SIS40215 Certificate IV in Fitness

Modification History
Not applicable.

Qualification 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.
Entry Requirements

Entry to this qualification is open to individuals who hold a current first aid and CPR certificate and 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
- SISXCCS001 Provide quality service
Packaging Rules

20 units must be completed:
- 12 core units
- 8 elective units, consisting of:
  - 4 units in Group A
  - remaining units to make up the required 8 elective units from Group A or Group B;
  - maximum of 2 units may be selected elsewhere in SIS Training Package, or any other current Training Package or accredited course.

The selection of electives must be guided by the job outcome sought, local industry requirements and the complexity of skills appropriate to the AQF level of this qualification.

Core

- 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
- 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
Electives

Group A - Business Electives

BSBSLS408  Present, secure and support sales solutions
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
BSBSMB406  Manage small business finances

Group B - General Electives

BSBFRA301  Work within a franchise
BSBFRA402  Establish a franchise
BSBFRA403  Manage relationship with franchisor
BSBHRM405  Support the recruitment, selection and induction of staff
BSBPMG522  Undertake project work
BSBSMB306  Plan a home based business
BSBSMB407  Manage a small team
BSBSUS201  Participate in environmentally sustainable work practices
CUFIND401A  Provide services on a freelance basis
HLTWHS003  Maintain work health and safety
ICTICT203  Operate application software packages
SISCAQU012  Assist participants with a disability during aquatic activities
SISFFIT011  Instruct approved community fitness programs
SISFFIT012  Instruct movement programs to children aged 5 to 12 years
SISFFIT022  Instruct aquatic sessions for specific population groups
SISFFIT024  Instruct endurance programs
SISSSTC301A  Instruct strength and conditioning techniques
SISSSTC402A  Develop strength and conditioning programs
SISXCAI005  Conduct individualised long-term training programs
SISXCCS002  Coordinate client service activities
SISXCCS003  Address client needs
SISXDIS001  Facilitate inclusion for people with a disability
SISXICT001  Select and use technology for sport, fitness and recreation work
SISXIND005  Coordinate work teams or groups
SISXIND006  Conduct a sport, fitness or recreation event

Qualification Mapping Information
No equivalent qualification.

Links
Companion Volume Implementation Guide: -