

Frequently Asked Questions

The below questions have been compiled from our most recent information session.

- **Can you please tell me more about the 30 hours placement? The I am interested in resistance training for adults in the second part of their life (50+) and would be hoping to get experience in that area.**

The Work placement is flexible hours to work in with a gym's opening hours and classes. Tasks and a log book to be completed whilst on placement relative to units in the qualification. It is great you have a focus on the area within the fitness industry you want to pursue. This course will provide you the learning with regard to anatomy and physiology and various facets of training in fitness. TasTAFE teachers will work with you to arrange a work placement

- **Is TasTAFE currently offering a Certificate IV in Fitness?**

TasTAFE is working towards having certificate IV on scope to deliver into the future. The Certificate III is a pre-requisite to the Certificate IV.

- **To become a personal Trainer do you need to complete the Certificate IV as well.**
Yes.

- **Is there a gym at the campuses to compete practical units?**

Part of the other fees includes a cost for TasTAFE to pay to access a gym/facility to gain training and experience for the practical component of the course. This is complemented by the work placement.