Get on track with your new career in Fitness
Australia has a demonstrated, crucial and continued need for Personal Trainers. The health of our nation is at crisis point. Australians are forecast to spend $6.6 billion in 2013-14 on health and weight-loss with an estimation to exceed $7 billion by 2019.

**SO YOU WANT TO BECOME A PERSONAL TRAINER**

**HERE’S WHAT YOU NEED TO KNOW!**

**THE FACTS**

1. 70% of males and 56% of females over 18 are overweight or obese (1)

2. The average household continues to spend about 8.4% of their income on soft drink and confectionery (2)

3. 2013-14 - Australians will spend $11.7 billion on unhealthy fast foods (2)

4. 280 Australians develop diabetes every day and 60% of type II diabetes can be prevented through diet and exercise (3)

5. 28% of children aged 5-17 are overweight or obese. Less than half are getting the recommended physical activity per day (4)

6. Cardiovascular disease kills 1 Australian every 12 minutes (5)

---

**LONGER WORKING HOURS**

**BUSIER SCHEDULES**

**CONSUMPTION OF QUICK & EASY TAKEAWAY FOODS**

**AND INCREASINGLY SEDENTARY LIFESTYLES**

**=**

**GROWING OBESITY LEVELS**
The demand for personal trainers has skyrocketed!

Australians are seeking support and motivation from fitness experts to achieve faster and more effective results.

Australia’s annual expenditure on Personal Training to increase from $390 Million to $500 million by 2019 – that’s an increase of 5.1% over 5 years!

So what do you need to tap into this market and become a personal trainer?

Attain your Certificate III (SIS30313) and IV (SIS40210) in Fitness with HPC

Certificate III & IV in Fitness Package

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the fitness industry, including working independently in a broad range of settings such as within fitness centres, gyms, community facilities and in open spaces.

Those with this level of competency will be expected to train individual clients, on a one-on-one basis, and may include older clients and children. Persons with this level of competency will have the ability to plan, conduct and evaluate exercise training, provide leadership and guidance to clients and other staff and possibly deal with unpredictable situations.

"Success occurs when your dreams get bigger than your excuses."

At HPC we are all about adding value to your fitness education. Benefit from HPC’s complete package and graduate with your Certificate III & IV in Fitness as well as an additional combination of five qualifications and certificates that will set you above the rest and in demand. You will graduate with:

- Certificate III in Fitness (SIS30313)
- Certificate IV in Fitness (SIS40210)
- Provide First Aid
- Active Kids Trainer
- Boxing for Fitness
- Advanced Nutrition Level 1
- Female specific training
HPC is a nationally Recognised Training Organisation (RTO)

This is of great importance for our students as it means we have undergone intensive training to ensure a high class standard of training. All our facilitators have undergone intensive training to deliver an elite program to our students that is highly respected and sought after in the industry.

State of the Art Facilities

You have access to our state of the art training centre - a fully fitted out commercial level gym with 1200m² of space and equipped with the latest Nautilus XP Load, Hammer Strength and Keiser equipment. You will not find another set up like this in Australia.

Validated Course Content

HPC is the home of InBody Body Composition Analysts Headquarters. As a HPC student you have access to this state-of-the-art technology throughout the duration of your course.

We guarantee the content that we teach in our Certificate III and IV in Fitness will indeed change people’s health and fitness favourably – and this includes you!

You will have a body composition scan at the beginning, middle and end of your course so you can track the improvement in your own body composition and fitness. As a HPC trainer you will learn “If you are not assessing you are simply guessing!”

Trained by Industry Leaders

You will be trained by passionate industry experts - people who live, sleep and breathe fitness. At HPC we take you right through every step of the way with fully qualified instructors.

Up-to-date, Relevant Product Knowledge

Only the most relevant, up-to-date scientific information is delivered at HPC.

Science is behind everything we teach. Our facilitators stay up-to-date with the latest research and developments in the industry. HPC graduates have the ability to be able to facilitate training from elite level athletes to the ordinary person wanting to make body composition changes and improve overall health. This concept is exclusive to HPC and is what sets us apart as the industry leader.
WHY CHOOSE HPC?

Hands On Training
We offer a wider variety of training applications, both indoor and outdoor, with the highest practical component of any fitness provider in Australia. We practice what we preach so you’ll learn the theory then we’ll hit our gym, training floor, beach and parks for:

- Group fitness on the beach
- Speed and agility in the park
- Movement based games
- Boxing for fitness
- Intensity training
- Plyometrics
- Suspension training
- Children’s games and heaps more!
- Female Specific Training

Flexible Course Options
We know life is busy, so we have courses on every day of the week – from full day courses to evening and weekend courses to fit around your commitments. Miss a class? No worries – you can make it up at any time.

Modern Learning Environment
Every student in the Certificate III (SIS30313) and IV (SIS40210) receives all course resources and assessments electronically on USB.

Ongoing support
For those who feel they need a little more, HPC students are able to participate in a mentoring program with one of our HPC trainers before you enter the field.

Need a refresher? HPC students and graduates can resit any part of their course for free as part of our ongoing student support. Students can also benefit from weekly course assessment tutorials.

You are a part of the HPC family – we offer our graduates the option of training clients at HPC, the most professionally equipped facility available.

We look forward to welcoming you to the HPC family!

The HPC team

The Professional Choice in Fitness Careers
Graduating students have the potential opportunity to utilise HPC’s Personal Training base to train your clients.

OPEN 7 DAYS!

InBody Body Composition Analysers Showroom

ELITE LEVEL TRAINING BASE
The best place to train your clients!

The Professional Choice in Fitness Careers
We have the largest, top-of-the-line equipment of any other RTO in Australia. Covering an impressive 1200m² of space over multiple levels and training areas, we have the best equipment you could ask for to train and learn with. As a HPC student, you have access to all this equipment for the duration of your course - both for use in class time as well as in your own time to train pre and post class.

### KEISER (6 pieces)
- The latest in air compression technology
- Air Runner
- Squat
- Biaxel Upper Back Row
- Power Rack
- Functional Trainer
- Seated Calf

### HAMMER (32 pieces)
- Ground Base Combo Twist
- 2 x Ground Base Jammer
- Ground Base Combo Decline
- Ground Base Incline Combo Twist
- V Squat
- 2 x Linear Leg Press
- 2 x Isolateral Kneeling Leg Curl
- Seated Leg Curl
- Isolateral Bench Press
- Isolateral Wide Chest
- Isolateral Incline Press
- 2 x Isolateral Super Incline Press
- Isolateral Shoulder Press
- 2 x Wide Full Down

### NAUTILUS XP LOAD (21 pieces)
- XP Load Tricep
- XP Load Bicep Curl
- XP Load Seated Dip
- XP Load Compound Row
- XP Load Lateral Pull Down
- XP Load Overhead Shoulder Press
- XP Load Incline Chest Press
- XP Load Vertical Chest
- XP Load Incline Leg Press
- XP Load Leg Curl
- XP Load Leg Extension
- Nautilus Abdominal
- Nautilus Lower Back
- Nautilus Power Rack
- Nautilus Smith Machine
- Nautilus Cable Crossover
- Nautilus Bench Press
- Nautilus Incline Bench
- Nautilus Preacher Curls
- Nautilus Seated Calf
- Nautilus Dead Lift Shrug

### CARDIO (18 pieces)
- 2 x Water Grinder
- Water Rower
- Stepmill Stairmaster
- 3 x Elliptical Trainers
- 3 x Recumbent Bikes
- 4 x Spin Bikes
- 4 x Treadmills

### OTHER
- Glute Ham Raise
- Hyperextension
- Sissy Squat
- 2 x Full Range Kettle Bell Sets
- 2 x Dumbbellacks (1-70kg)
- 4 x Full Sets Plyoboxes
- Full Range Logs
- Full Range Medballs
- Full Range Sandbags

### INBODY
- Full Range Speed and Agility Sets
- 2 x Boxing Areas
- 7 x Boxing Bags
- Full sets gloves, body pads and focus kits
- 3 x full sets Total Body Training Full Suspension
- TRX set
- Torsionator
- Full Range Power Bands

**HPC EQUIPMENT**

HPC is the leader in fitness education - and here is the proof.
## Female Specific Training

Learn key training techniques and the physiological and hormonal differences of your female clients.

This short course is open to both male and female personal trainers as well as women who are looking for additional education in female specific training or for more information to better their own training program.

**This course will cover:**
- Exercises tailored for females
- Nutritional requirements for females
- Female hormonal implications for training
- Female physiological differences affecting training
- Mental aspects for training

Female Specific Training is a one day short course run at various times throughout the year from 8.30am – 3.30pm.


## Insights into Nutrition

Insights into Nutrition is a three hour short course for those looking to learn key tips and information to improve your general nutrition and eating habits.

Our insights into Nutrition short course will separate the facts from the fiction and get you on the right nutritional track for success!

**This course will cover:**
- General tips and guide to follow for healthy heating
- Tips and nutrition to support fat loss
- Tracking your protein, carb and fat intake

*Insights Into Nutrition is an evening short course run at varying times throughout the year from 6-9pm.*


## Sports Supplements

Our Sports Supplements short course will provide factual based information to be confident in the use and application of sports supplementation in your training program.

Backed purely by scientific research, we will delve into the truths and facts of sports supplementation and how they can benefit both you and your clients’ training programs.

**This course will cover:**
- Efficacy of different protein supplements
- In-depth knowledge across a wide range of supplements
- Testing sugar content of protein powders

*Sports Supplements is a one day short course run at varying times throughout the year from 8.30am – 3.30pm.*


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**HPC**

The Professional Choice in Fitness Careers
The Professional Choice in Fitness Careers

ADVANCED NUTRITION LEVEL I

Turn your body into a fat melting machine - learn the quickest & most effective way to burn fat.

Advanced Nutrition Level I covers a magnitude of important nutritional information, backed by the latest science to empower you to make the best nutritional decisions for your health.

This course will cover:
- Effective dietary recommendations for fat loss
- Eating correctly for your body type
- Effective questionnaires to promote effective behaviours
- The truth in food labelling
- Effective pre and post workout meal options
- Understanding the most common popular diets

Advanced Nutrition Level I is a two day short course run at various times throughout the year from 8.30am – 4pm.


ADVANCED NUTRITION LEVEL II

Understand your clients’ nutritional state and behaviours to apply further knowledge to improve their body composition.

Advanced Nutrition Level II follows on from Advanced Nutrition Level I and will dig deeper into individual nutritional assessments, food addictions and behavioural responses.

This course will cover:
- Individual nutritional assessments
- Hormonal reasons as to why people struggle to lose body fat
- The different types of body fats
- Food addictions, dependence and how to treat them
- Client reports to monitor behavioural based outcomes popular diets

Advanced Nutrition Level II is a two day short course run at various times throughout the year from 8.30am – 4pm.


COURSE PRICING COSTS

<table>
<thead>
<tr>
<th>Package Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insights into Nutrition</td>
<td>$90</td>
</tr>
<tr>
<td>Female Specific Training</td>
<td>$200</td>
</tr>
<tr>
<td>Sports Supplements</td>
<td>$200</td>
</tr>
<tr>
<td>Advanced Nutrition Level I</td>
<td>$500</td>
</tr>
<tr>
<td>Advanced Nutrition Level II</td>
<td>$500</td>
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</tbody>
</table>

SHORT COURSE PACKAGES

<table>
<thead>
<tr>
<th>Package Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze Pack: Advanced Nutrition Level I OR II</td>
<td>$600</td>
</tr>
<tr>
<td>Plus Sports Supplements OR Female Specific Training</td>
<td></td>
</tr>
<tr>
<td>Silver Pack: Advanced Nutrition Level I AND II</td>
<td>$885</td>
</tr>
<tr>
<td>Gold Pack: Advanced Nutrition Level I AND II</td>
<td>$1000</td>
</tr>
<tr>
<td>Plus Sports Supplements OR Female Specific Training</td>
<td></td>
</tr>
<tr>
<td>Platinum Pack: Advanced Nutrition Level I AND II</td>
<td>$1200</td>
</tr>
<tr>
<td>Sports Supplements AND Female Specific Training</td>
<td></td>
</tr>
</tbody>
</table>

The Professional Choice in Fitness Careers
Upgrade your qualifications to gain a competitive edge and increased earning potential in the fitness industry.

As a Fitness Specialist you will be qualified to work in collaboration with medical and allied health professionals to deliver health and exercise solutions to a larger client base including high risk and special client groups.

**Advance your skills in these specialist areas:**

- Gain access to the latest scientific research in the field
- Injury prevention and management
- Advanced strength and conditioning techniques
- Advanced anatomy studies
- Plan and implement high performance training
- Working with moderate to high risk clients such as those with cardiorespiratory, metabolic and musculoskeletal conditions
- Deliver prescribed exercise to special clients such as children, older clients and those with a disability or neurological impairment
- Knowledge and experience in health promotion activities to decrease risk factors and chronic disease
- Learn to how to make your PT career financially positive

Spaces are limited so secure your position now


The Professional Choice in Fitness Careers
### 2015 COURSE SCHEDULE

**Certificate III in Fitness – SIS30313**

**Certificate IV in Fitness – SIS40210**

<table>
<thead>
<tr>
<th>12 WEEK COURSES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weekday Courses</strong> <em>(Tuesday/Wednesday)</em></td>
<td><strong>8:30am - 4pm</strong></td>
</tr>
<tr>
<td><strong>Start Date:</strong></td>
<td><strong>Finish Date:</strong></td>
</tr>
<tr>
<td>10th March 2015</td>
<td>20th May 2015</td>
</tr>
<tr>
<td>02nd June 2015</td>
<td>18th August 2015</td>
</tr>
<tr>
<td>25th August 2015</td>
<td>10th November 2015</td>
</tr>
<tr>
<td>17th November 2015</td>
<td>17th February 2016</td>
</tr>
</tbody>
</table>

| **Weekday Courses** *(Thursday/Friday)* | **8:30am - 4pm** |
| **Start Date:** | **Finish Date:** |
| 19th March 2015 | 04th June 2015 |
| 11th June 2015 | 27th August 2015 |
| 03rd September 2015 | 19th November 2015 |
| 26th November 2015 | 25th February 2016 |

| **Weekend Courses** *(Saturday/Sunday)* | **8:30am - 4pm** |
| **Start Date:** | **Finish Date:** |
| 07th February 2015 | 03rd May 2015 |
| 16th May 2015 | 1st August 2015 |
| 08th August 2015 | 24th October 2015 |
| 31st October 2015 | 06th February 2016 |

| **Weekday Courses** *(Monday)* | **8:30am - 4pm** |
| **Start Date:** | **Finish Date:** |
| 19th January 2015 | 06th July 2015 |
| 20th July 2015 | 14th December 2015 |

| **Weeknight Courses** *(Monday/Wednesday)* | **6pm - 9pm** |
| **Start Date:** | **Finish Date:** |
| 13th April 2015 | 16th September 2015 |
| 21st September 2015 | 29th February 2016 |

| **Diploma of Fitness** *(Monday)* | **8:30am - 3:30pm** |
| **Start Dates:** | **Finish Date:** |
| 2nd February 2015 | 01st June 2015 |
| 15th June 2015 | 29th September 2015 |
| 12th October 2015 | 08th February 2016 |

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**Phone 5526 0183 or email us info@h-p-c.com.au | www.h-p-c.com.au**
# Fees Schedule

(All course fees include all assessment & resource material)

<table>
<thead>
<tr>
<th>Enrolment fee</th>
<th>Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>All students to pay to secure a position $300 (non-refundable)</td>
<td>All courses require a $300 deposit 7 days before course commences (non-refundable)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Certificate III in Fitness – SIS30313 and Certificate IV in Fitness – SIS40210 combination - $4,950</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 fortnightly instalments $213.80</td>
</tr>
<tr>
<td>13 fortnightly instalments $353.85</td>
</tr>
<tr>
<td>8 fortnightly instalments $562.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Certificate III in Fitness – SIS30313 only - $2,750</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 fortnightly instalments $178.85</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Certificate IV in Fitness – SIS40210 - $3,550</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 fortnightly instalments $243.85</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diploma of Fitness - SIS50213 - $3,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 fortnightly instalments $143.20</td>
</tr>
<tr>
<td>13 fortnightly instalments $238.45</td>
</tr>
<tr>
<td>8 fortnightly instalments $381.25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Payment methods and conditions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• EFTPOS/CREDIT CARD (we do not accept AMEX)</td>
</tr>
<tr>
<td>• DIRECT DEBIT</td>
</tr>
<tr>
<td>• CASH</td>
</tr>
<tr>
<td>• CHEQUES</td>
</tr>
<tr>
<td>• CHEQUES will only be accepted no less than seven days before the course commencement</td>
</tr>
</tbody>
</table>

Please refer to our Participant Handbook for the Refund Policy.

Course fees are subject to change. Please contact our staff before enrolling.

National Provider Number: 41071

www.h-p-c.com.au
WHERE ARE WE BASED?

Gold Coast Location

39 Hillcrest Pde Miami QLD 4220
p: (07) 5526 0183  f: (07) 5575 1347
info@h-p-c.com.au | www.h-p-c.com.au
www.facebook.com/humanperformancecentre1

Coming from the North

Right - at the lights, turn right onto Pacific Ave
Left - Take the first left onto Hillcrest Pde
Follow up to the top of the crest

Coming from the South

Left - Turn left into Oak Ave before the lights
Left - Follow to the end and turn left onto Hillcrest Pde

National Provider Number: 41071