

COURSE STRUCTURE

Certificate III in Fitness (SIS30310) and Certificate IV in Fitness (SIS40210)

The Cert III is comprised of a total of 15 units of competency broken up over 9 modules.

Module #	Module Name	Competencies
1	Working in the gym	BSBWOR301B - Organise personal work priorities and development SISFFIT302A - Provide quality service in the fitness industry SISXCAI306A - Facilitate groups
2	Apply first aid	HLTFA301C - Apply first aid
3	The human body in action	SISFFIT305A - Apply anatomy and physiology principles in a fitness context
4	Consultation, screening and assessment	SISFFIT301A - Provide fitness orientation and health screening SISFFIT307A - Undertake client health assessment
5	Developing basic fitness programs	SISFFIT304A - Instruct and monitor fitness programs
6	Stages, phases and conditions	SISFFIT303A - Develop and apply an awareness of specific populations to exercise delivery
7	Instructors guide to healthy eating	SISFFIT306A - Provide healthy eating information to clients in accordance with recommended guidelines
8	Safety in the gym	SISXOHS101A - Follow occupational health and safety policies SISXRSK301A - Undertake risk analysis of activities SISXIND101A - Work effectively in sport and recreation environments SISXFAC201A - Maintain sport and recreation equipment for activities

GYM INSTRUCTOR SPECIALISATION

Module #	Module Name	Competencies
GI	Gym Instruction	SISFFIT308A - Plan and deliver gym programs

The Cert IV is comprised of a total of 15 units of competency broken up over 9 modules.

Module #	Module Name	Competencies
1	Working as a personal trainer <i>*NB: Completion of Mod 9 is also required to attain competency in these UOC</i>	SISFFIT416A - Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals SISFFIT421A - Plan and deliver personal training
2	Advanced fitness appraisals	SISFFIT418A - Undertake appraisals of functional movement SISFFIT415A - Work collaboratively with medical and allied health professionals
3	Personal programming	SISFFIT419A - Apply exercise science principles to planning exercise SISFFIT417A - Undertake long term exercise programming SISFFIT420A - Plan and deliver exercise programs to support desired body composition outcomes
4	The long distance client	SISFFIT312A - Plan and deliver an endurance training program
5	Basics of strength and conditioning	SISSSTC402A - Develop strength and conditioning programs
6	Fun and games for fit kids	SISFFIT313A - Plan and deliver exercise to apparently healthy children and adolescents
7	Active older adults	SISFFIT314A - Plan and deliver exercise to older clients with managed conditions
8	The business of personal training	BSBSMB401A - Establish legal and risk management requirements of small business BSBSMB403A - Market the small business BSBSMB404A - Undertake small business planning BSBSMB402A - Plan small business finances
9	The practical PT <i>*NB: Completion of Mod 1 is also required to attain competency in these UOC</i>	ASSESSMENT ONLY SISFFIT416A - Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals SISFFIT421A - Plan and deliver personal training