

## Training Plan: SIS40221 - Certificate IV in Fitness & Diploma of Sport (Coaching)

Student Name: Mitchell Minotti

Enrolment Date: 3/5/23

Training Method: Mixed Mode

Total Nominal Hours: 653

**Please complete units in Online Learning Portal in the order they appear on your training plan below**

Unit code	Unit Title	Nominal Hours	Proposed Training Start Date	Theory Assessment Date	Prac Assessment Date	Unit Result
<b><u>Certificate IV in Fitness</u></b>						
BSBCMM411	Make presentations	30				
BSBLDR414	Lead team effectiveness	45				
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	50				
SISFFIT044	Develop and instruct personalised exercise programs for older clients	75				
SISFFIT050	Support exercise behaviour change	55				
SISFFIT053	Support healthy eating for individual fitness clients	70				
BSBESB404	Market new business ventures	45				
BSBCRT411	Apply critical thinking to work practices	55				
<b><u>Diploma of Sport (Coaching)</u></b>						
BSBOPS504	Manage Business Risk	60				
HLTAID011	Provide first aid	18	3/5/23	20/5/23	20/3/23	C
SISSSCO008	Apply anti-doping policies	25				
SISSSCO007	Apply sport psychology principles	35				
SISSSCO011	Manage integrity in sport	70				
SISSSCO010	Implement sport talent identification programs	20				

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- **Please sign and return a copy of this plan via email to: [admin@globalfitness.edu.au](mailto:admin@globalfitness.edu.au)**
- Please keep a copy of this plan for your own records, to keep track of submissions for your course

Student Name: Mitchell Minotti \_\_\_\_\_

Student Signature: X \_\_\_\_\_

Date: \_\_\_\_\_

RTO Representative: \_\_\_\_\_

RTO Signature: X \_\_\_\_\_

Date: \_\_\_\_\_