



SIS40215 Certificate IV in Fitness

The Fitness Industry in Australia is recognised as a skills shortage occupation and the peak industry body, Fitness Australia, recognises this through the adoption of the Nationally Recognised Training being applied to people wishing to work in the Fitness Industry. Please see <http://www.fitness.org.au> for more details.

Typically people with these qualifications and specialisations will work as a Personal Trainer, a Children's Instructor and an Older Adult Instructor as per Fitness Australia registration categories.

Entry to this qualification is open to individuals who hold a current first aid and CPR certificate and have been recognised as competent through a recognised training program or recognition process against the following units of competency:

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT006 Conduct fitness appraisals
- SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service

Fix Australia has consulted with industry and developed a program that meets the needs of Industry, the Training Package and Fitness Australia's standards.

Qualification for SIS40215 Certificate IV in Fitness requires completion of 12 core units and 8 elective units. Units have been grouped together into learning modules as outlined below.

Code	Units of Competency	Core/ Elective
Module 1: Functional Movement		
SISFFIT017	Instruct long-term exercise programs	Core
SISFFIT018	Promote functional movement capacity	Core
SISFFIT019	Incorporate exercise science principles into fitness programming	Core
SISFFIT021	Instruct personal training programs	Core
Module 2: Allied Health		
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context	Core
Module 3: Motivation and Psychology		
SISFFIT016	Provide motivation to positively influence exercise behaviour	Core
Module 4: Nutrition and Body Composition		
SISFFIT025	Recognise the dangers of providing nutrition advice to clients	Core
SISFFIT026	Support healthy eating through the Eat for Health Program	Core
SISXCCS003	Address client needs	Elective
SISFFIT020	Instruct exercise programs for body composition goals	Core
Module 5: Workplace Health and Safety		
HLTWHS003	Maintain Work Health and Safety	Elective
Module 6: Younger Generation		
SISFFIT012	Instruct movement programs to children aged 5 to 12 years	Elective
SISFFIT013	Instruct exercise to young people aged 13 to 17 years	Core
Module 7: Group Personal Training		
SISFFIT023	Instruct group personal training programs	Core
SISXRES001	Conduct sustainable work practices in open spaces	Core
Module 8: Group Fitness		
SISFFIT011	Instruct approved community fitness programs	Elective
Module 9: Business Principles		
BSBSMB403	Market the small business	Elective
BSBSMB404	Undertake small business planning	Elective
BSBSMB405	Monitor and manage small business operations	Elective
BSBSMB406	Manage small business finance	Elective

**Program Duration:**

All course requirements are to be completed within 12 months of course commencement and Fix Australia has the resources and dedication to deliver flexibly to meet the needs of each individual Learner.

Fix Australia has a rolling intake throughout the year to accommodate the needs and work/life balance of each individual Learner, whilst allowing Learners to form support networks amongst themselves and undertake course work as a group.

In keeping with the nature of the specific child related units of competency included in this course, participants will be required to provide services to children. As such, a Working with Children Check will be required. The working with children check can be arranged through Fix Australia, however until this clearance is attained you will not be able to participate in any activities that involve children.

A delay in obtaining this clearance may delay your studies and may delay you obtaining your qualification.

Fees and Charges:

The course fee of \$1,800.00 includes all assessment material and enrolment fees. It does not however include the textbook, to be purchased at the Learners own expense. Fees can be paid by cash, credit card, EFPOS or EFT.

Textbook:**Fitness Trainer Essentials for the Personal Trainer (Attridge & Felice), 2nd Edition**

Pearson Education Australia

ISBN 97814425817152012

Price: Approx \$85

Should you need support or assistance beyond our skills we will refer you to a suitable organisation to assist you further.

To Enrol

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