



## 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.

## Qualification 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).

## 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.

## 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.

## 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
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### 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
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## 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.

## 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.