



SIS40215 Certificate IV in Fitness

National ID: SIS40215 | State ID: AWN7

About this course

Personal Trainer 9-month program

If you want to become a Personal Trainer but you haven't completed SIS30315 Certificate III in Fitness, then this 9 month program will help you achieve your goal faster. After completing the selected pre requisite units in the first 10 weeks of training, you will then begin the Certificate IV in Fitness providing you with the skills, knowledge and competencies to **begin your career as a Personal Trainer**. Practical training will be conducted in our gym facilities, as well as various outdoor venues.

Why choose North Metro TAFE? **Many gyms employ our fitness graduates**. Our **fully equipped gym** in the heart of Northbridge is an awesome place to learn. You will **work with real clients** and start building your own networks with work placement. Our highly experienced and passionate lecturers will provide you with a great start to your career in the fitness industry.

Begin by completing these pre-requisite units from SIS30315 Certificate III in Fitness

- 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
- *HLTAID003 Provide first aid

*You will also need to obtain your Senior First Aid certificate with another recognised training provider.

Gain these skills

- Deliver fitness programs to older adults, children and people with specific needs

- Advanced strength and conditioning techniques and programming
- Use a wide range of indoor and outdoor equipment in fitness programs
- Work with allied health professionals
- Sales and marketing to build your own client base or business

Is this course right for me?

I have the following attributes:

- Confident, enthusiastic, and driven individual
- Excellent physical fitness
- High level of integrity
- Outstanding customer service and people skills
- Excellent time management, organisational and problem solving ability

Details

In order to comply with COVID-19 Government directed social distancing guidelines, some courses may include a mix of online learning, virtual classrooms (live web conferencing with your lecturer and class) and classroom 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 1, 2020

Perth (Northbridge) - On Campus

 Duration: **9 Month/s**

 When: **Semester 1, 2020**

 How: **On campus**

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

National ID	Unit Title
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

Elective

National ID	Unit Title
BSBSLS408	Present, secure and support sales solutions
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB420	Evaluate and develop small business operations
SISFFIT024	Instruct endurance programs
SISSTC301A	Instruct strength and conditioning techniques
SISXICT001	Select and use technology for sport, fitness and recreation work
SISXIND001	Work effectively in sport, fitness and recreation environments

Entrance requirements

School Leaver	Non-School Leaver	AQF
C Grades in Year 11 WACE General English, and OLNA or NAPLAN 9 Band 8	C Grades in Year 11 English and Maths or equivalent	Certificate II or Certificate III

Job opportunities

- Personal Trainer

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

Important information

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.

Classes are conducted face to face over 3 to 4 days (Tuesday – Friday) each week.

Fees and charges

Local full time students

Course fees are made up of two components, tuition fees and resource fees.

Tuition fees are determined by multiplying the course fee rate by the nominal hours, which is the number of hours in which an average student could be expected to complete each unit. They are not the hours of training or instruction.

Resource fees are charges for material that are essential to a course or unit, and are purchased by NMT to be used by students during the course.

Fees may vary depending on the units you are enrolled in so an approximate amount has been shown. You will be given the exact amount of your fees at enrolment. Part time student fees will vary depending on the number of units you are enrolled in.

Please note, you may also need to buy textbooks or equipment for your course.

International Students

Check [TAFE International WA](#) to confirm this course is available to international students. You will pay your tuition fees to TIWA.

Please note, fees are subject to change.