

# SIS40221 Certificate IV in Fitness

## DESCRIPTION

This qualification reflects the role of personal trainers who develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals.

Personal trainers work independently using highly developed fitness skills and knowledge in both routine and unpredictable situations.

They use well-developed communication and collaboration skills to interact with clients and health professionals to improve client fitness outcomes.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards, and industry codes of practice.

A working with children clearance 'Ochre Card' from SAFE NT will be required.

No occupational licensing, certification, or specific legislative requirements apply to this qualification at the time of publication.

## ELIGIBILITY/ENTRY REQUIREMENTS

To gain entry into SIS40221 Certificate IV in Fitness candidates are required to have access to a Fitness facility supervised by qualified trainers (paid or volunteer).

Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded and are equivalent to these units:

- HLTAID011 Provide First Aid (or a unit that supersedes this unit)
- HLTWHS001 Participate in workplace health and safety
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
- SISFFIT052 Provide healthy eating information

To ensure you have the right skills and support to succeed in your course, a Language, Literacy and Numeracy (LL&N) evaluation helps identify any areas where you may need additional support to help you achieve your goals.

Everyone employed or volunteering in child-related work is required by law to hold an Ochre Card. It will, therefore, be a mandatory requirement to hold an Ochre card in order to complete any work placement. If you have not yet obtained an Ochre card, please contact [SAFENT](#).

Location	Darwin	Alice Springs
	Ground Floor 37 Woods St, Darwin City	The Green Well Building 50 Bath Street, Alice Springs
Phone	1800 SAFE NT (1800 72 33 68)	1800 SAFE NT (1800 72 33 68)
Email	safent.police@pfes.nt.gov.au	safent.police@pfes.nt.gov.au
Postal Address	PO Box 39764, Winnellie NT 0821	PO Box 39764, Winnellie NT 0821

Students need to buy a fitness education shirt on their own cost. A shirt to wear when undertaking practical placement or attending community events (\$40.00).

## DELIVERY DETAILS

Location(s)	Duration*	Study mode
Alice Springs, Casuarina, Katherine, Online	6 months full-time 12 months part-time	On campus, online, both, workplace assessment

\* Duration will vary depending on how long a student takes to reach the required competency level.

Learnline, CDU's Learning Management system is used for training and assessment resources including videos, for communication, to host online tutorials, and for assessment submission.

## FEES

Fee Type	2024 Course Fees
NT Government Supported*	\$3,718.50
Full Fee	\$12,562.50

\*This course is supported by the NT Government for domestic [eligible](#) students who are NT residents. A limited number of NT Government supported places are available, so secure your place now.

Fees shown are indicative and subject to change annually. Actual course fees may vary depending on the units chosen. International non-student visa-holders; study eligibility needs to be verified before enrolment. Fees may vary depending on the visa type.

For further clarification and information on fees, fee exemptions, payment options, instalment plans, and refunds, contact CDU on 1800 061 963 or refer to [TAFE Fees and Payments](#)

## ASSESSMENT

Assessments vary with each unit. You will be provided with an assessment guide.

## RECOGNITION OF PRIOR LEARNING (RPL)

RPL is a process that determines whether the skills, knowledge and experience you've gained through your previous study, work or life experience can count towards a vocational training qualification at CDU. For more information, [VET RPL](#).

## RESOURCES

Students access all materials from Learnline, including a Student Unit Guide for each unit of competency.

## STUDY AND CAREER PATHWAYS

On completion of this qualification, credit(s) may be available into Higher Education courses. This qualification provides a pathway to work as an employed or self-employed personal trainer in settings such as fitness facilities, gyms, leisure and community centers, client workplaces and homes, and outdoor locations. Personal trainers may offer services to individuals and groups and may provide online training services. In some employment contexts, personal trainers may be involved in team leadership or supervisory activities.

Possible job titles relevant to this qualification include:

- Fitness Instructor
- Personal Trainer
- Gym Manager
- Fitness Business Owner

## QUALIFICATION CONTENT

To achieve a SIS40221 Certificate IV in Fitness a total of seventeen (17) units of competency must be completed comprising ten (10) Core and seven (7) Elective units as detailed in the packaging rules and listed below. The electives offered may vary between campuses.

### CORE UNITS

CHCCOM006	Establish and manage client relationships
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients

## ELECTIVE UNITS *(Select 7)*

BSBESB302	Develop and present business proposals
BSBESB401	Research and develop business plans
SISFFIT036	Instruct group exercise sessions (Unnamed)
SISFFIT034	Assess client movement and provide exercise advice
SISFFIT037	Develop and instruct group movement programs for children
SISXCAI009	Instruct strength and conditioning techniques
SISXCAI010	Develop strength and conditioning programs

## WITHDRAWING FROM A QUALIFICATION

You may withdraw from this qualification and receive, where relevant, a Statement of Attainment for all units of competency you have successfully completed.

## SUPPORT SERVICES

The University supplies support for students in many areas, including Accommodation, Careers and Employability, Counselling, Disability Services, Student Advocacy, Indigenous Tutorial Support Services, International Student Support Services, Library Services, and VET Learner Support Services.

More information is available at [Student Support](#).

## CONTACT DETAILS

### Tourism, Recreation and Beauty Services

E. [vet.thr@cdu.edu.au](mailto:vet.thr@cdu.edu.au)

T. 08 8946 7800

W. <https://www.cdu.edu.au/study/essentials>

For further information regarding student life at CDU, please refer to <https://www.cdu.edu.au/study/student-life>.