

# VIRTUAL CLASSROOMS FAQs

**AIPT.**

AUSTRALIAN INSTITUTE OF  
PERSONAL TRAINERS

## Q. What are the new Virtual Classrooms?

**A.** Virtual Classrooms are an interactive online learning environment hosted by an AIPT Trainer & Assessor and Fitness Professional. These sessions offer an alternative group learning environment and the opportunity to receive feedback to questions in real time - noting that the current mode of self-directed learning also exists.

## Q. How do the sessions work?

**A.** Each session will be hosted by an AIPT Trainer & Assessor and Fitness Professional, with an AIPT Moderator on hand to help manage any questions. Course material will be presented live on a webcam using PowerPoint visuals. Sometimes, the PowerPoint presentations will include embedded video presentations. By joining the Virtual Classroom, you'll be able to see the presenter as well as the PowerPoint resources. You can ask questions and engage with the presenter using the chat function in Teams. Replies are actioned live, either by the presenter, the chat-based moderator or both.

## Q. Why are Virtual Classrooms beneficial?

**A.** The new Virtual Classrooms give you the opportunity to complete your online theory components in a more engaging environment. You'll be able to boost your learning, stay on track with your coursework and address any stumbling blocks you may be facing with the content in real time. You'll also be able to build rapport with the AIPT Education Team, and benefit from a motivating, group learning space.

## Q. What content is covered in the sessions?

**A.** Each session covers specific course content within either SIS30321 Certificate III in Fitness or SIS40221 Certificate IV in Fitness, which runs to a set schedule. Some of the key learning areas covered include:

- Anatomy and Programming
- Pre-exercise Screening and Fitness Testing
- Group Exercise
- Personal Training and Body Composition
- Older Adults and Adolescents

## Q. What is the set schedule?

**A.** Sessions are facilitated over Microsoft Teams and cater to a national audience, on AEST time zone. AIPT currently hosts 3 x Virtual Classroom sessions per week on a rolling fortnightly schedule as per below:

### Week 1 (AEST):

- **Tuesdays:** 6pm – 7.30pm
- **Thursdays:** 6pm – 7.30pm
- **Saturdays:** 9am – 10.30am

### Week 2 (AEST):

- **Tuesdays:** 6pm – 7.30pm
- **Wednesdays:** 6pm – 7.30pm
- **Thursdays:** 6pm – 7.30pm