

DO WHAT YOU LOVE

BECOME A QUALIFIED PERSONAL TRAINER



SIS40221

CERTIFICATE IV IN FITNESS

FITNESS PLAYGROUND
ACADEMY

BECOME A QUALIFIED PERSONAL TRAINER CERTIFICATE IV IN FITNESS

With Fitness 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: study@fitnessplayground.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
SIRXSL001	Sell to the retail customer

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ENTRY REQUIREMENTS

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

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

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

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

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

E: study@fitnessplayground.com.au P: +61 431 853 527