



### Why Study Fitness?

A career in Fitness is no longer limited to the sports ground or gymnasium. Cruise ships, mining sites, corporate office high rises, overseas and the great outdoors are all potential workplaces for the Fitness graduate.

Fitness has become a high growth industry which is now being recognised by governments, corporations and communities alike. Media programmes highlighting the virtues of good health are helping to shape public attitudes to both the benefits of healthy living and the value of the Fitness graduate.

Health, wellbeing, nutrition and exercise are becoming higher priorities on government and community agendas. In fact the national health system is introducing Medicare rebates into some areas of exercise prescription.

Whether it be tackling the obesity crisis, educating the community on nutrition and exercise or personally training and motivating health conscious individuals - a Fitness graduate can achieve the ultimate lifestyle job.

Fitness graduates have highly developed people skills; are motivational and encouraging; able to develop and deliver wellbeing, nutrition and exercise programmes; and they love a challenge!

### Why Study Fitness at West Coast TAFE?

- Large, onsite, modern fitness facility for students to learn and practise their skills
- Real, practical work experience (both on and off campus at fitness facilities and sport and recreation centres) is a major aspect of the course
- Teaching is current, practical and delivered by experienced lecturing staff who remain closely affiliated with the industry
- Professional, experienced lecturers share their expertise and knowledge in all facets of the sports and fitness industry from all over the country. Students will gain a professional insight into fitness, sports management and exercise rehabilitation
- Group exercise qualification is available which can lead to employment as a group exercise leader such as Aqua, Circuit or Aerobics Instructor
- Industry partnerships with Joondalup Arena and Cerebral Palsy Association give students the opportunity to instruct fitness programs for people with disabilities.

Courses	Career Opportunities
Certificate III in Fitness	This certificate is a foundation in the fitness industry and qualifies the graduate to work as: Fitness Instructor; Group Exercise Leader; Strength and Coordination Coach; Weight Management Consultant; Aqua Instructor.
Certificate IV in Fitness	Students graduating with this certificate can enjoy a fulfilling lifestyle career as a: Personal Trainer; Lifestyle Coach; Health and Wellness Coordinator; Strength and Conditioning Coach; Small Business Operator; Injury Management Consultant.

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