



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

South Bank

DURATION

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

COURSE DETAILS

Course delivery options

WORKLOAD	LOCATION	DELIVERY
Full time up to 4 days per week	South Bank	Classroom
Part time 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

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 | \$3,900

This is the total cost of the course.

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

Outcome

- SIS40215 Certificate IV in Fitness

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

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

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

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

Disclaimer

Not all electives available at all campuses

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](#)

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](#)