



**Information for Students wishing to work in the fitness industry**

Thank you for your enquiry regarding fitness instructor courses.

**Kinect Australia** (incorporating VICFIT in Victoria) is a not for profit national registration body and health promotion agency.

The nationally accredited training package was designed to promote consistency of training and portability of qualifications throughout Australia. It is called the National Fitness Training Package (NFITP)

**The qualifications contained in the NFITP are:**

- \* Certificate III in Fitness – the minimum competency required for Gymnasium, Group Exercise and Aqua Instructor training
- \* Certificate IV in Fitness, is the minimum competency required for Personal Trainer, Older Adults, Children’s and Advanced Aqua Instructor training
- \* Diploma of Fitness – an advanced level of competency for a Personal Trainer

Registered Training Organisations (RTO’s) have been given the scope by the Australian Qualification Framework to deliver the qualifications contained in the NFITP.

Kinect Australia is a National Registration Body, not an RTO and therefore we are unable to provide detailed information about the courses being offered. However, enclosed is a list of RTO’s who are offering all or part of the Certificate Courses. Kinect Australia recommends that a prospective student contact between 3-4 RTO’s to determine which course will suit their needs.

**Kinect Australia** registration categories are closely aligned with the NFITP as the baseline for instructor/ trainer registration.

Once you have completed your Certificate Course you are then eligible to be registered with **Kinect Australia**. Enclosed is a brochure detailing the registration process. If you require any further information please do not hesitate to contact us.

Email: [enquires@kinectaustralia.org.au](mailto:enquires@kinectaustralia.org.au)  
Telephone: (03) 8320 0100  
Facsimile: (03) 8320 0110

