



**AUSTRALIAN  
COLLEGE**  
EXPANDING YOUR HORIZONS

**Course Brochure**

**SIS40221**

**Certificate IV in Fitness**

[www.australiancollege.edu.au](http://www.australiancollege.edu.au)

# Why should you choose to study with Australian College?



## ✓ Flexible Learning

- Self paced
- Access your training wherever and whenever suits your lifestyle

## ✓ Unparalleled Support

- Full access to your virtual campus 24/7
- Unlimited trainer, assessor and student services support throughout your studies

## ✓ Payment Plans To Suit You

- Flexible, cost-effective, interest free, payment options
- Price-match opportunity available

## ✓ More Opportunities For You

- Thousands of our students have already graduated with nationally recognised qualifications
- Begin an exciting career with some of the best-known companies in Australia or Internationally
- Own and operate your own business
- Up skill and climb the corporate ladder
- Learn something different and take your hobby to the next level

**Join our graduates enjoying successful,  
exciting careers across many industries.**

# Our Courses


Use our key to help you identify where you're at and which course would be suitable for you.

Certificate level	Description
Certificate II	First job or entry into the workforce.
Certificate III	VET education for high school students.
Certificate IV	Already employed in an entry level job and looking to expand your knowledge, move up the corporate ladder.
Diploma	Already working and looking to move into a frontline management role, more senior position, or area of specialisation.

## Accredited Courses

### SIS40221 Certificate IV in Fitness

#### COURSE SUMMARY

Course Code:	SIS40221	Flexible duration:	Up to 18 months																																		
Qualification gained:	Certificate IV in Fitness	Study load:	Self-paced																																		
Training Package:	SIS Sport, Fitness and Recreation Training Package	Start date:	Start anytime																																		
Nationally recognised:																																					
Weekly Duration:	A minimum of 20hrs/week of structured learning and 10 hrs of assessment preparation is recommended for each unit of competency																																				
Delivery Methods:	<p>Self-paced completed online in your own time, at your own pace. We provide our students ongoing support throughout the course duration via telephone, emails and/or virtual online meetings with the trainer/assessor, on request.</p> <p>It is recommended that students have access to a real sport, fitness and/or recreation work environment to be able to practice their skills while learning and completing assessment tasks which may require specific software and equipment</p> <p><small>*Note: It is the student's responsibility to organise their own access to a real work-specific environment for the course.</small></p>																																				
Assessment method:	<p>Knowledge/theory-based short answer questions, case-studies, audio/video (role-plays), projects, third party reports, practical activities and observations.</p> <p><small>Please note that practical demonstrations and roleplays will have to be video recorded and submitted via Australian College LMS</small></p>																																				
Course units:	<table> <tbody> <tr> <td>SISFFIT049 Use exercise science principles in fitness instruction</td> <td>Core</td> </tr> <tr> <td>SISFFIT053 Support healthy eating for individual fitness clients</td> <td>Core</td> </tr> <tr> <td>SISFFIT050 Support exercise behaviour change</td> <td>Core</td> </tr> <tr> <td>SISFFIT051 Establish and maintain professional practice for fitness instruction</td> <td>Core</td> </tr> <tr> <td>CHCCOM006 Establish and manage client relationships</td> <td>Core</td> </tr> <tr> <td>BSBPEF301 Organise personal work priorities</td> <td>Elective</td> </tr> <tr> <td>BSBESB402 Establish legal and risk management requirements of new business ventures</td> <td>Elective</td> </tr> <tr> <td>BSBXTW301 Work as a team</td> <td>Elective</td> </tr> <tr> <td>BSBOPS403 Apply business risk management processes</td> <td>Elective</td> </tr> <tr> <td>BSBESB401 Research and develop business plans</td> <td>Elective</td> </tr> <tr> <td>SISFFIT041 Develop personalised exercise programs</td> <td>Core</td> </tr> <tr> <td>SISFFIT042 Instruct personalised exercise sessions</td> <td>Core</td> </tr> <tr> <td>SISFFIT043 Develop and instruct personalised exercise programs for body composition goals</td> <td>Core</td> </tr> <tr> <td>SISFFIT044 Develop and instruct personalised exercise programs for older clients</td> <td>Core</td> </tr> <tr> <td>SISFFIT045 Develop and instruct, personalised exercise programs for adolescent clients</td> <td>Core</td> </tr> <tr> <td>SISXCAI009 Instruct strength and conditioning techniques</td> <td>Elective</td> </tr> <tr> <td>SISXCAI010 Develop strength and conditioning programs</td> <td>Elective</td> </tr> </tbody> </table> <p><small>* Note: This qualification has pre-requisite units. All of the above listed units of competency must be completed to receive the SIS40221 Certificate IV in Fitness full qualification.</small></p>			SISFFIT049 Use exercise science principles in fitness instruction	Core	SISFFIT053 Support healthy eating for individual fitness clients	Core	SISFFIT050 Support exercise behaviour change	Core	SISFFIT051 Establish and maintain professional practice for fitness instruction	Core	CHCCOM006 Establish and manage client relationships	Core	BSBPEF301 Organise personal work priorities	Elective	BSBESB402 Establish legal and risk management requirements of new business ventures	Elective	BSBXTW301 Work as a team	Elective	BSBOPS403 Apply business risk management processes	Elective	BSBESB401 Research and develop business plans	Elective	SISFFIT041 Develop personalised exercise programs	Core	SISFFIT042 Instruct personalised exercise sessions	Core	SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	Core	SISFFIT044 Develop and instruct personalised exercise programs for older clients	Core	SISFFIT045 Develop and instruct, personalised exercise programs for adolescent clients	Core	SISXCAI009 Instruct strength and conditioning techniques	Elective	SISXCAI010 Develop strength and conditioning programs	Elective
SISFFIT049 Use exercise science principles in fitness instruction	Core																																				
SISFFIT053 Support healthy eating for individual fitness clients	Core																																				
SISFFIT050 Support exercise behaviour change	Core																																				
SISFFIT051 Establish and maintain professional practice for fitness instruction	Core																																				
CHCCOM006 Establish and manage client relationships	Core																																				
BSBPEF301 Organise personal work priorities	Elective																																				
BSBESB402 Establish legal and risk management requirements of new business ventures	Elective																																				
BSBXTW301 Work as a team	Elective																																				
BSBOPS403 Apply business risk management processes	Elective																																				
BSBESB401 Research and develop business plans	Elective																																				
SISFFIT041 Develop personalised exercise programs	Core																																				
SISFFIT042 Instruct personalised exercise sessions	Core																																				
SISFFIT043 Develop and instruct personalised exercise programs for body composition goals	Core																																				
SISFFIT044 Develop and instruct personalised exercise programs for older clients	Core																																				
SISFFIT045 Develop and instruct, personalised exercise programs for adolescent clients	Core																																				
SISXCAI009 Instruct strength and conditioning techniques	Elective																																				
SISXCAI010 Develop strength and conditioning programs	Elective																																				
Course Completion:	<p>This qualification consists of 17 units (10 core units and 7 elective units). Students obtaining a 'Competent' result for all units of competency will achieve the <b>SIS40221 Certificate IV in Fitness</b> certificate. A Statement of Attainment will be issued to students who complete less than the required units for the full qualification.</p> <p><small>*Note: Australian College does not guarantee successful completion of the course nor guarantees a particular employment outcome on completion of the qualification</small></p>																																				
Career opportunities:	<p>Personal trainer, fitness studio manager, group fitness instructor. Graduates of this qualification may also be involved in team leadership or supervisory roles.</p>																																				

---

## **COURSE DESCRIPTION/SUMMARY**

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.

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 centres, 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.

---

## **WORK PLACEMENT\* (Experience)**

This qualification does not require mandatory work placement. However, Australian College recommend students to have access to real sport and fitness work environment for them to practice and complete tasks using specific software and equipment, such as:

- One set of dumbbells (5 – 25kg)
- Two barbells and collars
- A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
- A minimum of one squat racks
- A minimum of two suspension trainers
- A range of medicine/slam balls
- Resistance bands of varying tensions
- A minimum of one bench
- One tape measure
- One blood pressure monitor
- One exercise mat
- One set of kettlebells (8 – 24kg)
- At least one cable based resistance machine (e.g. seated row, lat pulldown, chest press)
- Access to an outdoor area where activity can be performed
- Access to a range of equipment: step, ledge, park bench, small weights, water bottles, dumbbells, etc.
- Five clients

Australian College provides students with a 'Workplace Experience Agreement' to support them finding a workplace where they can practice and complete assessment tasks. It is the student's responsibility to find a workplace that accepts them to complete their work experience. Students may contact the College should they have any issues finding a workplace.

---

## **ENTRY REQUIREMENTS**

Entry to this qualification is open to individuals who hold the following units of competency:

- 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

In addition to the above, Australian College has certain admission criteria for this course. Prospective students must:

- Students should be a minimum of 18 years of age at the time of enrollment. Applications from students under 18 may be considered on an individual basis, with parental consent required for all students under 18.
- obtain their Unique Student Identifier (USI) and provide it to Australian College;
- complete the pre-enrolment process including the pre-enrolment Language, Literacy and Numeracy test;☒

- Agree to comply with Australian College policies and procedures as published on the website and outlined in the student Handbook.

Students must have access to and be able to operate:

- An internet-enabled PC/Laptop or similar running a current operating system (E.g Windows 10 or Mac OSX)
- An audio/video recording device (such as a mobile phone) for the purpose of preparing audio/video assessment recordings
- Microsoft Office (or compatible software)
- Current web browser (e.g., Chrome)
- Adobe Acrobat Reader or another PDF document viewer
- Valid email address
- A sport, fitness or recreation workplace
- Access to a mentor

---

## QUALIFICATION PATHWAYS

On successful completion of this qualification, students may choose to undertake further studies in the qualifications listed below or a qualification in a related field:

- SIS40321 Certificate IV in Sport Coaching
- SIS50321 Diploma of Sport

## TARGET GROUP

Prospective students would see this course as a stepping-stone in their career development, regardless of their current role. It may be a job requirement or a request from and supported by their employer. For some prospective students, undertaking this course may also be due to their own initiative, aligning with their personal or professional career objectives.

Prospective students may be:

- Individuals who want to develop skills and knowledge to be able to work and build on a career within the Australian sport, fitness and recreation sector;
- Employees who have previously worked in this area but don't have formal recognised qualifications
- Students who have completed the SIS30321 Certificate III in Fitness with Australian College and would like to continue their studies

## RECOGNITION OF PRIOR LEARNING (RPL) AND CREDIT TRANSFER

RPL and Credit Transfer is available for all students to consider. Students will be provided with information about RPL and Credit Transfer prior to enrolment. Australian College will recognise the AQF qualifications and statements of attainment issued by other RTO's, upon verification with the issuing organisation.

For more information on RPL and Credit Transfer please refer to the student handbook.

Email us for inquiries at [admin@australiancollege.edu.au](mailto:admin@australiancollege.edu.au)

---

## NSW GOVERNMENT FUNDING

This course is subsidised by the NSW government under the Smart and Skilled program. For more information and if you qualify for funding, please visit our website at: <https://www.australiancollege.edu.au/smart-and-skilled-funding/>.

---

## Overseas Students Policy

This course is not available to students on an Overseas Student Visa. As defined in the ESOS Act 2000, 'Overseas students' are not eligible to apply to enrol in this nationally recognised course, nor are they eligible for certification. Please refer to the student handbook.

---

## WHERE CAN I FIND MORE INFORMATION

It is important to us that prospective students have all the information needed to ensure this is the right course for them and we are the right training provider for them.

Please, visit our website at [www.australiancollege.edu.au/](http://www.australiancollege.edu.au/) and read our Student Handbook, our policies and procedures for more information needed to make that all-important decision.



**AUSTRALIAN  
COLLEGE**  
EXPANDING YOUR HORIZONS

**If you have any questions about the  
College, our courses, or need help with  
enrolment, please contact us.**



**Unit 10 17 Gerrale Street  
Cronulla NSW 2230 Australia**



**General enquiries:  
[enquiry@australiancollege.edu.au](mailto:enquiry@australiancollege.edu.au)**



**Office hours:  
Mon-Fri 9am-5pm**



**Payment enquiries:  
[payments@australiancollege.edu.au](mailto:payments@australiancollege.edu.au)**



**Local call 1300 783 283  
International +61 02 9386 2500**



**ABN: 79 111 194 015  
RTO: 91110  
Centrelink: 2P721**



**[www.australiancollege.edu.au](http://www.australiancollege.edu.au)**