

SIS40221 Certificate IV in Fitness

DESCRIPTION

This qualification reflects the role of personal trainers who develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals.

Personal trainers work independently using highly developed fitness skills and knowledge in both routine and unpredictable situations. They use well-developed communication and collaboration skills to interact with clients and health professionals to improve client fitness outcomes.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards, and industry codes of practice.

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

This course can be undertaken as a traineeship. Visit [TAFE Apprenticeships and Traineeships](#) for more information.

ELIGIBILITY/ENTRY REQUIREMENTS

A Language, Literacy, Numeracy and Digital Literacy (LLND) evaluation helps identify any areas where you may need additional support to help you achieve your goals.

To gain entry into SIS40221 Certificate IV in Fitness, candidates require:

- To have access to a Fitness facility supervised by qualified trainers (paid or volunteer).
- To hold or must be eligible for a Working with Children Clearance (also known as Ochre card)

Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded and are equivalent to these units:

- HLTAID011 Provide First Aid (or a unit that supersedes this unit)
- HLTWHS001 Participate in workplace health and safety
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
- SISFFIT052 Provide healthy eating information

DELIVERY DETAILS

Location(s)	Alice Springs, Casuarina, Katherine, online
Duration*	6 months full time, 12 months part time
Study mode ^^	Face to face, online, blended, workplace assessment
Dates ^	Term 3 - 1/07/2026 (July to September)
Attendance ^	Classes: Wednesday 10:00 am - 4:00 pm, Thursday 9:00 am - 3:00 pm Tutorial/Drop-in Session: Tuesday 3.00 pm to 5.00 pm

* Duration may vary depending on how long a student takes to reach the required competency level.

^ A course timetable/study plan will be provided on application for the course.

^^ Information relating to study modes can be found in the 2026 TAFE Student Guide

FEES

Fee Type	2026 Course Fees
Fee Free TAFE*	Free
Full Fees	\$13,257.60

*This course is part of the Fee Free TAFE initiative. Fee Free TAFE and vocational education and training is a joint initiative of the Northern Territory Government and Australian Governments providing tuition-free training places to students wanting to train, retain or upskill.

Fee-free places are available for eligible domestic students who are NT residents; limited places are available, so secure your place now.

Fees shown are indicative and subject to change annually. Actual course fees may vary depending on the units chosen. International non-student visa-holders; study eligibility needs to be verified before enrolment. Fees may vary depending on the visa type. The course fee rates will vary for commercial contract arrangements.

For further clarification and information on fees, fee exemptions, payment options, instalment plans, and refunds, contact CDU on 1800 061 963 or refer to [TAFE Fees and Payments](#).

ASSESSMENT

Skills and knowledge assessments are an essential step in progressing through your course. You may be assessed in a number of ways including written assessment, questioning, portfolios, work samples, direct observation, practical assessments and third-party feedback.

Throughout your course you will receive information about assessments including how, when and where assessments will be conducted.

RECOGNITION OF PRIOR LEARNING (RPL)

RPL is a process that determines whether the skills, knowledge and experience you've gained through your previous study, work or life experience can count towards a vocational training qualification at CDU. For more information, [VET RPL](#).

CREDIT TRANSFER (CT)

Charles Darwin University as a Registered Training Organisation recognises the Australian Qualifications Framework qualifications and Statement of Attainments issued by any other Australian Registered Training Organisation (RTO).

Students are encouraged to submit any requests for credit from previous studies at the time of enrolment, to ensure they are not enrolling in units they may not need to undertake.

RESOURCES

Students will have 24/7 access to assessments and learning resources on Learnline, CDU's online learning platform. Before you can start using Learnline, you'll need to make sure that your computer has the correct setup. For more details: [Learnline | Charles Darwin University](#) Computer and internet access is required to source information and complete assessments.

Students are required to purchase a uniform shirt to wear when undertaking practical placement and attending community events.

Additional costs to students include:

- Working with Children Clearance – Standard Fee (Employment) \$87.00
- Working with Children Clearance – Concession Fee (Volunteer) \$8.00

STUDY AND CAREER PATHWAYS

This qualification provides a pathway to work as an employed or self-employed personal trainer in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations.

Personal trainers may offer services to individuals and groups and may provide online training services. In some employment contexts, personal trainers may be involved in team leadership or supervisory activities.

Possible occupations relevant to this qualification include:

- Fitness Instructor
- Personal Trainer
- Gym Manager
- Fitness Business Owner

QUALIFICATION CONTENT

To achieve SIS40221 Certificate IV in Fitness, a total of seventeen (17) units of competency must be completed comprising ten (10) Core and seven (7) elective units as detailed in the packaging rules and listed below. The electives offered may vary between campuses.

CORE UNITS

CHCCOM006	Establish and manage client relationships
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients

ELECTIVE UNITS

BSBESB302	Develop and present business proposals
BSBESB401	Research and develop business plans
SISFFIT034	Assess client movement and provide exercise advice
SISFFIT037	Develop and instruct group movement programs for children
SISXCAI009	Instruct strength and conditioning techniques
SISXCAI010	Develop strength and conditioning programs
BSBOPS304	Deliver and monitor a service to customers (<i>unnamed</i>)

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 provides support for students in many areas, including Accommodation, Careers and Employability, Counselling, Disability Services, Financial Support Services, Student Advocacy, Indigenous Tutorial Support Services, International Student Support Services, Library Services, and VET Learner Support Services.

More information is available at [Student Support - Life, Health and Wellbeing](#)

CONTACT DETAILS

Tourism, Recreation and Beauty Services

E. vet.thr@cdu.edu.au
T. 08 8946 7800 (PAL) 08 8959 5461(ASP)
W. <https://www.cdu.edu.au/tafe>

For further information regarding student life at CDU, please refer to <https://www.cdu.edu.au/study/student-life>.