



Application Form

Hello and welcome to the B Transformed College for Health and Fitness Professionals, a Registered Training Organisation (RTO) that issues nationally accredited qualifications in fitness. We strive to provide you with the highest standards in training and encourage you to use all the resources available to have a rewarding learning experience. Our staff is fully qualified and have a wide variety of experience to support you in your study. We will accept you into the College and ultimately recommend you to employer/s or clients based on your passion, attitude, professional standards and your serious commitment to your study and a long-term career in fitness. We are very passionate about health and fitness at B transformed and love working with individuals of all backgrounds and cultures and helping them achieve their goals. We are excited to take you on this journey and develop your skills to achieve the goals you are chasing.

Kind Regards,
Katie Murrell and the B Transformed Team

Courses and Study Options Available

Courses

SIS30315 Certificate III in Fitness – Gym Instructor and Group Fitness Instructor
12 week course 40 hours/week (*including face to face time and home study*) Monday, Wednesday, Friday

SIS40215 Certificate IV in Fitness – Personal Trainer, Older adult's trainer, Children Trainer
10 week course 40 hours/week (*including face to face time and home study*) Tuesday, Thursday

Unit outline is detailed on page 2 of this application.

Study

We offer flexibility with delivery of both courses. You can choose one of the following whichever suites your situation. Face to face in the college, as a correspondence student or a mix of both if you work or study part time.



SIS30315 Certificate III in Fitness

Unit Code	Unit Description
SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT006	Conduct fitness appraisals
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT014	Instruct exercise to older clients
SISXCAI006	Facilitate groups
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness, and recreation environments
BSBRK401	Identify risk and apply risk management processes
HLTWHS001	Participate in workplace health and safety
HLTAID003	Provide First Aid (outsourced)

SIS40215 Certificate IV in Fitness

Unit Code	Unit Description
SISFFIT013	Instruct exercise to young people aged 13-17 years
SISFFIT015	Collaborate with medical and allied health professionals in fitness context
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT017	Instruct long-term exercise programs
SISFFIT018	Promote functional movement capacity
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT021	Instruct personal training programs
SISFFIT023	Instruct group personal training programs
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program
SISXRES001	Conduct sustainable work practices in open spaces
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
SISFFIT012	Instruct movement programs to children aged 5 to 12 years
SISFFIT024	Instruct endurance programs
SISXDIS001	Facilitate inclusion for people with a disability
HLTWHS003	Maintain work health and safety
SISXIND005	Coordinate work teams or groups



Read through the acceptance criteria and tick the appropriate box. Fill in the following application form and return to B Transformed in person, by fax, post or via email. The B Transformed College staff will arrange an interview with you. Assistance with filling in all relevant paperwork will be provided if required.

B Transformed College Acceptance Criteria	Yes	NO
<p>Have a desire to learn everyday: have an open mind and be open to new concepts and ideas. <i>Ongoing learning is the key to a superb, up to date Fitness Professional</i></p>		
<p>Punctuality: You must arrive 10 minutes early before any session so you are ready to start on time. <i>You will never be late for a client therefore you will never be late to a session</i></p>		
<p>Mobile Phones, iPods, mp3 players: are not permitted in lectures, keep your mobile phone turned off throughout every session – this includes sending text messages <i>Respect for other people and the B Transformed College mentors is very important</i></p>		
<p>Attendance: to graduate from the B Transformed College you must attend and participate in every session that you are required to attend. A 90% attendance is required. <i>Commitment to your responsibilities is an important trait of a Fitness Professional</i></p>		
<p>Presentation: for lectures neat and tidy appearance. College dress shirt will be supplied to all students to wear. Black slacks, trousers, shorts or skirt are to be worn with enclosed shoes. For all practical session appropriate gym attire is to be worn. Minimal jewellery is preferred. <i>A Fitness Professional must dress accordingly at all times</i></p>		
<p>No Alcohol/Drugs: alcohol and drugs are not permitted and students must not be under the influence of either during college hours. If you are you will be asked to leave.</p>		
<p>No Smoking: smoking is not permitted in or around the building at B Transformed. It is an offence to smoke within 4 metres of any part of an entrance to buildings</p>		
<p>Non-discrimination: treat all people with respect no matter what cultural background, race, age, sex ethnicity or socio-economic status <i>As a Fitness Professional you treat all people the same</i></p>		
<p>Swearing and bullying: will not be accepted at all at B Transformed.</p>		
<p>Respect: treat all people with respect no matter what the circumstances. When asking questions always ask in a polite manner and be open minded with the answer received. This also means keeping everything you have used tidy and clean and working with your mentors to clean up.</p>		
<p>Are your committed to graduating from the B Transformed College for Health and Fitness Professionals and ready to transform the health and fitness of the world</p>		
<p>Do you have a passion and committed to transform into your new career as a Fitness Professional</p>		



I have read and understand all of the B Transformed College of Health and Fitness Professionals acceptance criteria. I am aware that I will require an interview with the B Transformed College Lecturer prior to final acceptance into the college.

I am committed to my new career in fitness and I want to be a part of positively changing the health and fitness of the world.

Applicants Name: _____

Applicants Signature: _____

Parent/Guardian Signature (if under the age of 18): _____

Contact Number: _____

Address: _____

Date: _____

Please proceed now with filling out the following College Application Form. Once completed please send application and acceptance criteria to:

Mail:

B Transformed College for Health and Fitness Professionals
PO Box 1623
Bundaberg Qld 4670

In person:

B Transformed
47 Bourbong St
Bundaberg, Qld

Email:

julie@btransformed.com.au

Fax:

(07) 41536876

If you have any questions or need help filling out this form please contact B Transformed on (07) 41543223.



College Application Form

Personal Details (all spaces are compulsory)		
Given Name:	Family Name:	
Male / Female:	Date of Birth:	Email address:
USI No:	LUI No:	Concession?: Y / N
Mobile number:	Work No:	
Postal Address:	Suburb:	
Shirt Size:	<i>(this is required to order your B Transformed College shirt)</i>	
Are you a residence of Australia?	If no please state other:	
Is English your main language?	If no please state other:	
Do you require any help with interpreting the English language?		
Are you of Aboriginal or Torres Strait Islander origin?		
Do you have a disability, impairment or long term condition we need to know about?		
If yes please state what it is:		
Do you have a language, literature or numeracy difficulty that may cause you concern with this course?		
Please state what it is:		
Emergency Contact Details		
Name:	Phone Number:	
Relationship to you:		
Referee Details		
Name:	Name:	
Contact Number:	Contact Number:	
Relationship to you:	Relationship to you:	
Current Employment History		
Job Title:	Location:	
Classification:		



Where did you find out about B Transformed College of Health and Fitness Professionals?	
Advertising Website Friend Other - please state:	
Other Information	
Highest school level completed:	Year completed:
Currently attending school? Y / N	
Current Labour Force status:	
Prior Education or Trade?	
Please tell us in your words why you want a career in the Health and Fitness Industry and to help change people's lives:	
Declaration	
<i>I hereby declare that the information contained in this document is true and correct. I understand it is an offence to give false information.</i>	
Signature of applicant:	Date:
Parent/Guardian Name and Signature (if under 18):	

Office use only	Date starting:	Enrolled course/s:
BT Student no:		USI no:
Accounts department - received and entered		Ordered – USB and Lanyard / Folder
Deposit paid \$		Shirt
Date		Textbook