

SIS40221


Certificate IV in Fitness

Our Personal Trainer course offers interactive, fun coursework and the latest fitness know-how, developed and delivered by industry leaders and expert Coaches. This program covers all the fitness fundamentals plus much more, including nutritional guidance, anatomy, physiology, how to prescribe exercise, as well as training principles and solutions for a range of groups and special populations such as adults, adolescents, older adults, amateur athletes and people with body composition and endurance based goals.

Business will also be a key focus where you will learn how to set up and prepare for your small business and learn essential sales and marketing skills necessary to acquire clients. The course will also teach you how to select and use technology for sport, fitness and recreational work, plus how to motivate to influence exercise behaviour positively.

Students who successfully complete this qualification can work in the following occupations:

- Personal Trainer
- Outdoor Trainer
- Personal Training Manager

Study mode: Blended (Face-to-face at Diamond Fitness and online study) 

Duration: School Academic Year – attendance 1 day per week during school term



Why choose Certificate IV in Fitness?

- Become a qualified Personal Trainer with the most recognised fitness qualification in the industry
- Interactive, fun coursework developed and delivered by industry-leading coaches
- Tailored to what employers are looking for
- Access the Diamond Fitness facility six days a week





Jumpstart your career in the fitness industry!

Units of competency

SISXCAI008 Plan, conduct and review training and recovery programs

SISXCAI011 Develop and deliver long-term training programs

SISFFIT041 Develop personalised exercise programs

SISFFIT042 Instruct personalised exercise sessions

SISFFIT051 Establish and maintain professional practice for fitness instruction

CHCCOM006 Establish and manage client relationships

SISFFIT050 Support exercise behaviour change

SISFFIT043 Develop and instruct personalised exercise programs for body composition goals

SISFFIT053 Support healthy eating for individual fitness clients

SISXCAI009 Instruct strength and conditioning techniques

SISXCAI010 Develop strength and conditioning programs

SISXIND012 Select and use Technology for Sport, Fitness and Recreation Work

SISFFIT044 Develop and instruct personalised exercise programs for older clients

SISFFIT049 Use exercise science principles in fitness instruction

SISXIND005 Coordinate work teams or groups

BSBESB404 Market new business ventures

SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients

Training and assessment

This course includes over 30 sessions with a range of knowledge and skills assessments to ensure you are industry-ready.

Entry requirements

To be eligible for this course, students must have completed the relevant entry requirement units from SIS30321 Certificate III in Fitness with supporting evidence, have a computer and internet access, be over 17 years old, and meet Sero Institute's acceptance criteria, which includes an eligibility interview and demonstrating satisfactory levels of language, literacy and numeracy.

Pathways after course

SIS50321 Diploma of Sport

Contact

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