

## SUBJECT INFORMATION SHEET

**SIS40215 Certificate IV in Fitness** (Outside Provider: College of Health and Fitness – RTO 30798)

**Description:** The Certificate IV in Fitness is a one-year course designed to equip students with the knowledge and skills that reflect the role of personal trainers who train individual 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.

### Units

SISFFIT013	Instruct exercise to young people aged 13-17 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	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
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB406	Manage small business finances
BSBFRA301	Work within a franchise
CUFIND401A	Provide Services on a freelance basis
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs

**Pre-requisites:** Certificate III Fitness

**Future relevance:** Work as an exercise trainer or program coordinator in gyms, fitness facilities, pools, community facilities and/or as personal trainer.

**Assessment:** Competency based, practical work and knowledge components.

**Credit Points for QCE:** 8

**Cost:** \$550

**Further information:** Contact Mrs Samantha Leo (RTO Coordinator) [sleo@saac.qld.edu.au](mailto:sleo@saac.qld.edu.au)

**Service agreement:** The RTO guarantees that the student will be provided with every opportunity to complete the certificate as per the rights and obligations outlined in the enrolment process and information handbooks provided. Students successfully achieving all qualification requirements will be provided with a Qualification and record of results. Students who complete at least one unit (but not the full qualification) will receive a Statement of Attainment.