

CERTIFICATE IV IN FITNESS

Vocational Education & Training CODE: YFA

THIS COURSE IS BEING DELIVERED IN PARTNERSHIP WITH FITEDUCATION, RTO 32155

UPON COMPLETION OF THIS COURSE, CERTIFICATION WILL BE ISSUED BY FIT EDUCATION

QUALIFICATION: SIS40215 CERTIFICATE IV IN FITNESS

COURSE OVERVIEW

This qualification 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 may include training of older clients and children. They have 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. They 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. The qualification does not provide the skills and knowledge for an individual to provide advice or exercise instruction to high risk clients, other than to refer the client to an appropriate medical or allied health professional.

This qualification provides a pathway to work in a diversity of fitness industry businesses including fitness centres, gyms, aquatic facilities, community facilities and in open spaces, where risk management (through risk assessment and hazard control processes) does not already exist.

DURATION

One year

COURSE UNITS

To attain a Certificate IV in Fitness, 20 units of competency must be achieved.

UNIT CODE	UNIT NAME		
SISFFIT013	Instruct exercise to young people aged 13 to 17 years	BSBSMB401	Establish legal and risk management requirements
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context	BSBSMB403	Market the small business
SISFFIT016	Provide motivation to positively influence exercise behaviour	BSBSMB404	Undertake small business planning
SISFFIT017	Instruct long-term exercise programs	BSBSMB405	Monitor and manage small business operations
SISFFIT018	Promote functional movement capacity	BSBSMB406	Manage small business finances
SISFFIT019	Incorporate exercise science principles into fitness programming	SISSTC402A	Develop strength and conditioning programs
SISFFIT020	Instruct exercise programs for body composition goals	SISXCAI005	Conduct individualised long-term training programs
SISFFIT021	Instruct personal training programs	SISXCCS003	Address client needs
SISFFIT023	Instruct group personal training programs	SISFFIT023	Instruct group personal training programs
SISFFIT025	Plan and deliver personal training	SISFFIT025	Plan and deliver personal training
SISFFIT026	Support healthy eating through the Eat for Health Program	SISFFIT026	Support healthy eating through the Eat for Health Program
SISXRES001	Conduct sustainable work practices in open spaces	SISXRES001	Conduct sustainable work practices in open spaces

ASSESSMENT TECHNIQUES

Assessment will be delivered using a variety of techniques, including:

- Practical assessment
- Written tasks
- Exams
- Teacher observation
- Teacher questioning

SPECIAL REQUIREMENTS

Students need to have completed the Certificate III in Fitness in order to be accepted into this course.

CAREER OPPORTUNITIES & PATHWAYS

The Certificate IV in Fitness is an industry standard qualification to gain employment within the fitness industry. Graduates are able to become personal trainers or gain employment as a fitness leader within a variety of fitness contexts such as gyms, corporate fitness training, cruise ships, aquatic centres, sporting teams etc. This course also provides a pathway to careers in sport and health science at University by establishing a track record in tertiary education.

TAFE: Certificate IV and Diploma in related industry areas including Sport and Recreation, Community Recreation, Fitness, Sport Development, Sport Coaching, Sport Trainer.

Universities: Degrees: Exercise Science, Science, Physiotherapy.

Subject fees for students who undertake a VET Certificate in partnership with an external provider will not be refunded once the transfer of funds has occurred from the College to the external provider, and are subject to each organisation's refund policy and procedure.

Disclaimer: "The College must have certain teachers and equipment to run this course. If the school loses access to these resources, the school will attempt to provide students with alternative opportunities to complete the course and the related qualifications. The school retains the right to cancel the vocational component of the course if it is unable to meet requirements."