



SIS40215 Certificate IV in Fitness

National ID: SIS40215 | State ID: AWN7

About this course

Does your dream career involve a lot of exercise?

The **Certificate IV in Fitness** gives you the skills and knowledge you need to be a qualified **personal trainer**.

You will learn how to run your own **business, work with teens**, and conduct **group and outdoor personal training**. You will also learn how to apply the skills of **functional anatomy** and **strength and conditioning techniques** to your training programs.

Many of our graduates go on to have successful fitness careers, working as trainers in gyms, outdoors, or even owning their own studio.

You will gain the knowledge and skills to:


- apply anatomy and physiology principles to fitness
- assess fitness levels
- work with medical and allied health professionals
- apply motivational psychology to health and fitness goals
- conduct biomechanical posture screening
- plan and deliver personal and group exercise programs
- deliver exercise programs for seniors
- understand workplace safety and health practice

Overview

This course will be offered with a blended, flexible delivery model to enable social distancing measures to be undertaken during the COVID-19 pandemic. This approach may include a mix of online and classroom based delivery, as well as practical and work experience placements. Lecturers will provide specific instructions to their student groups on how training will be undertaken.

Semester 2, 2020

Murdoch - Full Time-Classroom

 Duration: **1 Semester**

 When: **Semester 2, 2020**

 How: **Full Time**

Units

Core

National ID	Unit Title
SISFFIT013	Instruct exercise to young people aged 13 to 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

National ID	Unit Title
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

Elective

National ID	Unit Title
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs
SISXCCS003	Address client needs
SISXDIS001	Facilitate inclusion for people with a disability
BSBSMB405	Monitor and manage small business operations


Entrance requirements

Requires completion of SIS30315 Certificate III in Fitness or equivalent for entry


Study pathway

 [Certificate III in Fitness](#)

 [Certificate IV in Fitness](#)

 [Diploma of Remedial Massage](#)

Job opportunities

 [Fitness instructor](#) [Fitness Centre Manager](#) [Gym instructor](#) [Physical Fitness Trainer](#) [Aerobics Instructor](#)
[Gym Instructor](#)

Please note this list should be used as a guide only as job titles and qualification requirements may vary between organisations.

SM TAFE actively promotes the employment availability of course graduates to key industry partners and organisations. We also seek expressions of interest from organisations for the placement of our students into work experience. We endeavour to assist students into a career pathway, but please be aware that neither employment nor work experience placement is guaranteed by us.

To access free career planning and job search assistance, visit the [Jobs and Skills Centres](#) page.

Fees and charges

Indicative fees and charges

[2020 general admission fees list](#)

[2020 apprenticeship/traineeship fees list](#)

Fees and charges published on our website are indicative. Your fees will depend on your eligibility for government funding or a concession rate, and the units you choose to study or seek to be recognised under Recognition of Prior Learning (RPL). Our Indicative fees lists show fees that are:

- Based on the full possible study plan of units, including the recommended electives
- Based on full time study in 2020
- Charged at the government funded rate for over 18 years of age students
- Based on unit electives designed to meet localised industry demand for skills
- Made up of course fees and resource fees, or RPL fees. Course fees are the cost of your tuition, while resource fees pay for consumables provided to you to aid your study (such as printing and paper). You may also be required to purchase text books or equipment that are not part of our tuition or resource fees.

Fees may vary between students and between educational providers. Other charges may apply.

Visit our [Fees and payment options](#) page for more information.

Call 1800 001 001 to get a more accurate fee indication based on your eligibility and study plan before applying.

VET Student Loans

Selected courses are VET Student Loan eligible courses.

A VET Student Loan creates a debt that must be repaid to the Commonwealth and is only available to students who are eligible.

To find out if you are eligible or to see the list of eligible courses visit our [Student Loans](#) page.

International students

Selected courses are available to International students for full time study only.

Fees, charges, available locations, applications and enrolment procedures for International students are different to those for students who have Australian permanent residency.

For more information or to find a course visit the [TAFE International WA](#) website.

Apprenticeships and traineeships

Fees for apprenticeships and traineeships are charged at a rate per nominal hour of study.

This means that your fees will vary depending on the units you study as part of your training plan.

Apprentices and trainees are liable to pay for their own fees but some industrial agreements (awards) dictate that employers are required to reimburse their apprentice upon receipt of satisfactory progress. An employer may also opt to pay on behalf of the apprentice or trainee.

For more information visit our [Apprenticeships and traineeships](#) page.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) enrolments are charged at \$3.25 per nominal hour of study.

No concession fees apply to RPL enrolments. Refer to the institutional or apprenticeship/traineeship fee lists for an indicative RPL course fee.

Please note, fees are subject to change.