

SIS40215

## Certificate IV in Fitness



HELLO THERE, OUR DREAM IS TO HELP YOU MAKE GREAT HAPPEN



Industry endorsed



University Pathways



Payment options



Student satisfaction

OVERVIEW

### Get your career into shape

Pump up your career in fitness. Get advanced technical skills and knowledge in exercise science, programming, client appraisal and evaluation, exercise and nutrition programming, and project management. This qualification opens the door to opportunities in personal training, sports conditioning or delivering fitness classes to children or older adults

This qualification is part of the Fitness Industry Training Package and builds on the knowledge and skills gained in the Certificate III in Fitness.



### LOCATION/S

Alexandra Hills, Bracken Ridge, South Bank



### DURATION

Part time: 18 weeks / 2 nights per week  
Full time: 18 weeks / up to 3 days per week, 18 weeks / up to 4 days per week

COURSE DETAILS

### Course delivery options

| WORKLOAD   | LOCATION                                   | DELIVERY  |
|--|--|-----------|
| <b>Full time</b><br>up to 4 days per week, up to 3 days per week | Alexandra Hills, Bracken Ridge, South Bank | Classroom |
| <b>Part time</b><br>2 nights per week                            | South Bank                                 | Classroom |

### Key dates

For key start dates for each location visit the online brochure for this course (under the course details tab).

[tafebrisbane.edu.au/course/16927](http://tafebrisbane.edu.au/course/16927)

### Entry requirements

Entry into this qualification is open to those who hold a current first aid and CPR certificate, [...more online](#)

### Resources required

No specific resources are required to successfully complete this course.

It is recommended that students have

[...more online](#)

COSTS

No matter what your circumstances, TAFE Queensland Brisbane 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 712 007. We're here to help.

[...more online](#)

**\$ FULL FEE | \$3,215**

This is the total cost of the course.

**Got a question?**  
[Enquire about your full fee study options](#)

### Outcome

- SIS40215 Certificate IV in Fitness

### University pathways

If you want to go on to further study at university, TAFE Queensland has a pathway option to get you there. In many cases, completing one of our diplomas will give you a full year of credit towards a degree with one of our partner universities. That means cutting down the amount of time you need to complete your degree, or even enrolling straight into the second year of your university course.

More info:

[Learn more about University Pathways](#)

### Our pathway partners include:



### Job prospects

- Personal Trainer
- Sports And Fitness Workers

### Units

The successful achievement of this qualification requires you to complete all core and 7 elective units from the list below. Electives may differ between TAFE Queensland locations and regions.

|            |   |      |
|------------|---|------|
| SISFFIT026 | Support healthy eating through the Eat for Health Program                     | Core |
| SISFFIT025 | Recognise the dangers of providing nutrition advice to clients                | Core |
| SISXRES001 | Conduct sustainable work practices in open spaces                             | Core |
| SISFFIT019 | Incorporate exercise science principles into fitness programming              | Core |
| SISFFIT015 | Collaborate with medical and allied health professionals in a fitness context | Core |
| SISFFIT018 | Promote functional movement capacity  | Core |
| SISFFIT016 | Provide motivation to positively influence exercise behaviour                 | Core |
| SISFFIT023 | Instruct group personal training programs                                     | Core |
| SISFFIT021 | Instruct personal training programs   | Core |
| SISFFIT013 | Instruct exercise to young people aged 13 to 17 years                         | Core |

## 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

#### Enrol now

#### 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 [Withdrawals and Refund Policy](#)
- Created your [Unique Student Identifier](#) and can provide this to TAFE Queensland.

#### All done? You're ready to enrol

### Apply through QTAC

Making TAFE one of your top QTAC preferences is a great way to maximise your career choices and gain the hands-on skills you need to operate in the real world.

We offer hundreds of pathways to university, including dual awards, credit arrangements with some of the country's top universities, and options to increase your OP so you can gain entrance to the tertiary course of your dreams.

[More about applying through QTAC](#)

Accurate as at 21 August 2017. For the latest information see:  
[tafebrisbane.edu.au/course/16927](http://tafebrisbane.edu.au/course/16927)

|                   |  |          |
|-------------------|--|----------|
| <b>SISFFIT020</b> | Instruct exercise programs for body composition goals              | Core     |
| <b>SISFFIT017</b> | Instruct long-term exercise programs                               | Core     |
| <b>SISFFIT014</b> | Instruct exercise to older clients                                 | Elective |
| <b>SISFFIT012</b> | Instruct movement programs to children aged 5 to 12 years          | Elective |
| <b>SISSTC402A</b> | Develop strength and conditioning programs                         | Elective |
| <b>BSBSMB404</b>  | Undertake small business planning                                  | Elective |
| <b>BSBSMB406</b>  | Manage small business finances                                     | Elective |
| <b>BSBSMB403</b>  | Market the small business  | Elective |
| <b>BSBSMB401</b>  | Establish legal and risk management requirements of small business | Elective |

**Disclaimer**

Not all electives available at all campuses

**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.

**Make your future happen**

Connect with TAFE on Facebook