



## Summary of Qualification

The SIS40215 Certificate IV in Fitness reflects the role of personal trainers who have specialist skills to train individual clients, or groups of clients, on a one-on-one or group basis, to improve health related components of fitness in relatively low risk situations. This qualification will provide students with a substantial depth of knowledge to plan, conduct and evaluate exercise training; provide leadership and guidance to clients and other staff; and deal with unpredictable situations applying defined guidelines and procedures from the fitness industry and the organisation. This qualification will provide students with the skills and knowledge to work independently or with limited guidance from others and use discretion to solve non-routine problems, including monitoring and managing business activities to operate efficiently and profitably.

## Study Duration

### Blended Online

Students have 12 months to complete the SIS40215 Certificate IV in Fitness (self-paced study).

### Face-to-Face Tutorials

Additional fees apply.  
See Training Package options for further information.

## Career Opportunities

- Personal trainer
- Children and older adult trainer
- Group fitness trainer
- Outdoor group trainer

## Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete the SIS50215 Diploma of Fitness.

## Course Payment

Students can pay for their course in full or through a direct debit payment plan. Payment plans are interest free. Domestic students under the age of 18 require a parent/guardian to accept financial liability on behalf of the student.

## Government Funding

Students may be eligible for government funding for this qualification. For further information on government funding, please visit the FIT College website.

## Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. For further information, please visit [www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/](http://www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/)

## Nationally Recognised

This qualification is provided as Nationally Recognised Training.

## Qualification Outcome

Upon successful completion of this qualification, students will be issued with the SIS40215 Certificate IV in Fitness qualification.

## Units of Competency

### Healthy Eating Prescription

- SISFFIT025 Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 Support healthy eating through the eat for health program

### Functional Movement Assessment

- SISFFIT018 Promote functional movement capacity

### Introduction to Exercise Science

- SISFFIT019 Incorporate exercise science principles into fitness programming
- SISFFIT023 Instruct group personal training programs
- SISXRES001 Conduct sustainable work practices in open spaces

### Programming for Personal Training

- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT021 Instruct personal training programs
- SISFFIT016 Provide motivation to positively influence exercise behavior

### Strength and Conditioning Information

- SISFFIT017 Instruct long-term exercise programs
- SISFFIT024 Instruct endurance programs
- SISXCAI009 Instruct strength and conditioning techniques
- SISXCAI005 Conduct individualised long-term training programs
- SISXCAI010 Develop strength and conditioning programs

### Younger and Specific Populations

- SISFFIT012 Instruct movement programs to children aged 5 to 12 years
- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISFFIT015 Collaborate with medical & allied health professionals in a fitness context

### Introduction to Fitness Business

- BSBSMB401 Establish legal and risk management requirements of small business
- BSBSMB403 Market the small business
- BSBSMB404 Undertake small business planning
- BSBSMB421 Manage small business finances

## Course Requirements

### Entry Requirements

Entry to this qualification is open to individuals who hold a HLTAID003 Provide first aid and HLTAID001 Provide cardiopulmonary resuscitation certificate, and who have been recognised as competent against the following units of competency:

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy & physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT006 Conduct fitness appraisals
- SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service

### Required General Resources

- Access to a computer or device that can connect to the internet
- Internet access with a broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures and record videos



### **Required Topic Resources**

#### **Healthy Eating Prescription**

- Access to five clients

#### **Functional Movement Assessment**

- Access to five clients
- Smartphone or device able to take pictures and videos
- Plumb line
- Bench or massage table
- Goniometer or smartphone App for measuring angles
- Ruler

#### **Introduction to Exercise Science**

- Flexible tape measure
- Bodyweight scales
- Blood pressure testing unit
- Access to one client
- At least three group activity clients
- Access to a fitness facility or a range of equipment:
  - Conditioning equipment - bike, rower, treadmill etc.
  - Resistance machines - pin weight or plate loaded machines
  - Free weight equipment - bar, plates, dumbbells, resistance bands
  - An indoor room where group activity can be performed
  - An outdoor area where group activity can be performed

#### **Programming for Personal Training**

- Flexible tape measure
- Bodyweight scales
- Blood pressure testing unit
- Access to two clients
- Access to bench press, leg press, pull up bar or lat pulldown machine
- Access to a fitness facility or range of equipment:
  - Conditioning equipment - bike, rower, treadmill etc.
  - Resistance machines - pin weight or plate loaded machines
  - Free weight equipment - bar, plates, dumbbells, resistance bands

#### **Strength and Conditioning Information**

- Heart rate measuring device or smartphone app
- Mobile First Aid kit
- Access to three clients
- Access to a sport, fitness or recreation environment
  - An indoor room where activity can be performed
  - An outdoor area where group activity can be performed
- Access to a fitness facility or range of equipment:
  - Conditioning equipment - bike, rower, treadmill etc.
  - Resistance machines - pin weight or plate loaded machines
  - Free weight equipment - bar, plates, dumbbells
  - Contemporary equipment - fit balls, bosu, bands, kettlebells, suspension straps etc.

#### **Younger Specific Populations**

- Access to 5-12, and 13-17-year-old participants or people who can role play
- Access to organisational policies and procedures for working with children
- Access to a sport, fitness, or recreation environment
  - Indoor room where group activity can be performed
  - Outdoor area where group activity can be performed
- Access to a fitness facility or range of equipment
  - Conditioning equipment - bike, rower, treadmill etc
  - Resistance machines - pin weight and plate loaded machines
  - Free weight equipment - Bar, plates, DB, step box
  - Contemporary equipment - fit balls, Bosu, Bands, KB, Suspension straps, skipping ropes, balls etc
  - Smartphone or stopwatch

#### **Introduction to Fitness Business**

No required resources



### Training Package Options

SIS40215 Certificate IV in Fitness	
<b>Flexible Online Delivery</b>	
Online course work is combined with industry and practical work done flexibly and self-paced. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. Online students can purchase a delivery upgrade to the Face-to-Face tutorial sessions during enrolment. Students must hold current HLTAID003 Provide First Aid and the pre-requisite units from SIS30315 Certificate III in Fitness to enrol in this course.	
<b>Study Mode</b>	Flexible Online
<b>Allowable Time</b>	12 Months
<b>Study Volume</b>	Full-time (21 hrs/week)
<b>Entry Requirements</b>	HLTAID003 Provide First Aid Pre-requisite units from SIS30315 Certificate III in Fitness
<b>Full-Time (Accelerated) Delivery</b>	
Flexible online course work and Cloud Campus access are combined with 28 x 3 hour Face-to-Face tutorials. Tutorials are typically Monday to Thursday, 10 am - 1 pm for 7 weeks on predetermined start dates (see website). Delivery includes HLTAID003 Provide First Aid within structured tutorials.	
<b>Study Mode</b>	Blended Face-to-Face <b>Tutorials:</b> 28 x 3 hours over 7 weeks
<b>Allowable Time</b>	12 Months
<b>Study Volume</b>	Full-time (21 hrs/week)
<b>Entry Requirements</b>	HLTAID003 Provide First Aid Pre-requisite units from SIS30315 Certificate III in Fitness
<b>Part-Time (Extended) Delivery</b>	
Flexible online course work and Cloud Campus access are combined with 28 x 3 hour Face-to-Face tutorials. Tutorials are typically Monday and Wednesday, or Tuesday and Thursday, evenings 6 pm - 9 pm for 14 weeks on predetermined start dates (see website). Delivery includes HLTAID003 Provide First Aid within structured tutorials.	
<b>Study Mode</b>	Blended Face-to-Face <b>Tutorials:</b> 28 x 3 hours over 14 weeks
<b>Allowable Time</b>	12 Months
<b>Study Volume</b>	Full-time (21 hrs/week)
<b>Entry Requirements</b>	HLTAID003 Provide First Aid Pre-requisite units from SIS30315 Certificate III in Fitness
<b>SIS40215 Certificate IV in Fitness - Introduction to Fitness Business (IFB) Topic</b>	
The Introduction to Fitness Business topic may be required to register as a Personal Trainer with Fitness Australia if you are entering the fitness industry with a degree. Optional tutorials are available at additional costs and typically scheduled at campus locations on predetermined dates. The units awarded include:	
<ul style="list-style-type: none"> <li>• BSBSMB401 Establish legal and risk management requirements of small business</li> <li>• BSBSMB403 Market the small business</li> <li>• BSBSMB404 Undertake small business planning</li> <li>• BSBSMB421 Manage small business finances</li> </ul>	
<b>Study Mode</b>	Flexible Online
<b>Allowable Time</b>	3 Months
<b>Study Volume</b>	Part-time (11 hrs/week)



## Training Package Options

### SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness HPE Teacher Training Package Upskill

Flexible online course work and Cloud Campus access are combined with an intensive five-day workshop. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. Depending on the courses completed as part of the HPE teachers undergraduate degree, there will be some Credit Transfer and potential RPL applied to reduce the total amount of work in the upskill of qualifications. Credit Transfers and RPL will be assessed as part of enrolment and feedback provided. Teachers must hold, or complete HLTAID003 Provide First Aid as part of the required entry standards to this upskill course. FIT College run HLTAID003 Provide First Aid courses at campus locations regularly. The five-day intensive workshop includes 5 x 8 hour Face-to-Face tutorials. Tutorials are typically Monday to Friday on predetermined dates and times. Depending on the RPL achieved from teaching degree and experience, further work may be required to be completed through the flexible online course work.

<b>Study Mode</b>	Blended Face-to-Face <b>Tutorials:</b> 4 x 6 hours over 1 week
<b>Allowable Time</b>	3 Months
<b>Study Volume</b>	Full-time (18 hrs/week)
<b>Additional Entry Requirements</b>	Tertiary qualification in Sport & Exercise Science or similar teaching experience and currency evidence for RPL & Credit Transfer assessment. See SIS40215 Certificate IV in Fitness Course guide for further requirements.

### SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness ASCA Pro Scheme

Online course work is combined with industry, practical work, and RPL to complete the upskilling delivery model. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. This course is for ASCA Professional Coaching Scheme members accredited at the Professional Level of membership wishing to upskill their Coaching Accreditation.

<b>Study Mode</b>	Flexible Online
<b>Allowable Time</b>	3 Months
<b>Study Volume</b>	Part-time (7 hrs/week)
<b>Additional Entry Requirements</b>	Must be an ASCA Professional Coaching Scheme member.

### SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness International Gym Instructor & Personal Trainer (ESOS)

The course requires 26 hours of study per week. Each year includes eight terms of 10 weeks with a one-week scheduled exam block after each term. Holidays will be structured with a 1- or 2-week break between terms and a 4-week break at the end of the fourth term. Students must attend 20 hours scheduled hours on campus and complete six hours of online and directed study each week of the term. The 20 hours of scheduled contact includes: one 4-hour lecture, two 4-hour tutorials, and two 4-hour practicals. The 6 hours of directed study requires students to complete various self-study tasks according to each topic's student study guide and undertake one hour per week of vocational placement working with clients. HLTAID003 Provide First Aid is delivered as part of the course.

<b>Study Mode</b>	<b>20 hours Face-to-Face, 6 hours directed and online</b> <b>Lecture:</b> 1 x 4 hour per week <b>Tutorial:</b> 2 x 4 hour per week <b>Practical:</b> 2 x 4 hour per week
<b>Allowable Time</b>	24 Months
<b>Study Volume</b>	Full-time (26 hrs/week)
<b>Additional Entry Requirements</b>	Working with Children positive letter of notification HLTAID003 Provide First Aid to complete SIS40215 Certificate IV in Fitness Pre-requisite units from SIS30315 Certificate III in Fitness to complete SIS40215 Certificate IV in Fitness



# FITNESS CERTIFICATE IV IN FITNESS

| SIS40215 |



## Assessment

Every qualification, unit of competency or skill set that is completed at FIT College will require students to undergo a number of assessment tasks, both written and/or practical. The assessment tasks are designed to confirm that the student can competently meet all elements and performance criteria as indicated in the curriculum. By successfully completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace. All courses are limited to a 2-topic progress sequence. Students will only have access to study 2 topics at one time.

## Support Services

Here at FIT College, students are our number one priority. We offer 7am-7pm Education Phone Support, 24/7 Communication Log Support, Face to Face Student Support Sessions at each campus, as well as integral account services provided by our Student Services Team.

## Get in Touch

**Websites URL:** [www.fitcollege.edu.au](http://www.fitcollege.edu.au)

**General Enquiries:** [info@fitcollege.edu.au](mailto:info@fitcollege.edu.au)

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