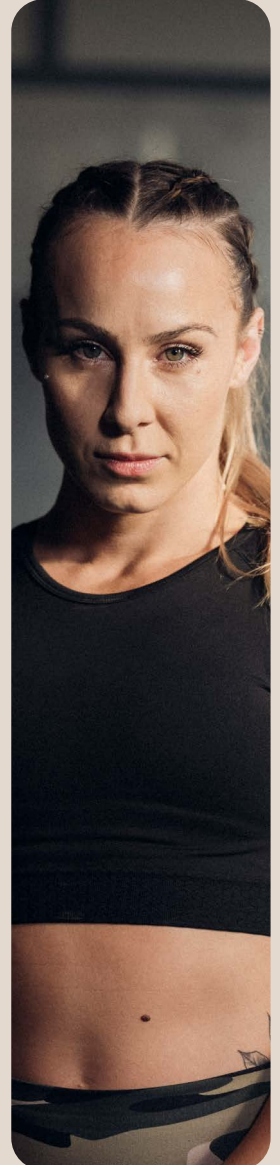


# DO WHAT YOU LOVE

## BECOME A QUALIFIED PERSONAL TRAINER



SIS40221

## CERTIFICATE IV IN FITNESS

### OnePlayground

ACADEMY

# BECOME A QUALIFIED PERSONAL TRAINER CERTIFICATE IV IN FITNESS

With One Playground Academy's SIS40221 Certificate IV in Fitness will give you the skills you need to train clients in a gym or become your own boss as a Personal Trainer. From the moment you graduate, you will be equipped with:

- A deep understanding of the science of fitness, the human body, training principles and exercises;
- Experience coaching real clients in real gyms under the guidance of extensively educated fitness professionals;
- Understanding of motivational psychology and how to use it to influence your clients' behaviour;
- Competencies in client health and fitness assessments, programming and specialised exercise programs;
- Tools for running a business, engaging in marketing and managing resources

Enquire today for a full course outline: [academy@oneplayground.com.au](mailto:academy@oneplayground.com.au)



## WHAT WILL I LEARN?

By the time you have qualified as a Personal Trainer, you will have completed modules in:

|            |  |
|------------|--|
| CHCCOM006  | Establish and manage client relationships                                  |
| SISFFIT041 | Develop personalised exercise programs                                     |
| SISFIT042  | Instruct Personalised exercise sessions                                    |
| SISFFIT043 | Develop and instruct personal program body comp                            |
| SISFFIT044 | Develop and instruct programs for older clients                            |
| SISFFIT045 | Develop and instruct personalised exercise programs for adolescent clients |
| SISFFIT049 | Use exercise science principles in fitness instruction                     |
| SISFIT050  | Support exercise behaviour change  |
| SISFFIT051 | Establish and maintain professional practice for fitness instruction       |
| SISFFIT053 | Support healthy eating for individual fitness                              |
| SISXCAI010 | Develop strength and conditioning programs                                 |
| SISXCAI009 | Instruct strength and conditioning techniques                              |
| SISFFIT034 | Assess client movement and provide exercise advice                         |
| BSBESB301  | Investigate business opportunities   |
| BSBESB401  | Research and develop business plans  |
| BSBESB402  | Legal and risk management  |
| SIRXSLS001 | Sell to the retail customer  |

# BECOME A QUALIFIED PERSONAL TRAINER

## CERTIFICATE IV IN FITNESS

### ENTRY REQUIREMENTS

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Entry to this qualification is open to individuals who hold:

- A current first aid and CPR certificate
- Have been recognised as competent through a recognised training program or recognition process against the SIS30321 Certificate III in Fitness core units of competency.

### COURSE DELIVERY

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#### Blended Learning

Study your theoretical components online, combined with over 100 hours of face-to-face practical education, delivered on campus.

#### Online Learning

Study your theoretical components online, completing your practical hours with a mentor in your local area.

### BLENDED LEARNING

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Your 100 hours of practical education will include:

- 22 weeks of face-to-face education
- Delivered on a Saturday
- Combining 3 diverse learning techniques:

#### Workshops

Theory and practical content delivered by your FP Academy teacher.

#### Live Clients

Deliver real PT sessions, with real clients, under the supervision of an FP Academy facilitator.

#### Reflection/Case Studies

Reflect and case study your live clients to reinforce your learning.

### WORK PLACEMENT

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In partnership with One Playground, you will have the opportunity to complete work placement and additional practical hours, supported by an FP Academy mentor.

#### Already know a qualified Personal Trainer?

You can also choose your own work placement under the supervision of your chosen course mentor.

### START DATE

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For further information and about enrolment and intake, please contact student support services:

Email: [academy@oneplayground.com.au](mailto:academy@oneplayground.com.au)