



FITNESS CERTIFICATE IV IN FITNESS

| SIS40221 |



Summary of Qualification

The SIS40221 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 by applying defined guidelines and procedures from the fitness industry and the organisation. In addition, 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

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 SIS50321 Diploma of Sport

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/

Nationally Recognised

This qualification is provided as Nationally Recognised Training.

Qualification Outcome

Upon completing this qualification, students will be issued the SIS40221 Certificate IV in Fitness qualification.

Units of Competency

Movement Assessment & Prescription

- SISFFIT034 - Assess client movement and provide exercise advice
CHCEDS040 - Search & access online information and assess online

Nutrition & Behaviour Change

- SISFFIT053 - Support healthy eating for individual fitness clients
SISFFIT050 - Support exercise behaviour change
HLTPOP014 - Assess readiness for and effect behaviour change

Effective Personal Training

- SISFFIT041 - Develop personalised exercise programs
SISFFIT042 - Instruct personalised exercise sessions
SISFFIT046 - Plan & instruct online exercise sessions
SISFFIT049 - Use exercise science principles in fitness instruction

Body Composition Training

- SISFFIT053 - Support healthy eating for individual fitness clients
CHCCOM006 - Establish & manage client relationships

Training Adolescent Clients

- SISFFIT045 - Develop & instruct personalised exercise programs for adolescent clients
SISFFIT046 - Plan & instruct online exercise sessions

Training Older Clients

- SISFFIT044 - Develop & instruct personalised exercise programs for older clients
SISFFIT051 - Establish & maintain professional practice for fitness instruction

Lead Effective Teams

- BSBLDR414 - Lead team effectiveness
SIRXTAD003 - Coach others for success
SISXMGT004 - Coordinate work teams or groups

Course Requirements

Entry Requirements

Entry to a SIS40221 Certificate IV in Fitness will require the completion of pre-requisites from SIS30221

- HLTAID011 Provide First Aid.
- SISFFIT001 Provide health screening and fitness orientation
- HLTWHS001 Participate in workplace health and safety
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy & physiology knowledge to support safe & effective exercise
- SISFFIT052 Provide healthy eating information

In addition, applicants must meet the course LLN requirements. This course option is only available to holders of a previous SRF or SIS fitness certificate.



FITNESS

CERTIFICATE IV IN FITNESS

| SIS40221 |



Training Package Options

SIS40221 Certificate IV in Fitness

Flexible Online Delivery

Enjoy the freedom and flexibility of choosing when and where to study. Direct your learning with all your study materials online, allowing you to manage your workload and fit your studies around your lifestyle. Access your learning space 24 hours a day, seven days a week and be supported by high-quality educators devoted to your outcomes.

Course Duration: 12 Months

Hours of Study: There are no set study hours when studying online with FIT College. But to give you an idea of how much time you'll need to allocate to your studies, we recommend allowing between 20-30 hours per week, depending on your experience.

Entry Requirements: Pre-requisite units from SIS30321 Certificate III in Fitness

Full-Time (Accelerated) Workshop Deliveries

Flexible online coursework and Student Platform access are combined with 28 x 3-hour face-to-face workshops. Workshops are typically Monday to Thursday, 10:00 am to 1:00 pm for 7 weeks on predetermined start dates (see website). Practical components will be completed both during workshops and in your own time.

Course Duration: 12 months

Study Mode: Blended face-to-face 28 x 3-hour workshops over 7 weeks

Entry Requirements: Pre-requisite units from SIS30321 Certificate III in Fitness

Part-Time (Accelerated) Workshop Deliveries

Flexible online coursework and Cloud Campus access are combined with 28 x 3-hour face-to-face workshops. Workshops are typically Monday and Wednesday, or Tuesday and Thursday, evenings 6:00 pm - 9:00 pm for 14 weeks on predetermined start dates (see website).

Course Duration: 12 months

Study Mode: Full-time (27 hours/week)

Entry Requirements: Pre-requisite units from SIS30321 Certificate III in Fitness

SIS30321 Certificate III in Fitness & SIS40221 Certificate IV in Fitness HPE Teacher Training Package Upskill

HPE Teachers will have an opportunity to upskill into Certificate III and IV in Fitness by enrolling on this course. Applicants will be required to provide evidence to FIT College to assess their eligibility to participate in this course. Based on the assessment, applicants may be required to complete gap training online before attending a four (4) day workshop in the following locations three (3) times per year. Extra fees apply for required gap training.

- Cairns
- Townsville
- Rockhampton
- North Brisbane - Carseldine
- Sunshine Coast - Maroochydore

Applicants are welcome to enrol anytime (cut-off periods apply). However, where gap training must be completed, it needs to be discussed with the trainer and assessor to ensure the timeframe will be adequate for the upcoming course, as gap training must be completed before workshop dates.

Workshop Dates: May, August, and December

Study Mode: Flexible online (gap training)

Face-to-face accelerated workshop 4 x 8 hours

Allowable Time: 3 months

Recommended Study Volume for Gap Training: 20 hours/week

Entry Requirements: To be eligible for enrolment in this course, you must have completed a university TITLED degree in Physical Education, Sport & Exercise Science, Clinical Exercise Science, or Human Movement (or similar) from an Australian University and hold a current HLTAID011 Provide First Aid Certificate



FITNESS CERTIFICATE IV IN FITNESS

| SIS40221 |



Training Package Options

SIS30321 Certificate III in Fitness & SIS40221 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 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 practical sessions. 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. HLTAID010 Provide First Aid is delivered as part of the course

Study Mode: Students will complete the fitness course over two years. The schedule includes four terms of ten weeks per year. Therefore, you can expect about 26 hours per week of study time, 20 hours of scheduled contact time and six hours per week of private study.

The 20 hours of scheduled contact will include:

- 1 x 4-hour lecture: Core theoretical content
- 2 x 4-hour workshops: Application of core theoretical material
- 2 x 4-hour practicals: Application of core theoretical content to the practical environment

Allowable Time: 24 months

Study Volume: Full-time (26 hours/week)

Entry Requirement: A valid study visa

What will I learn

FIT College Certificate IV in Fitness will empower you and prepare you for a successful, rewarding career as a personal trainer. FIT College Certificate IV in Fitness course blends theory and practice in an exciting and dynamic environment that will provide you with comprehensive skills and knowledge to develop, instruct and assess personalised exercise programs. This course will provide you with all the skills to train clients in and out of the gym or become your own boss as an independent personal trainer, both in Australia and overseas.

Assessment

Every qualification, unit of competency or skill set completed at FIT College will require students to undergo a number of written and/or practical assessment tasks. The assessment tasks are designed to confirm that the student can meet all elements and performance criteria indicated in the curriculum. By completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace.

Additional Course Requirements

- 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
- Access to a gym or fitness facility
- Friends, family members or work colleagues to act as clients

Support Services

FIT College, students are our number one priority. We offer the best possible training and support from passionate Educators and industry professionals, which include:

- 7 am-7 pm Education Phone Support
- 24/7 Communication Log Support
- Face-to-face & Virtual Student Support Sessions

Get in Touch

Websites URL: www.fitcollege.edu.au

General Enquiries: info@fitcollege.edu.au

Account Enquiries: admin@fitcollege.edu.au

Phone: 1300 887 017 or +61 7 5409 7070

Head Office Location: Suite 8 / 102 Wises Road, Maroochydore, QLD, 4558, Australia.