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

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
Bracken Ridge, South Bank

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

Entry requirements
Entry into this qualification is open to those who hold a current first aid and CPR certificate.

Resources required
No specific resources are required to successfully complete this course.
It is recommended that students have

Costs

FULL FEE $3,900

This is the total cost of the course.

Got a question?
Enquire about your full fee study options

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.

No specific resources are required to successfully complete this course.
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:

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**Outcome**

- SIS4215 Certificate IV in Fitness

**University pathways**

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More info:

Learn more about University Pathways

**Job prospects**

- Personal Trainer
- Sports And Fitness Workers

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**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.

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

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**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

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**Accurate as at 19 October 2017. For the latest information see:**
tafebrisbane.edu.au/course/16927

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CRICOS 03020E
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>SISFFIT020</td>
<td>Instruct exercise programs for body composition goals</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT017</td>
<td>Instruct long-term exercise programs</td>
<td>Core</td>
</tr>
<tr>
<td>SISFFIT014</td>
<td>Instruct exercise to older clients</td>
<td>Elective</td>
</tr>
<tr>
<td>SISFFIT012</td>
<td>Instruct movement programs to children aged 5 to 12 years</td>
<td>Elective</td>
</tr>
<tr>
<td>SISSSTC402A</td>
<td>Develop strength and conditioning programs</td>
<td>Elective</td>
</tr>
<tr>
<td>BSBMB404</td>
<td>Undertake small business planning</td>
<td>Elective</td>
</tr>
<tr>
<td>BSBMB406</td>
<td>Manage small business finances</td>
<td>Elective</td>
</tr>
<tr>
<td>BSBMB403</td>
<td>Market the small business</td>
<td>Elective</td>
</tr>
<tr>
<td>BSBMB401</td>
<td>Establish legal and risk management requirements of small business</td>
<td>Elective</td>
</tr>
</tbody>
</table>

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

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