



Course Guide
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AF Coach Certificate

come to **Welcome to** Welcom **Fitness Anytime Fitness** Anytin



Your career in fitness begins here! Entering the fitness industry is so much more than a new career path, it's your opportunity to become the healthiest version of yourself while supporting and coaching others to do the same. You can earn a living doing what you love and gain everything you need to excel in your career right from the start.

At Anytime Fitness, our mission is to raise the bar of the fitness industry, globally through education. As you learn from us, you will not only complete an internationally recognised coach qualification, but you will learn how to practically apply your studies in the real world, with real clients.

Our partners, the International Fitness Academy has certified over 20,000 personal trainers globally. Our bespoke learning platform has been designed with the real-world in mind, and we proudly lead the way in providing the most comprehensive and fundamental online fitness education available.

Why choose Anytime Fitness to study online?



Have the freedom and flexibility to learn in your own time, with 24hr access for 12 months



Your learning and education is in safe hands; our courses have been created by individuals with 50+ years of combined industry experience



You'll be inspired and stay accountable for your goals and progression as you learn the methods that built 7-figure businesses in today's fitness industry



Gain everything you need to feel confident in your ability to practically apply your knowledge in the real world from the very beginning



Become part of the inclusive AF Family which prides itself on improving the health of all our members

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...coaches. for coaches. for coach

This online course provides endless opportunities for you to develop and expand your career in the fitness industry.

With the AF Coach Certification, you will have everything you need to coach and train clients to a healthier lifestyle.

This is your chance to change your life and the life of others.



The AF Coach Certification will give you the skills and knowledge to start your career and work as a:

- Coach
- Specialised Aged Trainer
- Specialised Children's Trainer
- Fitness and Diet Plan Coordinator
- Gym Instructor
- Gym Club Manager
- Administration Officer
- Sales Consultant

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What will you learn?



Motivation

Working with health professionals and using open spaces

- Collaborate with medical and allied health professionals in a fitness context
- Provide motivation to positively influence exercise behaviour
- Conduct suitable work practices in open spaces

In this module, you will be able to identify skills and knowledge required to promote exercise and incorporate behaviour change strategies. You will identify situations and conditions requiring guidance from, or the need to work with, medical or allied health professionals and describe the skills and knowledge required to plan and conduct work in open spaces while upholding sustainable practices.



Advanced Nutrition and Health Management

- Recognise the dangers around providing nutrition advice to clients
- Support healthy eating through the Eat for Health Program
- Instruct exercise programs for body composition goals

This module teaches you the skills and knowledge to identify when the provision of nutritional advice is beyond the scope of practice of a personal trainer. It will also teach you to provide healthy eating information and assist clients within industry endorsed scope of practice and provide skills and knowledge required to design exercise plans and programs to change and maintain desired and realistic body composition of clients.



Personal Training Programs

- Instruct personal training programs
- Instruct long-term exercise programs
- Instruct group personal training programs
- Instruct endurance programs
- Instruct exercise to young people aged 13 to 17 years

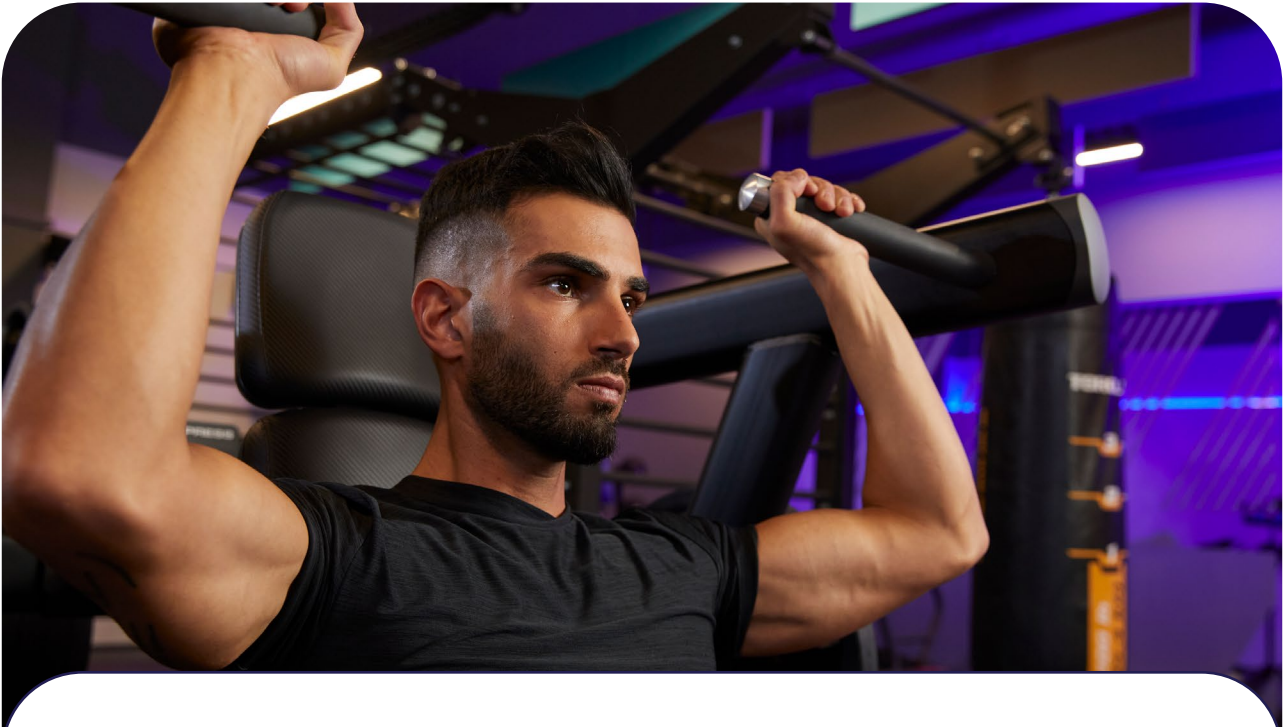
This module describes the performance outcome, skills and knowledge required to plan, instruct and evaluate a broad range of training programs and evaluate exercises for young people aged 13 to 17.



Advanced Exercise Movement

- Instruct strength and conditioning techniques
- Develop strength and conditioning programs
- Promote functional movement capacity
- Incorporate exercise science principles into fitness programming
- Implement injury prevention strategies

This module will give you the skills to instruct strength and conditioning techniques to individual athletes or groups. It also provides skills and knowledge required to assess client movement and exercise capacity / an understanding of exercise science principles into fitness instruction as well as an understanding of injury prevention into fitness instruction, programming and provision of fitness advice.



Business

- Undertake small business planning
- Market the small business
- Establish legal and risk management requirements of small business
- Monitor and manage small business operations

This module describes the skills and knowledge required to research and develop an integrated business plan for achieving business goals and objectives. You will learn how to improve business performance via clear marketing strategies/comply with all regulations affecting the business and skills and knowledge required to implement a business plan and modify operations as required.

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What will you learn?

Health Assessments and Working in Fitness Environments

- Provide health screening and fitness orientation
- Conduct fitness appraisals
- Work effectively in sport, fitness and recreation environments

In this module you will be able to identify client fitness requirements and advice on fitness programs, services and facilities. You will be able to address the need of clients and colleagues, promote programs and facilitate and support the completion of day-to-day work activities.

Risk Management, WHS and Maintaining Fitness Equipment

- Identify risk and apply risk management processes
- Participate in workplace health and safety
- Maintain equipment for activities

This module teaches you the skills and knowledge required to identify risks and to apply established risk management processes for your role, as well as maintenance and repairs on fitness equipment.

Anatomy and Physiology

- Incorporate anatomy and physiology principles into fitness

This module will give you a greater understanding and knowledge of the human body structure and physiology, to be able to provide best practice and advice into your fitness instruction.

Exercise for Specific Populations

- Recognise and apply exercise considerations for specific populations
- Instruct exercise to older clients
- Deliver approved community fitness program

This module will give you the ability to provide instruction of exercise programs or approved community fitness programs aimed at improving the health and fitness of elderly clients, as well as exercise considerations for children, women, clients with a disability and culturally diverse groups

Nutrition and Health Management

- Provide healthy eating information

This module will give you the skills required to provide healthy eating information and support a healthy attitude to eating and body composition.

Get Qualified with Anytime Fitness
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*Payment terms and Ts&Cs are available on our website [here](#).



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