



GLOBAL FITNESS
INSTITUTE™

Become a Personal Trainer

SIS40215 - Certificate IV in Fitness



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Registered Training Organisation (21793)

SIS40215 Certificate IV in Fitness

This qualification 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 may include training of older clients and children.

They have 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.

They 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.

The qualification does not provide the skills and knowledge for an individual to provide advice or exercise instruction to high risk clients, other than to refer the client to an appropriate medical or allied health professional.

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, where risk management (through risk assessment and hazard control processes) does not already exist.

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

- 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
- SISFFIT023 Instruct group personal training programs
- SISFFIT025 Recognize 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
- BSBSLS408 Present, secure and support sales solutions
- BSBSMB40 Establish legal and risk management requirements of small business
- BSBSMB403 Market the small business
- BSBSMB404 Undertake small business planning
- SISSTC301A Instruct strength and conditioning techniques
- SISSTC402A Develop strength and conditioning programs
- SISXCAI005 Conduct individualized long-term training programs
- SISXCCS003 Address client needs

Entry to the Certificate IV in Fitness (SIS40215) is open to those who hold a current first aid qualification and current CPR certificate and who have achieved 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

How is the course trained and assessed?

Face to face

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.

Online

Theory content can also be covered online via the GFI student portal, however attendance at class will generally result in better learning outcomes, and as such, is always highly encouraged

Practical

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.

Work Placement

Students will be required to undertake 40 hours of work placement in the fitness industry to strengthen their skills & apply knowledge within the workplace.

The course also involves students completing some reading and written work outside the scheduled classroom delivery time.

Assessment is used to provide you with feedback on your progress and to measure your skills and knowledge against the training qualification requirements and those of the industry. The assessment process may include written questions, assignments, case studies and practical demonstrations. This will require some time away from the training rooms to complete written work/ assignments and self-paced exercises.

Course Fees

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



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