

CERTIFICATE IV IN FITNESS SIS40215

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 CPR certificate and who have been recognised as competent against the following units of competency from the Certificate III in Fitness (SIS33015):

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy & 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, fitness trainer

Study Duration

Online Study - Students have 12 months in order to complete the qualification (self-paced study)

Educational Pathways

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

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Units of Competency

Healthy Eating Prescription

- SISFFIT025 Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 Support healthy eating through the eat for health program

Functional Movement Assessment

- SISFFIT018 Promote functional movement capacity

Introduction to Exercise Science

- SISFFIT019 Incorporate exercise science principles into fitness programming

Programming for Personal Training

- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT021 Instruct personal training programs
- SISXIND001 Work effectively in the fitness and recreation environments

Health and Wellness

- SISFFIT016 Provide motivation to positively influence exercise behaviour

Strength and Conditioning Information

- SISFFIT017 Instruct long-term exercise programs
- SISXCAI009 Instruct strength and conditioning techniques
- SISXCAI010 Develop strength and conditioning programs

Younger and Specific Populations

- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISFFIT015 Collaborate with medical & allied health professionals in a fitness context

Group Personal Training

- SISFFIT023 Instruct group personal training programs
- SISXRES001 Conduct sustainable work practices in open spaces

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
- ICTICT203 Operate application software packages

Assessment

Every qualification, unit of competency or skill set that is completed with Move Academy 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.

Course Payment

There are different options for payment of the program including payment plans. Payment plans are interest free. Please speak with us for full details.

Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. For further info please contact us

This qualification is provided as Nationally Recognised Training. Move Academy RTO code 41087

