



TAFE NSW

CERTIFICATE IV IN FITNESS

COURSE CODE:

SIS40215

WHY CHOOSE TAFE NSW?



Opens career doors. Our industry relationships lead many students directly into work with a range of employers including agencies, studios, galleries and fashion houses.



Global prospects. TAFE NSW graduates possess the technical knowledge, creative-thinking and specialised skills that are highly sought after by employers around the world.



State-of-the-art facilities. Purpose-built creative studios and industry standard software mean you will master the same tools of the trade as leading professionals.



Industry exposure. TAFE NSW partners with industry to provide you with hands-on experience through networking, sponsor programs, competitions, talks, lectures and other creative industry events.



Recognised and respected. TAFE NSW has built its reputation on delivering trusted, industry aligned and nationally recognised training for over 130 years.

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QUALIFICATION

Certificate IV in Fitness

CAREER AREA

Sport and Fitness

TRAINING PACKAGE ENTRY REQUIREMENTS:

To be eligible for this course, you will need to provide evidence of:

- A current First Aid and CPR certificate
- Your academic transcript that shows you have successfully completed the following units from the Certificate III in Fitness:
 - SISFFIT001 Provide health screening and fitness orientation
 - SISFFIT002 Recognise and apply exercise considerations for specific populations
 - SISFFIT003 Instruct fitness programs
 - SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
 - SISFFIT005 Provide healthy eating information
 - SISFFIT006 Conduct fitness appraisals
 - SISFFIT014 Instruct exercise to older clients
- SISXCCS001 Provide quality service

Traineeship

TAFE NSW also offers the Certificate IV in Fitness as a traineeship. To be eligible for this course as a trainee, you must:

- Meet the above entry requirements
- Be employed in the fitness industry as this course is delivered in the workplace
- Have a signed traineeship contract

Thinking about a traineeship? Enquire today.

COURSE SUCCESS REQUIREMENTS

During your study, you will need to meet specific requirements that are necessary for you to complete your course work and be successful.

You will need to meet the following success requirements to be able to undertake work experience within industry. Your teacher will let you know when you need to provide evidence of:

- Working with Children Check (WWCC) as children and young people may be your clients.



- **Traineeship Allowed**
- **Full Time, Part Time Evening, PTD Connected**

OVERVIEW

Help people live their best lives as a skilled personal trainer with the nationally recognised Certificate IV in Fitness. Learn to collaborate with other health professionals, deepen your knowledge in fitness, body composition and nutrition and get the skills to

start your own personal training small business.

LEARN NEW SKILLS

Through theory and practical course work you will learn to:

- Collaborate with medical and allied health professionals
- Promote functional movement capacity
- Incorporate exercise science principles into client fitness programs
- Support a diverse range of clients and provide advice on healthy eating to meet body composition goals
- Plan, manage and market a successful small business

DEVELOP YOUR TALENT

Through this course you will build on your:

- Self-motivation and ability to motivate and inspire others
- Great communication and interpersonal skills
- Entrepreneurial spirit and drive to be a successful trainer
- Ability to solve problems and find individualised solutions that work for your clients

ACHIEVE YOUR GOALS

Complete this course and gain:

- A nationally recognised Certificate IV qualification
- The skills to start your own small business as a personal trainer

Career opportunities include:

- Personal trainer
- Personal training manager
- Outdoor personal trainer
- Exercise specialist
- Fitness instructor

GROW YOUR CAREER

This course provides a great pathway to continue your studies:

- Bachelor of Applied Fitness
- Bachelor of Exercise Science
- Bachelor of Exercise physiology

INDUSTRY DEMAND

Participation in fitness is one of the most popular types of sport and recreation for adults in Australia. This is reflected in the significant growth seen in the industry over the past five years. Continued growth is expected with employment forecasts anticipating an additional 2,090 instructors joining the industry by 2024.

CAMPUS	STUDY MODE	START DATE	DURATION	MAX FEE IF ELIGIBLE FOR SUBSIDY	HOURS PER WEEK
Gosford (Advanced Entry)	Full Time	03 Feb 2021	18 Weeks	\$2,750.00	31

Kingscliff	Full Time	01 Feb 2021	18 Weeks	\$2,750.00	31
Meadowbank	Full Time	03 Feb 2021	18 Weeks	\$2,750.00	30
Nepean, Kingswood	Full Time	01 Feb 2021	18 Weeks	\$2,750.00	30.9
Newcastle (Advanced Entry)	Full Time	03 Feb 2021	18 Weeks	\$2,750.00	31
Northern Beaches	Full Time	03 Feb 2021	21 Weeks	\$2,750.00	26
Randwick	Full Time	01 Feb 2021	18 Weeks	\$2,750.00	31
Randwick	PT Evening	01 Feb 2021	18 Weeks	\$2,750.00	31
Shellharbour	PTD Connected	02 Feb 2021	36 Weeks	\$2,750.00	10
St Leonards	Full Time	03 Feb 2021	21 Weeks	\$2,750.00	26
St Leonards	PT Evening	01 Feb 2021	21 Weeks	\$2,750.00	26
Sutherland, Loftus	Full Time	01 Feb 2021	18 Weeks	\$2,750.00	35
Sutherland, Loftus	PT Evening	01 Feb 2021	18 Weeks	\$2,750.00	35
Wagga Wagga	PTD Connected	02 Feb 2021	36 Weeks	\$2,750.00	10