that employers expect from top tier fitness professionals.

Understand how to communicate, motivate and deliver excellence from day one then develop the marketing, business and client management skills that position you for career longevity and success.



Study experience

Blending online flexibility with live, hands-on learning, the Rabbitohs x AIF program delivers the best of both worlds. You'll complete your theory through AIF's interactive platform, supported by experienced educators, and then apply it in structured weekly workshops inside the Rabbitohs' facilities.

Every component has been designed to build skill, confidence and credibility, the professional edge that sets AIF graduates apart.



Included Industry Certifications

Because this program is designed for impact, it also includes two exclusive professional development courses created by fitness coaches and elite trainers worldwide.

- Performance Nutrition Coach Level 1 (PNC1): Build a solid foundation in evidence-based nutrition for everyday clients and athletes.
- Performance PT Coach Level 1 (PPT1): Master advanced strength, conditioning and programming principles to deliver results at every level.

Together, these certifications elevate your coaching capability and give you a head start in one of the most competitive and rewarding industries in Australia.



Premium Add On Opportunity

Students can also access the Clean Health Live Industry Summit, an exclusive, live event bringing together world-leading experts in training, nutrition and business.

It's your chance to connect with the minds shaping the global fitness industry and expand your professional network beyond the classroom.

**LEARN WITH PURPOSE.
TRAIN LIKE A PROFESSIONAL.
GRADUATE INDUSTRY READY.**

THE RABBITOHS – AN EXPERIENCE MONEY CAN'T BUY

Step beyond the classroom and into the beating heart of Australian sport.

Through this one of a kind partnership, you'll train, learn and grow inside the home of the South Sydney Rabbitohs, a club defined by over a century of history, resilience and excellence.

This isn't a spectator experience; it's a backstage pass into the world of elite performance, built around both the Certificate III and Certificate IV in Fitness as part of your complete Master Personal Trainer journey.

From your first week in the Certificate III right through to the advanced stages of your Certificate IV, you'll feel the difference. This program gives you access to the inner workings of one of Australia's most recognised sporting organisations, with opportunities that connect your studies directly to real-world sport and business.

You'll engage with the people who make the club run from high performance coaches to digital media strategists and see how fitness, teamwork and leadership translate far beyond the gym floor.

Students can look forward to exclusive Rabbitohs experiences such as:

- Guest lectures and mentoring sessions with Rabbitohs high performance, coaching, business and media teams
- Behind the scenes insights into leadership, teamwork, sport science and community engagement
- Game day and training day activations that bring professional sport to life
- Player meet and greets, change room tours and hands on sessions in the Rabbitohs' high performance training centre

Every interaction has been designed to inspire, challenge and expand your understanding of what it means to work in fitness, sport and performance. You'll be surrounded by the same values that define elite athletes: discipline, focus, resilience and heart.

This is more than a qualification; it's a front row education in how excellence is built, lived and sustained on and off the field.

Please note that all Rabbitohs experiences are scheduled around the club's professional game and training calendar. Availability may vary throughout the season to ensure players and staff remain focused on their performance commitments.



WHO IS THIS COURSE FOR

This program is made for people who bring energy, curiosity and drive the ones who don't just want to work in fitness, but to live it. Designed as a complete pathway through the Certificate III and Certificate IV in Fitness, it takes you from foundational coaching skills to advanced personal training and business capability.

It's built for the doers, the team players, the early risers and the after hours grinders. For those who find their best ideas mid-workout and see every challenge as a chance to grow stronger.

Whether you're stepping into your first qualification or chasing a career change that actually excites you, this course gives you the foundation, focus and confidence to build a life around what you love.



You'll fit right in if you're:

- An aspiring coach or instructor ready to turn passion into profession
- A career changer looking for something active, people focused and purpose driven
- A gym floor regular who wants to move from member to mentor
- A sports or health enthusiast who thrives on teamwork and performance
- A school leaver who wants a career with energy, variety and real opportunity

Every learner brings a different story, but they all leave with the same thing: the confidence to lead, the skills to inspire, and the backing of two of the most respected names in fitness and sport.

Graduates of the Master Personal Trainer Program are ready to coach, mentor and build lasting careers across Australia's fitness industry.

TESTIMONIALS

REAL STORIES. REAL RESULTS.

Our students come from all walks of life, athletes, career changers, gym lovers and first-time learners but they all share one thing in common: a commitment to becoming their best through the Master Personal Trainer Program.

Hear directly from graduates of the Australian Institute of Fitness and the Rabbitohs Institute of Personal Training as they share how this experience shaped their confidence, skills and career direction.

From first day nerves to first clients, every story is proof that with the right training, support and environment, anything is possible.



Supportive, realistic and friendly service!

Such a great experience especially with Lachlan!

He made the process super easy, comfortable and with no pressure at all. He understands the industry and genuinely wants to set up new students in a practical and realistic way.

I feel super supported, excited and all questions were answered with care and authenticity. I feel so confident in my choice to study with AIF and cannot wait for my ongoing relationship with the staff.

- Kyra



Back to study with AIF after retiring from teaching

I have just completed my Cert III and Cert IV with AIF in Queensland in the online mode.

The course was fascinating, challenging and comprehensive. I've built my knowledge, skills and confidence in both individual and group training. I have loved the flexibility of the course, the efficient and supportive staff, and the well designed learning materials. I would recommend AIF to anyone wanting to take a new path and embrace a rewarding learning and career opportunity.

- Karen M



Great Support

The team of Coaches at the AIF have been very helpful through the entirety of the CERTIII AND CERTIV. Their feedback has been in-depth, and very easily applicable. I would most definitely recommend the AIF to friends and family!

- Tate



APPENDIX 1: KEY LEARNING OUTCOMES

The Master Personal Trainer Program combines two nationally recognised qualifications, the SIS30321 Certificate III in Fitness and the SIS40221 Certificate IV in Fitness into one complete professional pathway.

You'll start by mastering the foundations of fitness instruction through the Certificate III, developing the essential skills to coach clients safely, effectively and with confidence. Then, you'll advance into the Certificate IV, where you'll refine your expertise in personal training, client management and business operations graduating with the skills to coach one-on-one, manage your own clientele, and build a thriving career in the fitness industry.

Each qualification is nationally accredited and delivered by the Australian Institute of Fitness (RTO 121508) in partnership with the South Sydney Rabbitohs, combining elite sport with education excellence to produce industry ready professionals who can perform, lead and grow.



CORE UNITS OF COMPETENCY

SIS30321 CERTIFICATE III IN FITNESS

- **BSBOPS304 Deliver and monitor a service to customers**
Learn to deliver professional client service within a fitness environment from handling enquiries to maintaining customer satisfaction.
- **BSBPEF301 Organise personal work priorities**
Develop the self-management and organisational skills needed to work effectively as part of a professional fitness team.
- **HLTAID011 Provide First Aid**
Gain nationally recognised First Aid certification to ensure client and workplace safety in all settings.
- **HLTWHS001 Participate in workplace health and safety**
Understand how to identify and manage workplace risks to maintain a safe, compliant fitness environment.
- **SISFFIT032 Complete pre-exercise screening and service orientation**
Learn how to conduct initial client screenings and establish the right foundation for safe, effective exercise programs.
- **SISFFIT033 Complete client fitness assessments**
Perform basic fitness testing to measure client capabilities and progress safely.
- **SISFFIT035 Plan group exercise sessions**
Design structured group fitness sessions that motivate, engage, and challenge participants.
- **SISFFIT036 Instruct group exercise sessions**
Deliver energetic, safe, and professional group classes that inspire participants and support lasting client engagement.
- **SISFFIT040 Develop and instruct gym-based exercise programs for individual clients**
Create and deliver tailored gym programs that meet specific client goals while maintaining safety and technique.
- **SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise**
Understand the human body in motion using scientific principles to enhance client performance and prevent injury.
- **SISFFIT052 Provide healthy eating information**
Offer accurate, evidence based nutrition information within the scope of fitness practice to support client wellbeing.

ELECTIVE UNITS OF COMPETENCY

SIS30321 CERTIFICATE III IN FITNESS

→ **SISXIND009 Respond to interpersonal conflict**

Develop communication strategies to manage conflict and maintain professionalism in workplace or client interactions.

→ **BSBOPS403 Apply business risk management processes**

Gain the business awareness needed to identify, assess, and control risk in a commercial fitness setting.

→ **CHCCOM006 Establish and manage client relationships**

Learn how to build rapport, maintain trust, and manage long-term professional relationships with diverse clients.

→ **ICTWEB306 Develop web presence using social media**

Build your personal trainer or fitness brand online, using digital tools to reach and engage your target audience.

After completing the Certificate III component, you'll progress directly into the Certificate IV, where you'll develop advanced skills in personalised programming, client assessment, group training, and business operations, the tools that transform a great coach into a professional personal trainer.

SIS40221

CERTIFICATE IV IN FITNESS

Building on the foundation of the Certificate III, the Certificate IV in Fitness develops your capability as a professional Personal Trainer.

This qualification focuses on advanced program design, individualised coaching, business skills, and professional practice preparing you to train clients one-on-one and operate within commercial or independent fitness environments.

Entry requirements

To commence the SIS40221 Certificate IV in Fitness, students must already hold the following units of competency (or equivalent superseded units) from the SIS30321 Certificate III in Fitness:

- HLTAID011 Provide First Aid
- HLTWHS001 Participate in workplace health and safety
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
- SISFFIT052 Provide healthy eating information

These units form the foundation skills required to progress into the Certificate IV qualification and are typically completed as part of the SIS30321 Certificate III in Fitness pathway. Learners must provide evidence of competency in these units via a Statement of Attainment as a Credit Transfer before commencing Certificate IV study.

For more details about evidence requirements, credit transfer, or recognition of prior learning (RPL), refer to the Student Handbook and Fees, Refunds and Support Policy.



CORE UNITS OF COMPETENCY

SIS40221 CERTIFICATE IV IN FITNESS

- **CHCCOM006 Establish and manage client relationships**
Learn how to build rapport, maintain trust, and manage long-term professional relationships with diverse clients.
- **SISFFIT041 Develop personalised exercise programs**
Design tailored training plans that meet individual client goals and abilities.
- **SISFFIT042 Instruct personalised exercise sessions**
Deliver safe, effective and motivating one-on-one training sessions that inspire results.
- **SISFFIT043 Develop and instruct personalised exercise programs for body composition goals**
Create targeted programs to help clients achieve safe and sustainable body-composition outcomes.
- **SISFFIT044 Develop and instruct personalised exercise programs for older clients**
Design and deliver training that supports mobility, balance and strength for mature clients.
- **SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients**
Plan and implement age-appropriate exercise programs that promote positive youth development.
- **SISFFIT049 Use exercise science principles in fitness instruction**
Apply advanced anatomy, physiology and biomechanics to optimise performance and reduce injury risk.
- **SISFFIT050 Support exercise behaviour change**
Use motivational and behavioural strategies to help clients build lasting healthy habits.
- **SISFFIT051 Establish and maintain professional practice for fitness instruction**
Operate within legal and ethical frameworks to maintain a safe, professional and sustainable practice.
- **SISFFIT053 Support healthy eating for individual fitness clients**
Provide accurate, evidence based healthy eating information within your professional scope of practice.

ELECTIVE UNITS OF COMPETENCY

SIS40221 CERTIFICATE IV IN FITNESS

→ **BSBESB401 Research and develop business plans**

Develop a strategic business plan to set up, manage and grow your personal training enterprise

→ **BSBESB404 Market new business ventures**

Learn practical marketing strategies to attract and retain clients in a competitive fitness industry.

→ **SISFFIT034 Assess client movement and provide exercise advice**

Analyse movement patterns, posture and technique to guide safe and effective exercise.

→ **SISFFIT035 Plan group exercise sessions**

Design engaging, high-energy group workouts that build motivation and results.

→ **SISFFIT036 Instruct group exercise sessions**

Deliver safe, inspiring and results-driven group training sessions for diverse client needs.

→ **SISFFIT040 Develop and instruct gym-based exercise programs for individual clients**

Create structured, tailored gym programs that align with client goals and physical capacity.

→ **SISXCAI009 Instruct strength and conditioning techniques**

Coach correct technique and progression for resistance, power and athletic performance training.

By completing these units, graduates will be able to:

- Conduct safe and effective client screenings, assessments, and exercise instruction
- Deliver engaging group sessions and tailored gym programs
- Communicate with confidence, manage clients professionally, and uphold fitness industry standards
- Integrate evidence-based healthy eating information into fitness programs
- Apply safety, service and organisational skills in a gym or group exercise environment

These combined qualifications prepare you for employment in roles such as Fitness Coach, Gym Instructor, Group Exercise Leader, Personal Trainer or Small Business Owner, and provide the complete foundation for further study in specialised areas such as strength and conditioning, nutrition, or sports performance.

WORKING WITH CHILDREN CHECKS

Students undertaking nationally recognised fitness qualifications that involve training with or providing instruction to individuals under 18 years of age are required to hold a current Working With Children Check (WWCC).

A WWCC confirms that an individual is cleared to work or volunteer with children and young people. It is a mandatory requirement across Australia, and each state or territory has its own application process and renewal timelines.

You must obtain your WWCC before commencing any practical or assessment activity that involves child-related work. Once approved, you'll be required to upload your clearance to the learning portal before accessing relevant practical components.

Students who do not hold a valid WWCC will not be permitted to participate in child related practical activities or complete any associated assessment tasks.

As you are based in New South Wales, you can apply for a Working With Children Check through Service NSW.

For learners in other states or territories, guidance and links for local application processes will be provided during course orientation.

Maintaining a current WWCC demonstrates your professionalism, responsibility, and commitment to the safety and wellbeing of every client you work with, qualities that define trusted, qualified fitness professionals.



APPENDIX 2:

STUDYING A NATIONALLY ACCREDITED COURSE

Studying with the Australian Institute of Fitness (RTO 121508) means your qualification is backed by Australia's national training and quality assurance framework.

Every unit, resource, trainer, and assessment process meets the rigorous standards set by the Australian Skills Quality Authority (ASQA) under the Standards for RTOs 2025. industry ready professionals who can perform, lead and grow.

What National Accreditation Means for You

A nationally recognised qualification sits within the Australian Qualifications Framework (AQF), ensuring that what you learn is transferable, credible and valued by employers across Australia.

Each unit you complete contributes to a consistent standard of knowledge, skill and professional conduct recognised throughout the fitness industry.

Your training is delivered using a blended model that integrates:

- Interactive online study through AIF's Learning Management System (LMS) for theory and knowledge development
- Weekly in person practical workshops at the Rabbitohs' Redfern and Heffron facilities for hands on skill application
- Continuous trainer guidance, webinars and progress check-ins to keep you on track
- Real world assessments and practice observations that mirror industry tasks and prepare you for employment.

Assessment and Quality Standards

All assessment tasks are mapped to the Fitness Training Package and benchmarked against AQF Level 3 and 4 outcomes.

You will be assessed through a mix of written, practical and project-based activities that reflect genuine workplace expectations. Assessments are moderated and validated to guarantee fairness, consistency and reliability.

Trainer and Assessor Qualifications

Every Trainer and Assessor engaged by AIF holds current industry qualifications, relevant vocational experience and the national training and assessment credential. This ensures that your learning is guided by professionals who understand both education and industry practice.

Recognition of Prior Learning (RPL) and Credit Transfer (CT)

If you already have fitness qualifications or related experience, you may be eligible for some RPL or Credit Transfer. RPL acknowledges previous skills and knowledge through an evidence-based assessment process; CT applies if you hold a Statement of Attainment for identical or equivalent units.

Discuss these options during enrollment. Our team will help you confirm eligibility and update your training plan accordingly.

Learner Support and Resources

Your study experience is supported through a dedicated Student Experience Team who provide academic, technical and wellbeing assistance. Orientation covers all support channels and how to access help when needed. You will also receive guidance on reasonable adjustments for disability or access needs, plus information about language, literacy and numeracy support.

All required resources are supplied through the LMS or on-site delivery sessions. You'll need a computer or tablet with internet access to engage in online components, and AIF will advise if any additional materials are required for your course.

Fees and Refunds

Course fees, payment plans and refund conditions are outlined in the current AIF Fee Schedule and Student Handbook.

Before you enrol, review these documents carefully to understand your rights and responsibilities, including refund eligibility, deferral options and consumer protection under the National Vocational Education and Training Regulator Act 2011.

Your Commitment to Professional Standards

As a student in a nationally accredited program, you are expected to uphold AIF's Code of Conduct, maintain attendance at scheduled practical sessions, submit assessments by due dates and comply with all work health and safety instructions in gym and facility settings.

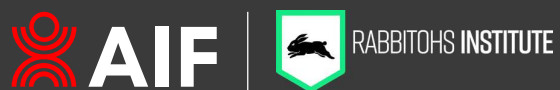
These standards mirror those required in professional fitness practice and prepare you for employment.

Why It Matters

National accreditation is your assurance that this program meets the highest education and industry benchmarks in Australia. It means your qualification is portable, audited, and respected by employers, insurers and industry bodies nationwide.

When you graduate with AIF, you graduate with confidence ready to work, insured to practice, and recognised for meeting the national standard of excellence in fitness education.

For full details on policies, procedures and student rights, refer to the Australian Institute of Fitness Student Handbook available at enrolment or through your trainer team.



Training delivered by the Australian Institute of Fitness | RTO 121508

**Nationally Recognised Training that inspires confidence, builds capability,
and sets the standard for excellence in Australia's fitness industry.**

This program is developed in partnership with the South Sydney Rabbitohs, combining more than a century of sporting heritage with over 40 years of education leadership from AIF. Together, we're shaping the next generation of fitness professionals skilled, qualified and ready to make their mark.