



**Australian Government**

# **SIS40215 Certificate IV in Fitness**

**Release: 1**

## **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

SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	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: -

[http://companion\\_volumes.vetnet.education.gov.au/Pages/TrainingPackage.aspx?pid=26](http://companion_volumes.vetnet.education.gov.au/Pages/TrainingPackage.aspx?pid=26)