

## SIS40215 CERTIFICATE IV IN FITNESS

### 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.

### Entry Requirements

Entry to this qualification is open to individuals who hold a current first aid and current 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 and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT006 Conduct fitness appraisals
- SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service

### Qualification Outcome

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

### Career Opportunities

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

### Study Duration

#### Blended Online

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

#### Face to Face Tutorials

Additional fees apply:

- Accelerated: 7 weeks (4 tutorials/week, 3 hours per tutorial)
- Extended: 14 weeks (2 tutorials/week, 3 hours per tutorial)

*All study options are 'full-time' with a minimum of 20 hours of study per week for the duration of the qualification.*

### Units of Competency

#### Healthy Eating Prescription

- SISFFIT016 Provide motivation to positively influence exercise behaviour
- SISFFIT026 Support healthy eating through the eat for health program
- SISFFIT025 Recognise the dangers of providing nutrition advice to clients

#### Functional Movement Assessment

- SISFFIT018 Promote functional movement capacity

#### Introduction to Exercise Science

- SISFFIT019 Incorporate exercise science principles into fitness programming
- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT023 Instruct group personal training programs

#### Programming for Personal Training

- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT017 Instruct long-term exercise programs
- SISFFIT021 Instruct personal training programs

#### Strength and Conditioning Information

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

#### Younger and Specific Populations

- SISXRES001 Conduct sustainable work practices in open spaces
- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISFFIT015 Collaborate with medical and 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

### Educational Pathways

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

### 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.

### 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)

Account Enquiries: [admin@fitcollege.edu.au](mailto:admin@fitcollege.edu.au)

Phone: 1300 887 017 or +61 7 5409 7070

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

### 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.

### 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.