



# SIS40215 Certificate IV in Fitness

National ID: SIS40215 | State ID: AWN7

## About this course

**Take the next step in your fitness journey. Become a personal trainer.**

The Certificate IV in Fitness enables participants to work as a qualified personal trainer. Upon successful completion, participants will have specialist skills to train individual or groups of clients on a one-on-one or group basis to improve health-related components of fitness.

### Participants will learn how to:

- Plan, conduct and evaluate exercise training
- Provide leadership and guidance to clients and other staff
- Deal with unpredictable situations applying defined guidelines and procedures from the fitness industry and relevant organisation
- Monitor and manage business activities in order to operate efficiently and profitably

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.

## Overview

**Available all year, 2019**

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## Qualification details

-  Duration: **1 Year**
-  Where: **Broome Campus**
-  When: **Available all year**
-  How: **Face-to-face classroom delivery**  
**Face-to-face classroom/campus delivery**  
**On the job/on location**  
**Online learning - flexible/self-paced**  
**Part-time**

## Units

This is a suggested study plan. North Regional TAFE offers a variety of alternative units, and packaging rules apply to these selections. Your unit options will be discussed with you prior to enrolment.

Students must successfully complete 12 core and 8 elective units to be awarded this qualification.

### Core

National ID	Unit Title
SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT017	Instruct long-term exercise programs
SISFFIT018	Promote functional movement capacity
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT021	Instruct personal training programs

National ID	Unit Title
SISFFIT023	Instruct group personal training programs
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program
SISXRES001	Conduct sustainable work practices in open spaces

## Elective

National ID	Unit Title
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB404	Undertake small business planning
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs
BSBSMB405	Monitor and manage small business operations
BSBSMB406	Manage small business finances

## Job opportunities

- Personal trainer

## Fees and charges

[Click here to view North Regional TAFE's 2020 indicative fees.](#) These fees are indicative for local students enrolling full-time in Government-funded courses. Fees are calculated based on individual circumstances at the time of enrolment. Concessions for eligible certificate I - IV level courses, annual fee caps and other charges may apply.



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For more information, please click [here](#).

#### VET Student Loans

VET Student Loans is an income contingent loan support available to eligible students studying a diploma level or above qualification. For more information, please click [here](#).

**Please note, fees are subject to change.**



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