

October 2011

AIAS Newsletter

Brisbane Campus
337 Logan Road, Stones Corner
QLD 4120
1300 880 933
admin@aias.com.au

Melbourne Campus
Level 4, 399 Lonsdale St, Melbourne
VIC 3000
1300 880 933
melbourne@aias.com.au



2011/12 **Dates** for your diary

2 December 2011 Semester 3 concludes
5 December 2011 Summer School starts
9 December 2011 Assessments finalised
16 December 2011 Graduation 2011
24 Dec 2011 to 2 Jan 2012 Mid-semester break
17 February 2012 Summer School concludes



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Cricos Registration No. 01332E National Recognised Training No.132135
Provider: Study Group Australia Pty Limited Provider Code: 01755D (QLD)



An exciting new award is
being offered through AIAS



Start an exciting career as a personal trainer!

It's here in December: a leading Personal Trainer certification delivered entirely online that is both nationally and internationally recognised!

Studying with AIAS to become a PT gives you the flexibility to study when and where you want, meaning you make the decisions about how best to integrate learning into your already active lifestyle.

AIAS fitness courses are competency-based. At the end of your training, you'll not only have the vocational skills to work as a PT, but also the knowledge required to initiate a successful career in the fitness industry.

And, unlike many Personal Trainer courses, AIAS fitness qualifications are endorsed by Australian Government, guaranteeing career recognition for your investment in learning.

Instruction at AIAS is delivered online using our customised web-based learning system, Study Smart. And because AIAS also delivers the exact same course on campus, you won't be compromising on quality. Online students earn the same qualification as on-campus students.

AIAS Personal Trainer Qualifications

- Certificate III in Fitness (SRF30206)
- Certificate IV in Fitness (SRF40206)
- Diploma in Fitness (SRF50206)
- Qualification as a Personal Trainer throughout Australia
- Eligibility to register as a PT with Fitness Australia

Seven reasons to study with AIAS online

- 1 The option to start any time
- 2 Structured course timetables
- 3 Access to Study Smart, our purpose-built Learning Management System that structures student development
- 4 Supportive environment – your learning experience is facilitated by industry experts who assist you with your progress
- 5 Interaction with both online and on-campus students – blogs, virtual meetings, messages
- 6 Unlimited access to online resource libraries and interactive media
- 7 Check your progress with online quizzes

So hit the ground running
for success in the fitness
industry.

Visit us online at aiasfitness.edu.au
or call AIAS on 1300 880 933 today!

Check out **your new library**

AIAS has subscribed to an online library service that is now available to all students.

Each student has been assigned a way to log in, which means they can access the library materials wherever they are, and whenever it is convenient for them.

The online library can be found at search.ebscohost.com/login.aspx?authtype=custuid&custid=ns216850

This site can be accessed by clicking the button that is now on the AIAS website.

Why not explore this site to see the huge amount of material it contains.



Fancy a FREE consultation in Naturopathy, Herbal Medicine or Nutrition?

Get along to the AIAS clinics at:

331 Logan Road
Stones Corner

Tuesdays and Wednesdays

- 8:30–11:30am

Thursdays

- 8:30am–11:30am
- 6:00pm–9:00pm

To make an appointment call 07 3847 2702



For this Newsletter we interviewed AIAS student **Megan Leigh Sergeant.**

What are you studying and when did you start?

Certificate III and Certificate IV in Fitness. I started in February 2011 and finished August 2011.

What made you choose AIAS and this particular course?

Everything seemed to fall into place when I enrolled in my Fitness courses at AIAS – becoming a personal trainer would allow me to help others, and be outdoors and be active for a living. I looked over the curriculum at AIAS and was very excited about the subjects that I would be studying.

What have you enjoyed most about the course and what has it taught you?

Truly what I enjoyed the most about the course were the teachers that I had the privilege of spending my days with. Their knowledge, passion, patience and friendship really made the course for me. The courses have instilled a great confidence in me and my knowledge.

What's the best and the worst part about being a student?

For me, the worst part would be the stresses I place on myself, and the best part about being a student is learning, followed closely by student prices for public transport.

What's your favourite subject?

Anything to do with anatomy.

What do you plan on doing after you graduate?

I currently work as a PT in a studio at Boondall, but my long-term goal is to own a home studio.

Have you any tips for fellow students?

You only get out as much as you put in. You never want to walk away from something and be able to say "I could have done better or tried harder". Finding the right balance between work and play takes time, but it's essential.

If you were an animal, what would you be?

I would definitely be an otter because they are organised, social, and have lots of fun.

What's your favourite pastime?

A few would be working out, watching horror movies, being at the beach, reading and being around friends.

