



Australian Government

SIS50215 Diploma of Fitness

Release 1

SIS50215 Diploma of Fitness

Modification History

Not applicable.

Qualification Description

This qualification reflects the role of individuals who perform a range of activities and functions within the fitness industry. These individuals have substantial depth of knowledge to plan, conduct and evaluate advanced exercise programs using principles of program design, and progressed anatomy and physiology knowledge to support delivery of functional, effective and safe exercise programs.

They have specialist skills to independently implement current approaches supported by evidence, and establish strategies for the prevention of recurrence of injury with guidance from medical or allied health professionals where appropriate.

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.

Individuals who specialise in Fitness Service Coordination develop collaborative programs across various health and wellness sectors. They have knowledge of relevant local and national health networks, and the skills to build and maintain stakeholder relationships.

Individuals who specialise in Management manage and support a team of fitness professionals. This involves mentoring staff on business skills and technical skills. These individuals have skills and knowledge in marketing and sales; business analysis; time and financial management; recruiting and retaining personal trainers.

Possible job titles include:

- advanced personal trainer
- fitness services coordinator
- personal training manager.

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

^ From 1 July 2022 the elective unit HLTAID006 must no longer be delivered and will be replaced in the Packaging Rules by the unit HLTAID014 - for more information see:
<https://asqa.gov.au/news-events/news/reminder-about-superseded-hlt-first-aid-units>

Entry Requirements

Entry to this qualification is open to individuals who hold a current first aid and CPR certificate:

1. Have achieved a Certificate IV in Fitness; and
2. Have at least 1 year post qualification fitness industry experience in the application of the skills and knowledge of the Certificate IV in Fitness.

Packaging Rules

18 units must be completed:

- 5 core units
- 13 elective units, consisting of:
 - all units in Groups A or B
 - remaining units to make up the required 13 elective units from Group A, B or C; maximum of 2 units may be selected elsewhere in SIS Training Package, or any other current Training Package or accredited course.

Packaging Rules for each specialisation:

- All Group A electives must be selected for award of the Diploma of Fitness (Fitness Service Coordination)
- All Group B electives must be selected for award of the Diploma of Fitness (Management).

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

SISFFIT027	Conduct health promotion activities
SISFFIT028	Apply evidence-based practice to exercise programs
SISFFIT029	Apply anatomy and physiology to advanced personal training
SISFFIT030	Instruct advanced exercise programs
SISFFIT031	Implement injury prevention strategies

Electives

Group A – Fitness Service Coordination

BSBFIM501	Manage budgets and financial plans
BSBPMG522	Undertake project work
BSBRSK501	Manage risk
CHCCCS007	Develop and implement service programs
CHCCOM002	Use communication skills to build relationships

CHCMGT003	Lead the work team
CHCPRP001	Develop and maintain networks and collaborative partnerships
CHCPRP003	Reflect on and improve own professional practice
HLTAID006	Provide advanced first aid
^ HLTAID014	Provide Advanced First Aid (must be delivered from 1 July 2022)
HLTPOP402C	Assess readiness for and effect behaviour change

Group B – Management

BSBFIM501	Manage budgets and financial plans
BSBHRM405	Support the recruitment, selection and induction of staff
BSBMGT502	Manage people performance
BSBMKG514	Implement and monitor marketing activities
BSBPMG522	Undertake project work
BSBRISK501	Manage risk
CHCCOM002	Use communication to build relationships
CHCPRP003	Reflect on and improve own professional practice
HLTAID006	Provide advanced first aid
^ HLTAID014	Provide Advanced First Aid (must be delivered from 1 July 2022)
HLTPOP402C	Assess readiness for and effect behaviour change

Group C - General Electives

BSBADM502	Manage meetings
BSBHRM512	Develop and manage performance-management processes
BSBMKG501	Identify and evaluate marketing opportunities
BSBWOR501	Manage personal work priorities and professional development
CHCLAH004	Participate in planning leisure and health programs for clients with complex needs
CHCLAH006	Coordinate planning, implementing and monitoring of health and

	leisure programs
HLTWHS004	Manage work health and safety
SISCCRD001	Facilitate community recreation initiatives
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs
SISXCCS002	Coordinate client service activities
SISXCCS003	Address client needs
SISXFAC004	Coordinate facility and equipment acquisition and maintenance
SISXICT001	Select and use technology for sport, fitness and recreation work
SISXIND007	Develop and implement participation strategies
SISXMGT001	Develop and maintain stakeholder relationships
SISXRES002	Educate user groups

Qualification Mapping Information

No equivalent qualification.

Links

Companion Volume Implementation Guide: - <http://www.serviceskills.com.au/resources>