

SIS40215 Certificate IV in Fitness



DESCRIPTION

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.

No occupational licensing, certification or specific legislative requirements apply to this qualification at the time of publication.

ELIGIBILITY/ENTRY REQUIREMENTS

To gain entry into, SIS40215 Certificate IV *in Fitness* candidates require:

- To be 18 years or older
- Hold a current first aid and CPR certificate.
- Have been recognised as competent through a recognised training program or recognition process against 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
 - SIXCCS001 Provide quality service

DELIVERY DETAILS

| Location (s) | Duration | Study mode |
|-------------------|---|---|
| Palmerston Campus | Six (6) months full-time 12 months part-time | This program is delivered face-to-face or externally. |

This course information flyer is not relevant to International student visa holders.

International student visa holders should visit - www.cdu.edu.au/international/future-students/courses
CRICOS Provider No. 00300K (NT/VIC) | 03286A (NSW) | RTO Provider No. 0373 | ABN 54 093 513 649

2020 FEES

This course has a total of 1145 hours, and thus the qualification cost is:

NT Domestic Subsidised Fees: \$3,893.00

Domestic Full Fees: \$19,465.00

Please note: A limited number of NT Government subsidy places are available for eligible NT domestic students so contact us now to secure your place for 2020.

Fees are subject to change annually. Indicative government-subsidised and full course fees are shown on this document. For further clarification and information on fees, payment options, instalment plans and refunds contact CDU on 1800 061 963 or refer to <https://www.cdu.edu.au/cdu-vet/student-guide/fees>

ASSESSMENT

Assessments vary with each unit. You will be provided with an assessment guide.

RECOGNITION OF PRIOR LEARNING (RPL)

Students can apply for RPL during pre-enrolment or after enrolment. Students are provided with an RPL Self-Assessment before application and followed through with and an initial interview with an assessor.

RESOURCES

Students enrolling in this course will be required to obtain a six (6) month membership with Snap Fitness Yarrowonga (costing \$150.00) as part of the enrolment process unless they have the use of a facility and access to supervision. As a requirement of Snap Fitness, students must hold a Working with Children Card (Ochre Card). A volunteer Ochre Card can be obtained from SAFE NT for a cost of \$5.00.

Please see website below for further information and an application form:

<http://www.workingwithchildren.nt.gov.au/application.html>

Students are also required to purchase:

- a shirt to wear when undertaking practical placement or attending community events (\$35.00)
- text book "Fitness Trainer Essentials for the Personal Trainer 3E – Tony Attridge and Martin Felice" which may be purchased from the CDU bookshop or online at a number of bookshops (approximately \$95.00)
- a fitness assessment kit which can be purchased through NT Sports Agencies (approximately \$193.00)

STUDY AND CAREER PATHWAYS

On completion of this qualification credit(s) may be available into Higher Education courses.

Possible occupations relevant to this qualification include:

- Personal Trainer
- Gym Manager

QUALIFICATION CONTENT

To achieve SIS40215 Certificate IV in Fitness, a total of 20 units of competency must be completed comprising twelve (12) core and eight (8) elective units as detailed in the packaging rules and listed below. The electives offered may vary between campuses.

CORE UNITS

| | |
|------------|---|
| SISFFIT021 | Instruct personal training programs |
| SISFFIT020 | Instruct exercise programs for body composition goals |
| SISFFIT016 | Provide motivation to positively influence exercise behaviour |
| SISFFIT017 | Instruct long-term exercise programs |
| SISFFIT019 | Incorporate exercise science principles into fitness programming |
| SISFFIT023 | Instruct group personal training programs |
| SISFFIT018 | Promote functional movement capacity |
| SISXRES001 | Conduct sustainable work practices in open spaces |
| SISFFIT015 | Collaborate with medical and allied health professionals in a fitness context |
| SISFFIT025 | Recognise the dangers of providing nutrition advice to clients |
| SISFFIT026 | Support healthy eating through the Eat for Health Program |
| SISFFIT013 | Instruct exercise to young people aged 13 to 17 years |

ELECTIVE UNITS

| | |
|------------|--|
| BSBSMB401 | Establish legal and risk management requirements of small business |
| BSBSMB403 | Market the small business |
| BSBSMB404 | Undertake small business planning |
| BSBSMB405 | Monitor and manage small business operations |
| SISFFIT012 | Instruct movement programs to children aged 5 to 12 years |
| SISFFIT011 | Instruct approved community fitness programs |
| SISFFIT024 | Instruct endurance programs |
| SISFFIT007 | Instruct group exercise sessions |

WITHDRAWING FROM A QUALIFICATION

You may withdraw from this qualification and receive, where relevant, a Statement of Attainment for all units of competency you have successfully completed.

SUPPORT SERVICES

The University supplies support for students in many areas, including Accommodation, Careers and Employment, Counselling, Disability Service, Equal Opportunity, Discrimination and Harassment advice, Australian Indigenous Student Support Services, Information Technology Services, International Student Support Services, Library Services, and Learner Support Services.

More information is available at - www.cdu.edu.au/study/student-life/student-support

CONTACT DETAILS

SCHOOL OF TOURISM, HOSPITALITY AND SERVICE INDUSTRIES

Tourism, Hospitality and Recreation

T. 08 8946 7525

E. VET.THR@cdu.edu.au

W. <http://www.cdu.edu.au/cdu-vet>

Refer to the **VET Student Guide** www.cdu.edu.au/cdu-vet/student-guide for information regarding the enrolment process, student support services, student rights and responsibilities, previous studies recognition and the A-Z of other information.