

SIS50215 DIPLOMA OF FITNESS

Summary of Qualification

The SIS50215 Diploma of 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 provides individuals 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.

Entry Requirements

Entry to this qualification is open to individuals who hold a HLTAID003 Provide first aid and HLTAID001 Provide cardiopulmonary resuscitation certificate, Certificate IV in Fitness qualification and have at least 1-year post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.

Qualifications Outcome

Upon successful completion of this qualification, students will be issued with the SIS50215 Diploma of Fitness qualification.

Career Opportunities

- Advanced personal trainer
- Fitness services coordinator
- Personal training manager

Study Duration

Blended Online

Students have 24 months to complete the Diploma of Fitness (self-paced study).

Units of Competency

Advanced Personal Training

- SISFFIT028 Apply evidence-based practice to exercise programs
- SISFFIT029 Apply anatomy and physiology to advanced personal training
- SISFFIT030 Instruct advanced exercise programs

- SISFFIT031 Implement injury prevention strategies

Professional Development Projects

- HLTPOP014 Assess readiness for and effect behaviour change
- CHCCCS007 Develop and implement service programs
- SISFFIT027 Conduct health promotion activities
- BSBPMG522 Undertake project work
- CHCPRP003 Reflect on and improve own professional practice

Advanced Fitness Business

- BSBFIM501 Manage budgets and financial plans

Develop Your Team

- BSBMGT502 Manage people performance
- BSBHRM405 Support the recruitment, selection and induction of staff
- CHCMGT003 Lead the work team
- CHCCOM002 Use communication skills to build relationships

Enhancing Business Enterprise

- BSBRSK501 Manage risk
- BSBMKG514 Implement and monitor marketing activities
- CHCPRP001 Develop and maintain networks and collaborative partnerships

Advanced First Aid

- HLTAID006 Provide advanced first aid

Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway through the higher education relating to health and sport science.

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

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 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/.

Nationally Recognised

This qualification is provided as Nationally Recognised Training.