Hello there, our dream is to help you make great happen

Industry endorsed
Payment options
Student satisfaction

Give your career a healthy boost!

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the Fitness industry, including working independently in a broad range of settings, such as within fitness centre's, gyms, pools, community facilities and in open spaces. Those with this level of competency will be expected to train individual clients, on a one-on-one basis, and may include older clients and children.

Persons with this level of competency will have the ability to plan, conduct and evaluate exercise training, provide

LOCATION/S
Hervey Bay, Mooloolaba

DURATION
Blended: 9 months / 1 day per week, 9 months / 2 days per week

Course delivery options
WORKLOAD | LOCATION | DELIVERY
1 day per week, 2 days per week | Hervey Bay, Mooloolaba | Blended

Entry requirements
Course Entry Requirements
It is mandatory requirement of
...more online

Resources required
Uniform (Mooloolaba): It is recommended that students purchase 1 x TAFE shirt (approximate
...more online

Placement
Work experience: All
...more online

Important Information
Any student enrolling under the age
...more online

What are my payment options?
No matter what your circumstances, TAFE Queensland East Coast has a payment option to suit you. If you are unsure of what's right for you, or just want someone to talk it over with, call us on 1300 656 188. We're here to help.

For more
tafeeastcoast.edu.au/study-with-us/enrolment-fees/course-fees

...more online

FULL FEE | $3,692
This is the total cost of the course.

Got a question?
Enquire about your full fee study options

Accurate as at 25 July 2017. For the latest information see:
tafeeastcoast.edu.au/course/9650

RTO 0275
CRICOS 03020E
# Outcome

**SIS40215 Certificate IV in Fitness - Blended**

## Job prospects
- Fitness Instructor
- Personal Trainer

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## Units

**To achieve the Certificate IV in Fitness qualification you will need to complete:**
- Core Competencies: 12
- Elective Competencies: 8

**To achieve the Certificate III in Fitness prerequisite units you will need to complete:**
- Competencies: 8
- Prerequisite units from 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

**First Aid - To be completed with an external provider**
- **HLTAID003** Provide first aid

**Certificate IV in Fitness units**
- **SISFFIT011** Instruct approved community fitness programs
- **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
- **SISSSTC301A** Instruct strength and conditioning techniques
- **SISSSTC402A** Develop strength and conditioning programs
- **SISSMAR201A** Teach the intermediate skills of martial arts

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**ARE YOU READY TO TAKE THE NEXT STEP ON YOUR PATH TO GREAT?**

Enrol today to secure your spot in this course.

## HOw TO Enrol

**You’re ready if you have:**
- checked your important dates (under the course details tab)
- checked you meet the entry requirements (under the course details tab)
- checked your course costs and know which payment option is right for you (under the costs tab)
- Read the student rules and refund policy
- Created your Unique Student Identifier and can provide this code to TAFE Queensland
- If you are applying for a subsidised cost, please ensure you have all the relevant documents at time of enrolment

**All done? Then head to the link below to complete your enrolment:**

**Enrolment options**
- By telephone: 1300 656 188.
- In person: at any TAFE Queensland East Coast location.
- Online: Full Fee paying students can enrol online

**Recognition of prior learning**
- Fast-track your way to a formal qualification by earning credit for the things you already know. Getting recognition for the skills you’ve gained from the workplace or previous learning means less study time for you, and getting the paper to prove you’re qualified a whole lot sooner.

**More info:**

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Accurate as at 25 July 2017. For the latest information see:
[tafeeastcoast.edu.au/course/9650](tafeeastcoast.edu.au/course/9650)
<table>
<thead>
<tr>
<th>Code</th>
<th>Course Description</th>
<th>Type</th>
<th>Campus Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SISXCA1005</td>
<td>Conduct individualised long-term training programs</td>
<td>Elective</td>
<td>Hervey Bay Campus only</td>
</tr>
<tr>
<td>BSBSMB401</td>
<td>Establish legal and risk management requirements of small business</td>
<td>Elective</td>
<td></td>
</tr>
<tr>
<td>BSBSMB403</td>
<td>Market the small business</td>
<td>Elective</td>
<td></td>
</tr>
<tr>
<td>BSBSMB404</td>
<td>Undertake small business planning</td>
<td>Elective</td>
<td></td>
</tr>
<tr>
<td>BSBSMB406</td>
<td>Manage small business finances</td>
<td>Elective</td>
<td></td>
</tr>
</tbody>
</table>

**Disclaimer**

Not all electives available at all campuses.

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