

SIS40221 CERTIFICATE IV IN FITNESS

CRICOS 120449B

Course Overview

This qualification prepares individuals to work as personal trainers. You will develop the skills to design, deliver and review personalised exercise programs for generally healthy and low-risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals.

You will work independently in a range of environments, using judgement and initiative to respond to both routine and unpredictable situations. You will also develop communication skills to work effectively with clients and, where required, with other health professionals.
This qualification provides a pathway to employment as a personal trainer in fitness facilities, gyms, leisure or community centres, as well as delivering services in client homes, workplaces, outdoor settings, or online.
Skills are applied in accordance with Commonwealth and State or Territory legislation, Australian standards, and industry codes of practice.

There are no entry requirements for this qualification.

Course Features

- 17 units in total
- 4 terms per year
- 1 year course duration
- 40 weeks of learning with 12 weeks holiday
- 20 hours per week face-to-face plus online and self learning

Course Units

Core Units x 10

- CHCCOM006 Establish and manage client relationships
- SISFFIT041 Develop personalised exercise programs
- SISFFIT042 Instruct personalised exercise sessions
- SISFFIT043 Develop and instruct personalised exercise programs for body composition goals
- SISFFIT044 Develop and instruct personalised exercise programs for older clients
- SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients
- SISFFIT049 Use exercise science principles in fitness instruction
- SISFFIT050 Support exercise behaviour change
- SISFFIT051 Establish and maintain professional practice for fitness instruction
- SISFFIT053 Support healthy eating for individual fitness clients

Elective Units x 7

- SISFFIT034 Assess client movement and provide exercise advice
- SISFFIT046 Plan and instruct online exercise sessions
- SISXCAI009 Instruct strength and conditioning techniques
- SISXCAI010 Develop strength and conditioning programs
- BSBESB401 Research and develop business plans
- BSBESB404 Market new business ventures
- CHCDIV001 Work with diverse people

Career Opportunities

