COURSE GUIDE

ACADEMY OF FITNESS ©

FITNESS EDUCATION SINCE 2001 | RTO 30683

YOUR FITNESS CAREER STARTS HERE.

Train for a career.
Build real skills.
Make an impact.



REAL SKILLS | REAL SUPPORT | CAREER READY | NATIONALLY RECOGNISED

aof.edu.au | 1300 650 198

RTO 30683

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ABOUT US

Who We Are

Choosing where to study is about more than finding a course online. You need a trusted training provider, a qualification that matches your career goal and real people who will support you from your first enquiry through to completion.

The Academy of Fitness is an Australian Registered Training Organisation (RTO 30683), regulated by the Australian Skills Quality Authority. Since 2001, we have helped students across Australia turn an interest in health and fitness into confident, practical careers.

Our nationally recognised Certificate III and Certificate IV pathways combine flexible online learning with written and practical assessment, guidance from experienced educators and clear career outcomes. You can study around work and family without feeling as though you are doing it alone.

Our mission

To cultivate the next generation of fitness professionals who create healthier, happier communities - one client, one family and one positive change at a time.

25 YEARS

PROVEN FITNESS EDUCATION

Delivering quality fitness education across Australia since 2001.

THOUSANDS

QUALIFIED GRADUATES

Graduates nationwide have built recognised skills and career confidence through AOF.

INDUSTRY-LED

QUALIFIED EDUCATORS

Learn with industry-qualified educators and assessors who bring real fitness-sector experience.

Why enrol with AOF

- Nationally recognised pathways from your first qualification through to Personal Training
- Flexible online study designed around work, family and real life
- Direct support from course advisors, experienced educators and assessors
- Practical learning connected to real fitness roles, clients and industry expectations

From first question to career-ready

A clear, supported journey designed to help you choose well, keep progressing and finish with confidence.

01 Choose your pathway

Talk through your goals, current experience and the role you want before you enrol.

02 Learn and practise

Build knowledge online, complete practical activities and receive guidance when you need it.

03 Move into industry

Complete your assessments with a recognised outcome and a clearer next career step.

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WHY AOF

Study With the Best in the Business



25
Years of fitness education

100%
Online and flexible

RTO
Nationally recognised - 30683

01 Study your way

Training that fits around real life.

WHAT THIS MEANS FOR YOU

Learn online, use mobile access and keep progressing around work, family and other commitments.

02 Supported online

Flexible does not mean unsupported.

WHAT THIS MEANS FOR YOU

Course advisors, educators and assessors are available for questions, guidance and feedback.

03 Accessible start

A practical way to begin sooner.

WHAT THIS MEANS FOR YOU

Ask about available payment options and the pathway that best matches your existing experience.

04 Career with purpose

Turn your interest into positive impact.

WHAT THIS MEANS FOR YOU

Build practical skills to help people become healthier, stronger and more confident.

A WORD FROM OUR SENIOR COURSE ADVISOR

Start with the outcome you want - then choose the pathway that gets you there.

"With 25 years in fitness education, our job is to make your next step clearer and support you as you move forward." - Graham

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COURSE OVERVIEW

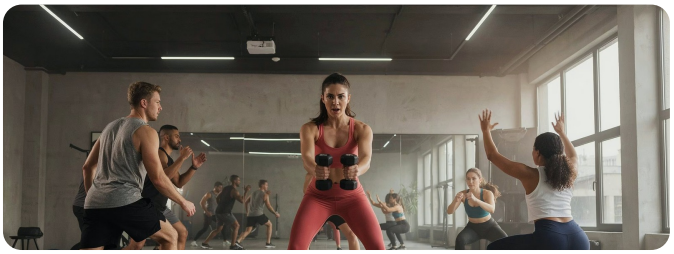
Courses Designed to Launch Your Career

Whether you are brand new to fitness or ready to upskill, AOF has a flexible learning pathway for you. Compare the options below, then speak with a course advisor if you would like help choosing.



Combo Course

Cert III + Cert IV in Fitness
Complete pathway to Personal Trainer



Certificate III in Fitness

SIS30321 nationally recognised qualification
Foundation pathway into the fitness industry



Certificate IV in Fitness

SIS40221 nationally recognised qualification
Become a qualified Personal Trainer



Accelerate Course

Cert III pre-requisites + Cert IV
Fast-track pathway to Personal Trainer



Group Exercise Leader

SISSS00128 skill set
Lead pre-designed group classes



Fitness Nutrition

Specialist short course
Evidence-based nutrition knowledge

6	100%	RTO	$0
Course pathways	Online delivery	National recognition	To enquire

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START HERE

Which Course Is Right for You?

The best course depends on the role you want, the qualifications you already hold and how quickly you want to enter the industry. Use this page as a starting point - our course advisors can then confirm the most efficient pathway for you.

Combo Course

BEST FOR

Starting from scratch and wanting the complete Personal Trainer pathway.

STUDY TIME	Up to 18 months
ENTRY	No course entry requirement
OUTCOME	Certificate III + Certificate IV

Certificate III

BEST FOR

Gym, group exercise, aqua and outdoor instructor career pathways.

STUDY TIME	Up to 12 months
ENTRY	No course entry requirement
OUTCOME	SIS30321 Certificate III in Fitness

Certificate IV

BEST FOR

Students ready to qualify and work as a Personal Trainer.

STUDY TIME	Approximately 6 months
ENTRY	Required Cert III units + First Aid
OUTCOME	SIS40221 Certificate IV in Fitness

Accelerate Course

BEST FOR

Students focused on the most direct pathway to Personal Trainer.

STUDY TIME	Up to 12 months
ENTRY	First Aid required before completion
OUTCOME	Cert III pre-requisites + Certificate IV

Group Exercise Leader

BEST FOR

People who want to lead pre-designed group fitness classes.

STUDY TIME	Up to 6 months
ENTRY	No course entry requirement
OUTCOME	SISSS00128 Statement of Attainment

Fitness Nutrition

BEST FOR

Fitness professionals and health-minded learners wanting deeper nutrition knowledge.

STUDY TIME	Approximately 50 hours
ENTRY	No entry requirement
OUTCOME	AOF Certificate - non-accredited

Important before you enrol

Nationally recognised courses include written and practical assessment. Practical evidence may be completed by video or through supported arrangements. First Aid, entry and credit-transfer requirements vary by pathway, so confirm your individual circumstances with an AOF course advisor before enrolling.

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COMBO

Combo Course - Complete Personal Trainer Pathway



SIS30321 Certificate III in Fitness + SIS40221 Certificate IV in Fitness

The Combo Course is more than two qualifications packaged together. It is a complete entry-to-Personal-Trainer pathway for students who want to begin with the right foundations and continue without losing momentum. You first develop the skills to support clients safely in gym and group settings, then advance into personalised programming, coaching and fitness business practice.

Important: there is no prior fitness qualification requirement to enrol. To receive both qualifications, students must successfully complete all required written and practical assessments and meet the applicable First Aid requirement.

What is included

- Two nationally recognised qualifications in one pathway
- No previous fitness qualification required to begin
- 100% online and self-paced, with up to 18 months
- Structured learning resources and assessor feedback
- Video practical assessment or supported arrangements

What you graduate ready to do

- Screen clients and conduct fitness assessments
- Instruct safe gym and group exercise sessions
- Design personalised programs for individual clients
- Coach technique, progress and behaviour change
- Apply strength, conditioning and client-service skills
- Move from instructor opportunities into Personal Training

Your complete pathway

01 BUILD THE FOUNDATION
Complete SIS30321 Certificate III in Fitness

02 ADVANCE YOUR SKILLS
Progress into SIS40221 Certificate IV in Fitness

03 MOVE TOWARD YOUR GOAL
Prepare for Personal Trainer career opportunities

Built for career starters

Ideal for career changers, fitness enthusiasts and new entrants who want the complete journey - not simply an entry-level qualification.

More than two certificates

Build instructor foundations first, then advance into individualised programming, coaching, behaviour change and business capability.

What completion requires

Finish all online learning, written assessments and practical evidence, and provide the applicable First Aid evidence before qualification issue.

Want confidence before you enrol?

Tell an AOF course advisor where you want your career to lead. We will confirm whether the Combo is the right fit and explain exactly what your pathway involves.

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COURSE

Certificate III in Fitness - SIS30321



Your nationally recognised foundation for a career in fitness

Certificate III in Fitness is the recognised starting point for students who want to work confidently in gyms, group exercise and community fitness settings. Build the practical knowledge to screen clients, assess fitness, plan safe sessions and deliver effective exercise instruction - with no previous fitness qualification required to begin.

- Important: Certificate III supports fitness instructor-level roles. Students who want to work as Personal Trainers must also complete the required Certificate IV in Fitness pathway.

What is included

- SIS30321 Certificate III in Fitness
- 100% online and self-paced, with up to 12 months
- Structured learning resources and assessor feedback
- Written and practical assessment activities
- Video evidence or supported practical arrangements

What you graduate ready to do

- Conduct pre-exercise screening and fitness assessments
- Plan and instruct safe gym-based exercise sessions
- Deliver group exercise, circuit and outdoor sessions
- Provide appropriate healthy-eating information
- Support clients through inclusive communication
- Explore instructor roles or progress into Certificate IV

From learner to fitness instructor

01 BUILD THE FOUNDATION
Learn screening, assessment and safe exercise delivery

02 DEMONSTRATE YOUR SKILLS
Complete written and practical assessment activities

03 ENTER OR PROGRESS
Explore instructor roles or continue into Certificate IV

Built for industry entry

Ideal for new entrants who want a recognised foundation for gym, circuit, group exercise, aqua and outdoor instructor opportunities.

Confidence to instruct safely

Build practical skills in screening, fitness assessment, gym programming, exercise instruction and group-session delivery.

Your next career step

Enter instructor-level roles or use Certificate III as the recognised foundation for progression into Certificate IV and Personal Training.

Ready to build your fitness-industry foundation?

Talk through the instructor roles that interest you and we will confirm whether Certificate III is the right starting point.

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COURSE

Certificate IV in Fitness - SIS40221



The nationally recognised pathway to Personal Training

Certificate IV in Fitness is designed for students ready to move beyond general instruction and work with individual clients as Personal Trainers. Develop advanced assessment, personalised programming, coaching and business capability so you can respond to different goals, life stages and training needs with confidence.

- Important: entry requires the specified Certificate III competencies and current First Aid. An AOF course advisor can confirm whether your previous study meets the entry pathway before enrolment.

Entry and course structure

- Required Certificate III prerequisite competencies
- Current HLTAID011 Provide First Aid
- 100% online and self-paced study
- Approximately 6 months to complete
- Written and practical assessment with feedback

What you graduate ready to do

- Assess individual goals, needs and training readiness
- Design and coach personalised exercise programs
- Apply behaviour-change and client-motivation strategies
- Develop strength and conditioning programs
- Program for older and adolescent clients
- Build client-service and fitness-business foundations

From fitness foundation to Personal Trainer

01 ADVANCE YOUR KNOWLEDGE
Develop individualised programming and coaching skills

02 COACH REAL CLIENT NEEDS
Apply behaviour change, strength and conditioning principles

03 BUILD YOUR CAREER
Prepare for Personal Trainer and business opportunities

Built for future Personal Trainers

Designed for students with the required Certificate III competencies who are ready to coach individual clients and build a fitness career.

Advanced coaching capability

Develop individualised programming, behaviour-change, strength and conditioning, client communication and business skills.

Your professional outcome

Graduate with SIS40221 Certificate IV in Fitness and pursue Personal Trainer opportunities across gyms, studios, outdoor or independent settings.

Ready to take the next step into Personal Training?

An AOF course advisor can confirm your entry pathway, recognise eligible prior study and explain exactly what completion involves.

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COURSE

Accelerate Course - Fast-Track to Personal Trainer



Certificate III prerequisites + SIS40221 Certificate IV in Fitness

Accelerate is a streamlined pathway for students whose goal is specifically to become a Personal Trainer without completing every unit in the full Certificate III qualification. Complete the required Certificate III prerequisite competencies first, then move directly into the full Certificate IV in Fitness through one clear two-phase study plan.

- Important: Accelerate does not issue the full SIS30321 Certificate III in Fitness. Students receive a Statement of Attainment for completed prerequisite units and the full Certificate IV after meeting all course and First Aid requirements.

What is included

- Required Certificate III prerequisite units
- Full SIS40221 Certificate IV in Fitness
- 100% online and self-paced, with up to 12 months
- Structured learning resources and assessor feedback
- Written and practical video assessment activities

What you graduate ready to do

- Screen and assess clients before exercise
- Design personalised programs for individual goals
- Coach technique, progress and behaviour change
- Apply strength and conditioning principles
- Support different client ages and training needs
- Develop Personal Trainer business foundations

Your fast-track pathway

01 MEET THE PREREQUISITES
Complete the required Certificate III units

02 COMPLETE CERTIFICATE IV
Build advanced Personal Trainer capability

03 MOVE INTO INDUSTRY
Graduate with the recognised Certificate IV outcome

Built for a specific goal

Designed for students focused on Personal Training who do not need every unit contained in the full Certificate III qualification.

A two-phase pathway

Complete the required Certificate III prerequisite units first, then move directly into the full Certificate IV in Fitness.

Know the outcome

Receive a Statement of Attainment for completed prerequisite units and SIS40221 Certificate IV in Fitness after all requirements are met.

Want the most direct pathway to Personal Training?

Tell us what you have already completed. We will confirm your entry pathway and whether Accelerate is the most efficient option.

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SKILL SET

Group Exercise Leader - SISSS00128



Nationally recognised group exercise skill set

The Group Exercise Leader skill set is a focused, nationally recognised entry point for people who want to energise a room and lead pre-designed, pre-choreographed group fitness classes. Learn how to cue movement, work with music and rhythm, demonstrate exercises safely and keep participants engaged. Study 100% online and self-paced for up to six months, with no prior fitness qualification required to begin.

- Important: this skill set is designed for pre-designed group exercise delivery. It does not replace the full Certificate III in Fitness or qualify a graduate as a Personal Trainer.

Units in the skill set

- SISFFIT036 - Instruct group exercise sessions
- BSBOPS304 - Deliver and monitor customer service
- HLTWHS001 - Participate in workplace health and safety
- HLTAID011 - Provide First Aid
- Practical class-delivery assessment required

What you graduate ready to do

- Prepare and instruct pre-designed group exercise sessions
- Cue movement clearly using music, timing and rhythm
- Demonstrate safe technique and suitable alternatives
- Monitor participants and respond to safety concerns
- Communicate inclusively and create an engaging class
- Explore group fitness roles and further study pathways

From learner to class leader

01 LEARN THE FORMAT
Understand safe delivery, music, rhythm and participant needs

02 LEAD THE ROOM
Practise cueing, demonstrations and group communication

03 PROVE YOUR SKILLS
Complete practical assessment and receive your recognised outcome

Built for group motivators

Ideal for energetic communicators who enjoy leading people and want a focused entry into pre-designed group exercise instruction.

Confidence on the studio floor

Develop cueing, music and rhythm, safe demonstrations, inclusive communication and the ability to monitor a group while you instruct.

Your recognised outcome

Receive the nationally recognised SISSS00128 Statement of Attainment and explore group fitness roles or further Certificate III study.

Want a faster entry into group fitness?

Tell an AOF course advisor the classes you want to lead. We will confirm whether this focused skill set matches your goal and explain your next step.

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SHORT COURSE

Fitness Nutrition Course



Specialist non-accredited professional development

Go beyond general nutrition advice and build a stronger understanding of how food, hydration and evidence-informed strategies relate to health, training and performance. This flexible short course is designed for fitness professionals, aspiring health coaches and motivated learners who want practical knowledge they can use responsibly in fitness conversations.

- Important: this is a non-accredited short course leading to an AOF Certificate of Completion. It does not create a nationally recognised nutrition qualification or replace advice from an accredited practising dietitian.

What is included

- Approximately 50 hours of self-paced online content
- No previous study or entry requirement
- Nutrition foundations and balanced approaches
- Exercise nutrition, hydration and recovery
- Weight management, supplements and meal planning

What you will learn to apply

- Connect nutrition principles with exercise goals
- Discuss hydration and fuelling around training
- Evaluate common supplement claims more critically
- Understand weight-management considerations
- Use meal-planning and dietary-assessment concepts
- Recognise when referral to a qualified practitioner is needed

Turn knowledge into better conversations

01 UNDERSTAND THE SCIENCE
Build evidence-informed nutrition foundations

02 CONNECT FOOD AND TRAINING
Explore hydration, performance and recovery

03 STAY WITHIN SCOPE
Use knowledge responsibly in fitness conversations

Built for practical upskilling

Ideal for fitness professionals and health-minded learners wanting a deeper, evidence-informed understanding of food, training and performance.

Knowledge you can apply

Explore exercise nutrition, hydration, weight management, supplements, meal planning and dietary assessment within appropriate professional boundaries.

Understand the scope

Receive an AOF Certificate of Completion. This non-accredited short course does not create a nutrition qualification or replace dietetic advice.

Want to add practical nutrition knowledge to your skill set?

Speak with AOF about what the course covers, who it suits and how to apply the learning responsibly within your role.

SPEAK TO US

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CAREER OUTCOMES

Six Career Outcomes. Endless Possibilities.



A career in fitness can grow in several directions. Build core skills in screening, instruction and client support, then shape your pathway around the people you want to coach and the environment in which you want to work. Your qualification is the foundation - experience, professional development and industry connections help you build from there.

Where your fitness qualification can take you

Personal Training

Coach clients one-to-one, complete assessments and develop personalised programs. Opportunities may include gym-based PT, studio coaching, independent training and online or hybrid services.

Gym & Fitness Instruction

Support clients in gyms and fitness facilities through safe equipment use, screening, exercise instruction and general fitness programs. This pathway is commonly associated with Certificate III.

Group Exercise Leader (GEL)

Lead pre-designed, pre-choreographed group exercise classes using music, rhythm, clear demonstrations and inclusive communication. GEL is a focused pathway into group class instruction.

Specialist Populations

Build experience working with different ages, abilities and goals. With the right qualification and further development, this may include older adults, adolescents and specialised client groups.

Fitness Business & Leadership

Grow a client base, develop a personal brand or progress into service and team leadership. Experienced professionals may establish a studio, independent practice or digital coaching offer.

Diverse Fitness Environments

Take your skills beyond a traditional gym. Fitness professionals may work in corporate wellbeing, community programs, resorts, retreats, leisure facilities and other active settings.

Build a career that can keep evolving

Your first qualification opens the door. The career you build develops as you gain practical experience, strengthen your professional network and add skills that match your goals.

01 **BUILD**
Develop recognised foundations

02 **PRACTISE**
Turn learning into capability

03 **SPECIALISE**
Choose clients and settings

04 **GROW**
Lead, expand or build a business

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STUDENT EXPERIENCE

What Our Students Say on Google

The following comments are drawn from public Google reviews left by Academy of Fitness students. Some excerpts have been shortened for space without changing their meaning.

1000s	25	GOOGLE
Graduates nationwide	Years of student success	Real student reviews

"I was able to complete the online activities in my own time, and assistance was available whenever I needed it. The workshops were thorough and our teacher was extremely knowledgeable."

Matt - Certificate III and IV in Fitness

"The student material had a great mix of theory and practical, which was the perfect environment for my knowledge to grow."

Brendan - Certificate III and IV in Fitness

"It is affordable, realistic, flexible, very clear and easy to understand. I am so happy and satisfied with this course and the AOF team."

Sally - Certificate III and IV in Fitness

"Once I had spoken with the AOF team, I felt a really great connection - lovely people with fitness experience who could offer genuine industry insights."

Jacki

"Certificate III and IV give you the foundation to move into whatever you want to do in the fitness industry."

Tom

Want to speak with a past graduate?

Ask our team. With the graduate's permission, we can request that they contact you. We protect student privacy and never publish personal contact details without consent.

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HOW WE DELIVER

Your Course. Your Way.



Complete your course online with all required learning resources, assessment pathways and standard support included. If you want additional face-to-face help, Gold Coast assessment classes or industry mentoring, you choose only the extras that suit you.

01

State-of-the-art online learning platform

A professional, university-quality learning experience with structured topics, interactive resources, simulated workplace activities, progress tracking and access across compatible devices.

Included: structured pathways

Follow a clear sequence from induction through theory, practical preparation and assessment. Your course plan, learning resources and required online activities are included in your course.

Included: online support

Access trainer guidance, live online sessions, assessment feedback and help navigating your studies. You can complete your course with full standard support without purchasing an add-on.

Optional: Gold Coast classes

Prefer not to submit practical videos? Where available, choose a scheduled face-to-face assessment class for an additional cost - and perhaps enjoy a few days of Gold Coast R&R while you are here.

Optional: support your way

Choose additional face-to-face tutorials or an Industry Mentor pathway when available. These services provide extra help beyond the support already included and are charged only if selected.

NO FORCED BUNDLES. NO UNNECESSARY EXTRAS.

Pay for your course - then choose only the extras you want.

INCLUDED IN YOUR COURSE

- Complete online learning resources
- Trainer guidance and assessment feedback
- Video-based practical pathways, where applicable

OPTIONAL - ONLY IF YOU CHOOSE

- Gold Coast face-to-face assessment classes
- Personal face-to-face tutorials
- Industry Mentor support pathways

Complete your course in full - with standard support - without purchasing any add-on.

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FAQS

Questions Before You Enrol?

It is normal to have questions before choosing a course. These are the practical answers students most often need before taking their next step with AOF.

STUDY FROM ANYWHERE IN AUSTRALIA

From the outback to the city, your course comes with you.

With suitable internet access and the required practical arrangements, you can complete your AOF course from anywhere in Australia. Your course advisor will explain the options available for your course and location.

QUESTION 01

Can I study from anywhere?

Yes. From the outback and regional communities to major cities, you can complete your course online wherever you have suitable internet access and meet the applicable practical requirements.

QUESTION 02

Will I be left alone online?

No. You can access live educator sessions, personal online one-to-one trainer guidance and ongoing help from course advisors, educators and assessors.

QUESTION 03

How do practical assessments work?

Depending on the course and activity, practical evidence may be completed by video, through a scheduled face-to-face assessment class or with support from a validated Industry Mentor.

QUESTION 04

Do I need fitness experience to begin?

Certificate III, the Combo pathway and selected entry programs do not require previous fitness qualifications. Certificate IV has specific prerequisite and First Aid requirements.

QUESTION 05

Which pathway should I choose?

Tell a course advisor the role you want and what you have already completed. We will explain the most suitable route and help you avoid enrolling in the wrong pathway.

QUESTION 06

Can study fit around work and family?

Yes. Courses are online and self-paced within the stated completion period, allowing you to plan study around work, family and other commitments.

QUESTION 07

Are the outcomes nationally recognised?

Certificate III, Certificate IV and the Group Exercise Leader skill set are nationally recognised. The Fitness Nutrition Course is non-accredited professional development.

QUESTION 08

What requirements should I plan for?

Requirements vary by course and may include prerequisite units, First Aid and practical assessment evidence. These are explained clearly before enrolment.

QUESTION 09

Are payment options available?

Ask our course advisors about the payment options currently available for your chosen pathway. We will explain the total course cost and payment structure before you commit.

QUESTION 10

What if I am not confident online?

Our platform is designed to be clear and manageable. If you need help navigating your course, the AOF team can guide you through the system and help you keep progressing.

Still have questions? That is completely normal.

Speak with an AOF course advisor. We will listen to your goals, explain your options and help you choose the right pathway without pressure.

ASK US FIRST

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GET STARTED

Ready to Build Your Fitness Career?



There has never been a better time to build a meaningful career in fitness. AOF combines nationally recognised pathways, flexible online delivery and a team that genuinely cares about your progress.

24-48 HRS	100%	$0	25
Typical course access	Online and flexible	To ask questions	Years trusted

Call us

1300 650 198 Speak with a friendly course advisor.

Email us

info@academyoffitness.com.au We will get back to you promptly.

Visit online

aof.edu.au Browse pathways and enrol online.

Your simple path to getting started

1. **Explore** — Review the course pathways
2. **Connect** — Speak with a course advisor
3. **Enrol** — Choose the right option
4. **Begin** — Access your course

Nationally Recognised Training

RTO 30683

Recognised training with confidence.

Your future in fitness starts today.

AOF is ready when you are. | aof.edu.au

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