Become a Personal Trainer today

SIS40210 - Certificate IV in Fitness

Contact us Today to Enrol!

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SIS40210 Certificate IV in Fitness

The Certificate IV in Fitness (SIS40210) is the industry standard qualification in order to become a Personal Trainer in Australia.

Personal Trainers are involved in the assessment, training, and supervision of a variety of people in health and fitness clubs, gyms, sports centres, community recreation organisations and other venues.

A graduate of our personal training courses possess a wide range of fitness-specific knowledge to provide appropriate exercise programs to their clients to help them lead a healthy lifestyle.

A GFI Personal Trainer has the ability to design and deliver exercise programs for individuals and small groups. Those with this level of competency will be expected to train individual clients, on a one-on-one basis, and may include older clients and children.

Units of competency covered in the Certificate IV in Fitness include:

- SISFFIT419A Apply exercise science principles to planning and exercise
- SISSSTC402A Develop strength and conditioning programs
- SISFFIT421A Plan and deliver personal training
- SISFFIT420A Plan and deliver exercise programs to support desired body composition outcomes
- SISFFIT416A Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
- CHCIC301D Interact effectively with children
- SISFFIT313A Plan and deliver exercise to apparently healthy children and adolescents
- SISFFIT415A Work collaboratively with medical and allied health professionals
- SISFFIT314A Plan and deliver exercise to older clients with managed conditions
- ICAU2006B Operate computing packages
- SISFFIT417A Undertake long term exercise programming
- BSBSMB403A Market the small business
- BSBSMB404A Undertake small business planning
- BSBSMB401A Establish legal and risk management requirements of small business
- SISFFIT418A Undertake appraisals of functional movement

Entry to the Certificate IV in Fitness (SIS40210) is open to those who hold a current first aid qualification and current CPR certificate and who have achieved the following units of competency:

- SISFFIT301A Provide fitness orientation and health screening
- SISFFIT302A Provide quality service in the fitness industry
- SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery
- SISFFIT304A Instruct and monitor fitness programs
- SISFFIT305A Apply anatomy and physiology principles in a fitness context
- SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines
- SISFFIT307A Undertake client health assessment
- SISFFIT308A Plan and deliver gym programs
- SISXOHS101A Follow occupational health and safety policies
- SISXRSK301A Undertake risk analysis of activities
How is the course trained and assessed?
All theory based delivery will occur within the designated classrooms of the RTO through structured training sessions from a qualified trainer / assessor employed by the RTO. At these training sessions a qualified trainer will provide the required skills and knowledge as per the unit content and will ensure the learning is imparted.

As part of this course students will also be required to undertake practical activities related to the course content. These practical activities will be undertaken in a simulated / workplace environment within the classroom based delivery. This may involve accessing appropriate facilities to ensure simulation can be achieved.

Course Fees
All current course fees can be found on our website: http://globalfitness.edu.au/course-fees/