



SIS40215 CERTIFICATE IV IN FITNESS

CRICOS CODE: 094029J

COURSE OVERVIEW

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.

JOB OPPORTUNITIES

Job roles and titles vary across different industry sectors.

This qualification equips you to be a **Personal Trainer**. It provides you with the skills and the knowledge to train individual clients on a one-on-one basis, which include older adults and children. In addition, students who complete this qualification can construct and deliver strength and conditioning training.

ENTRY REQUIREMENTS

- International students must be 18 years of age or over.
- Students are required to successfully complete the Language Literacy and Numeracy test and achieve Level 3 in the Australian Core Skills Framework across reading, writing, learning, oral communication and numeracy skill. Prospective students who provides an AQF Certificate III or above in any discipline will be deemed as meeting the English language entry requirements. Prospective International students who provide an IELTS of 5.5 or its equivalent will be deemed as meeting the English language entry requirements.
- Satisfactorily complete a pre-training review interview to determine student's suitability for the chosen course.

INTAKES

Please contact ASA for course intake information.

FEES

AUD \$15,000

COURSE DURATION

Training will be delivered 2.5 days per week for 20 hours over a period of 52 weeks.

DELIVERY MODES

For prospective international students, the course will be delivered face-to-face.

STUDY PATHWAYS

This qualification has pathways for further study in SIS50215 Diploma of Fitness.



STAY IN THE GAME

MAKE SPORT YOUR CAREER



COURSE OUTLINE (UNITS OF COMPETENCY)

TOTAL NUMBER OF UNITS = 20

- 12 core units
- 8 elective units

CORE UNITS

SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT015	Recognise and apply exercise considerations for specific populations
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	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

Please select one of the following elective streams

BUSINESS AND HIGH PERFORMANCE

BSBSMB404	Undertake small business planning
BSBSMB403	Market the small business
BSBSMB405	Monitor and manage small business operations
BSBSMB406	Manage small business finances
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs
SISFFIT024	Instruct endurance programs
SISXCAI005	Conduct individualised long-term training programs

BUSINESS AND COMMUNITY DEVELOPMENT

BSBSMB404	Undertake small business planning
BSBSMB403	Market the small business
BSBSMB405	Monitor and manage small business operations
BSBSMB406	Manage small business finances
BSBSMB401	Establish legal and risk management requirements of small business
SISFFIT011	Instruct approved community fitness programs
SISXDIS001	Facilitate inclusion for people with a disability
SISXIND006	Conduct a sport, fitness or recreation event

ASSESSMENT ARRANGEMENT

To be assessed as competent, learners need to provide satisfactory evidence to all the assessment requirements relating to their knowledge and skills relevant to the unit of competence. Assessment methods may include:

- Written activities
- Practical / role plays
- Observations

HOW TO ENROL

Applying to ASA is easy. You can submit your enrolment application at any time by email to info@asaonline.edu.au. Call the Gold Coast Campus on **+61 1300 656 693** or Sydney Campus on **+61 1300 082 832**.

Once we receive your enrolment form, we will send you a Letter of Offer including all the enrolment conditions. When you accept it and return a signed copy along with payment, we will secure your place in your chosen course.

Recognition of Prior Learning (RPL) and Credit Transfer is offered at the time of enrolment. For additional information relating to RPL or Credit Transfer for this course, please contact us.

Enrol Now

Gold Coast (QLD)

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Sydney (NSW)

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