



SRO40206 Certificate IV in Fitness

This course is for people who want to work in the Fitness Industry at an operative level or people already working in the Fitness industry as trainees. This qualification aims to provide students with skills and knowledge for an individual to be competent in a range of activities and functions requiring basic operational knowledge and limited practical skills in a defined context. Students will learn about the Fitness industry, From employment opportunities in personal training, sports conditioning or delivering fitness classes, it's the perfect course to get your career into shape

Entry requirements

Completion of Year 12 is desirable and a personal interest and involvement in fitness activities is recommended.

The pre-requisite for the Certificate IV in Fitness is the Certificate III in Fitness

Career opportunities/vocational outcomes

Include but not limited to Fitness Instructor, Gym Instructor, Personal trainer, Facility manager.

Program Articulation

Successful completion of this program may assist students to gain entry into further study programs and/or may contribute towards study credits..

Program Duration

Full Time: 6 months
Part Time: 12 months

Course Commencement

Courses commence in February, April, July and September each year for full time and part time applicants.

Delivery Methods

This course is delivered through blended face to face classroom learning, online learning at students' self pace or by correspondence.

Assessment Methods

Students may be required to sit written and oral exams, participate in practical activities, complete assignments, presentations, vocational projects and role plays.

Students undertaking a course as part of a work based traineeship will be assessed in the workplace.

Recognition of Prior Learning

Participants with previous training and/or experience may apply for RPL. Participants, who have completed courses with equivalent / matching learning outcomes, will be granted credit transfer.

Accreditation

Qualifications granted by Sand Goanna are accredited under a Auspices relationship with RTO: 31486 through the NSC and are nationally recognised throughout Australia under the (AQTF) Australian Quality Training Framework.
National Training Provider Num: 31486





Course Structure

To achieve a Certificate IV in Fitness, the qualification packaging rules requires completion of 21 units:

- all Nine (9) core units
- Seven (7) stream units
- One (1) specialisation unit
- Four (4) elective units:
 - a minimum of 4 elective units must be selected from the Training package suggested units

For this qualification, students may select electives, stream and specialization which can be selected from the training package provided.

In all cases selection of electives must be guided by the job outcome sought, local industry requirements and the characteristics of this qualification.

This course meets the requirements for the Training Package (SRO) qualification SRO40206 Certificate IV in Fitness

Alternate elective units may be negotiated where appropriate experience or competency can be demonstrated and confirmed with evidence acceptable under the AQTF

CORE UNITS

Unit Code	Unit Name
BSBCM402A	Develop work priorities
ICAITU006C	Operate computing packages
SRXOGN001A	Conduct projects
SRXGCST05A	Coordinate client service activities
SRXINU003A	Analyse participation patterns in specific markets of the leisure and
SRXGCSO06A	Address client needs
SRXINU004A	Promote compliance with laws and legal principles
SRXOHS002B	Implement and monitor the organisation's Occupational Health and Safety policies, procedures and programs
SRXRIK001A	Undertake risk analysis of activities

STREAM UNITS

SRFFIT007B	Undertake relevant exercise planning and programming
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
SRFFIT009B	Undertake postural appraisal of low risk clients
SRFFIT010B	Utilise a broad range of fitness equipment
SRFFIT011B	Provide exercise for fitness industry clients with special requirements
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients



SPECIALISATION UNIT

Unit Code	Unit Name
SRFPTI001B	Plan and deliver personal training

ELECTIVE UNITS

SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment
SRFSPP002A	Develop and apply an awareness of specific populations to exercise

Please visit our website to know more about our Courses.

www.sandgoanna.com.au