

AIPT.

AUSTRALIAN INSTITUTE OF
**PERSONAL
TRAINERS**



COURSE OUTLINE

SIS40221

Certificate IV in Fitness.

(HEALTH AND INCLUSION FOCUS)

**NEW
COURSE**

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Certificate IV in Fitness.

(HEALTH AND INCLUSION FOCUS)

Further your health and fitness with this nationally recognised qualification.



Overview.

Whether you want to work in a gym environment or aspire to run your own personal training business, becoming a qualified personal trainer is rewarding, giving you the opportunity to help people reach their health and fitness goals.

The Certificate IV in Fitness (Health and Inclusion Focus) will equip you with the skills and knowledge to work with a diverse client base, including older clients and people with disabilities.



Be your own boss — choose your own hours and client base.



Help others achieve their health and fitness goals



Join an industry where you can work across gyms, fitness and community facilities

COURSE OUTCOMES



Personal Trainer

Obtaining the SIS40221 Certificate IV in Fitness (Health and Inclusion Focus) qualification will enable you to work as a fully qualified **Personal Trainer**.

- Health Clubs
- Personal Training Franchises
- Your Own Personal Training Business



Qualification

SIS40221 Certificate IV in Fitness (Health and Inclusion Focus)



Delivery Structure

Practical elements:

You can choose from these two options:

- With a 1-to-1 Flexible Mentor
- With a Mentor of Your Choice

Theoretical elements:

- Are completed online



Course Duration

Up to 12 Months



Study Load

- 26.5 hours of practical experience in a fitness environment
- 17 course units to complete
- Complete 1.5 course units every month to graduate in 12 months

Your course fee includes:



Delivery and assessment of your qualification



Study materials (All learning resources)



On-going support from our Education Team.

We offer two payment methods



Full fee upfront



Instalment plans

Delivery Structure.

Studying the Certificate IV in Fitness (Health and Inclusion Focus) with AIPT is flexible and you can tailor it to suit your needs.

The course is broken down into two parts:



1. Practical

Practical elements of the course can be undertaken in one of two ways:

1-to-1 Flexible Mentor.

You'll be matched with one of our qualified Personal Trainers who will mentor you inside a real club.

- Enjoy the flexibility of arranging your own timetable to complete 26.5 hours of face-to-face practical learning with your Mentor.

Mentor of Your Choice.

If you already know a Personal Trainer, we could approve them to be your Mentor to guide you through the practical components of your course.

- Complete 26.5 hours of face-to-face practical learning at a club of your choice.



2. Theoretical

Study the theoretical elements of this course anywhere and anytime through our online learning platform.

- 17 Course units to complete
- Complete 1.5 course units every month to graduate in 12 months

Kick-start your fitness career with **AIPT.**



The AIPT Difference.



Dedicated Student Support

Access a dedicated team of Support Officers to make the transition into study as smooth as possible.



Largest Network of Locations

With the largest campus network the industry has to offer, we're all around Australia, with locations near you.



Learn in Real Gyms with Real Fitness Professionals

Benefit from practical learning and hands-on experience, learning in a real gym environment, mentored by real fitness professionals.



Ready to apply?

Simply scan the code or contact our friendly team

aipt.edu.au

1300 616 180

Entry Requirements.

Before commencing SIS40221 Certificate IV in Fitness, students are required to complete and be deemed competent in the below units of competency, (or superseded units), which are available as part of the SIS30321 Certificate III in Fitness.

- | **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

These units are all available as part of the SIS30321 Certificate III in Fitness.

Education: You'll need to have completed year 10 or equivalent (i.e., a qualification at Certificate II level or higher, or 2 years of industry experience in a role that requires the use of written documentation and communication).

Minimum Age: You need to be at least 16. If you're under 18, a parent or guardian will need to sign your enrolment form.

Residency Status: You need to be a permanent Australian resident or equivalent.

Working with Children Check: For the work placement portion of your course, you may need a current "Working with Children Check Clearance" issued by the relevant authority in your state/territory.

Special Conditions: To complete the practical activities associated with SISXDIS001 Facilitate inclusion for people with a disability you will need to have access to work with at least three people with different disabilities requiring support and service within a fitness environment and complete assessment tasks.

Course Units.

Achieve your qualification by completing the following units of competency:

SIS40221 CERTIFICATE IV IN FITNESS (HEALTH AND INCLUSION FOCUS)

- | **SISFFIT049** Use exercise science principles in fitness instruction
- | **CHCCOM006** Establish and manage client relationships
- | **SISFFIT041** Develop personalised exercise programs
- | **SISFFIT042** Instruct personalised exercise sessions
- | **SISFFIT043** Develop and instruct personalised exercise programs for body composition goals
- | **SISFFIT044** Develop and instruct personalised exercise programs for older clients
- | **SISFFIT045** Develop and instruct personalised exercise programs for adolescent clients
- | **SISFFIT051** Establish and maintain professional practice for fitness instruction
- | **SISFFIT050** Support exercise behaviour change
- | **SISFFIT053** Support healthy eating for individual fitness clients
- | **SISFFIT034** Assess client movement and provide exercise advice
- | **SISFFIT046** Plan and instruct online exercise sessions
- | **BSBESB401** Research and develop business plans
- | **BSBESB404** Market new business ventures
- | **CHCDIV001** Work with diverse people
- | **SISXDIS001** Facilitate inclusion for people with a disability.
- | **CHCMHS001** Work with people with mental health issues

Ready to apply?

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