



## 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.

## Study Duration

### Blended Online

Students have 24 months to complete the SIS50215 Diploma of Fitness (self-paced study).

## Career Opportunities

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

## 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.

## 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 SIS50215 Diploma of Fitness qualification.

## 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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## 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, SIS40215 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 SIS40215 Certificate IV in Fitness.

### Required Resources

- Access to a computer or device that can connect to the internet
- Internet access with broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures & record videos
- Multiple clients with different health and fitness goals
- Access to a fitness facility to work with your participants
- Documents related to the financial aspects of your business or a local business you can use
- Work colleagues to use in various group activities
- A meeting room or breakfast facility to run some business breakfasts
- 4-6 other allied health professionals to attend some business breakfasts
- Access to a friend or colleague in the industry who is available to sit down and meet regarding business risk



## Training Package Options

TAE50216 Diploma of Fitness	
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. Campus locations occasionally run free online student workshops for course assistance.	
<b>Study Mode</b>	Flexible Online
<b>Allowable Time</b>	24 Months
<b>Study Volume</b>	Part-time (16hrs/week)
<b>Additional Entry Requirements</b>	SIS40215 Certificate IV in Fitness (any training package) HLTAID003 Provide first aid At least 12 months verifiable experience using SIS40215 Certificate IV in 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. 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)

**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.