

SIS40210 CERTIFICATE IV IN FITNESS

Competency Code Competency Title

Core (10 units of competency)

BSBSMB401A	Establish legal and risk management requirements of small business
BSBSMB403A	Market the small business
BSBSMB404A	Undertake small business planning
SISFFIT415A	Work collaboratively with medical and allied health professionals
SISFFIT416A	Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
SISFFIT417A	Undertake long term exercise programming
SISFFIT418A	Undertake appraisals of functional movement
SISFFIT419A	Apply exercise science principles to planning exercise
SISFFIT420A	Plan and deliver exercise programs to support desired body composition outcomes
SISFFIT421A	Plan and deliver personal training

Electives - General (5 units of competency)

SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents
SISFFIT314A	Plan and deliver exercise to older clients with managed conditions
SISFFIT311A	Deliver approved community fitness programs
SISFFIT312A	Plan and deliver an endurance training program
SISSSTC301A	Instruct strength and conditioning techniques

OPPORTUNITIES INCLUDE:

- Training clients from home
- Train clients in the client's own home gyms
- Community recreation centres
- Hospital fitness facilities
- Universities
- Local colleges
- Heath clubs and YMCAs.