

FACULTY OF  
FITNESS



# SIS40215 CERTIFICATE IV IN FITNESS



# ABOUT OUR FACULTY OF FITNESS



Imagine Education Australia's Faculty of Fitness is located at our modern Ashmore Campus on the beautiful Gold Coast. Our fitness students have the unique benefit of having one of the Gold Coast's best fitness centres, PCYC Ashmore, right next door to their campus. Our enviable association with the fully-equipped PCYC allows our fitness students full access to complete their practical training there. Our fully-qualified trainers are dedicated to giving our fitness students the best possible practical and theory training, and our students graduate with the knowledge and confidence to work in the real world and make their mark in the fitness industry.



## STUDENT TESTIMONIAL

"I started with my Certificate III in Fitness and now I am doing my Certificate IV in Fitness. I love the trainer and the way that she teaches us. We are able to use the Ashmore PCYC gym for our practical training and it is amazing!"

Virginia Noronha  
Brazil  
Ashmore Campus



# SIS40215 CERTIFICATE IV IN FITNESS



COURSE CODE:

CRICOS CODE:

COURSE LENGTH:

CAREER OUTCOMES:

PRE-REQUISITES:

CAMPUS:

SIS40215

090562J

36 weeks

Exercise trainer – personal trainer, aqua trainer, program coordinator, children’s trainer, older client trainer

See Entry Requirements

Ashmore Campus

## OVERVIEW

Open up a world of possibility in the in-demand field of fitness in positions such as an exercise trainer! Learn the skills and knowledge needed to competently work in the fitness industry in settings such as fitness centres, gyms, pools, community facilities, and open spaces. You will learn and be expected to train individual clients one-on-one, and have the competency to plan, conduct, and evaluate exercise training, provide leadership and guidance to clients and other staff, and deal with unpredictable situations.

## ENTRY REQUIREMENTS

Students need to be 15 years old and are required to have reading, writing and comprehension skills equivalent to Year 10 pass level to successfully complete the Certificate level courses.

Overseas students English Proficiency Level will be tested prior to the commencement of Vocational Education and Training Courses. Imagine Education Australia requires an IELTS 5.5 with no band less than 5, or equivalent (as determined by Imagine Education Australia).

Should you feel you may not possess these literacy skills or have not completed a formal leaving certificate please contact us to discuss support arrangements.

Entry to this qualification is open to individuals who hold a current first aid and CPR certificate and have been recognised as competent through a recognised training program or recognition process against the following units of competency: (from Certificate III in Fitness)

- SISFFIT001 – Provide health screening and fitness orientation

SISFFIT002 – Recognise and apply exercise considerations for specific populations

SISFFIT003 – Instruct fitness programs

SISFFIT004 – Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 – Provide healthy eating information

SISFFIT006 – Conduct fitness appraisals

SISFFIT014 – Instruct exercise to older clients

SISXCCS001 – Provide quality service

## TIMETABLE

RESEARCH / PRACTICAL	THEORY / PRACTICAL	DISTANCE EDUCATION
Wednesday 8:30am – 4:30pm (Attendance is recorded)	Friday 8:30am – 4:30pm (Attendance is recorded)	5 hours per week

\* Please note, course timetables are subject to change

# 2020 ACADEMIC CALENDAR

SIS40215 Certificate IV in Fitness  
GOLD COAST

- Start Dates
- Holidays / Public Holiday
- Review

JANUARY						
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# 2021 ACADEMIC CALENDAR

SIS40215 Certificate IV in Fitness  
GOLD COAST

- Start Dates
- Holidays / Public Holiday
- Review

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# CONTACT US



## MAIN CAMPUS

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## SOUTHPORT CENTRAL CAMPUS

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SPRING HILL QLD 4000

## WOOLLOONGABBA CAMPUS

12 ANNERLEY ROAD  
WOOLLOONGABBA QLD 4102

## EMAIL

[info@imagineeducation.com.au](mailto:info@imagineeducation.com.au)

## WEBSITE

[WWW.IMAGINEEDUCATION.COM.AU](http://WWW.IMAGINEEDUCATION.COM.AU)

## OUR COURSES

### ENGLISH COURSES

056501E General English; 1 – 60 weeks  
056499E IELTS Preparation; 1 – 12 weeks  
057239F Young Learners English Program; 1 – 40 weeks  
056502D High School Preparation; 60 weeks

### BUSINESS, MARKETING & ACCOUNTING COURSES

BSB30115 Certificate III in Business; 22 weeks  
BSB40215 Certificate IV in Business; 24 weeks  
BSB42415 Certificate IV in Marketing and Communication; 32 weeks  
BSB50215 Diploma of Business; 28 weeks  
BSB50415 Diploma of Business Administration; 23 weeks  
BSB51918 Diploma of Leadership and Management; 36 weeks  
BSB52415 Diploma of Marketing and Communication; 32 weeks  
BSB60215 Advanced Diploma of Business; 30 weeks  
BSB61015 Advanced Diploma of Leadership and Management; 32 weeks  
BSB61315 Advanced Diploma of Marketing and Communication; 32 weeks  
FNS40217 Certificate IV in Accounting and Bookkeeping; 32 weeks  
FNS50217 Diploma of Accounting; 29 weeks  
FNS60217 Advanced Diploma of Accounting; 36 weeks

### AUTOMOTIVE COURSES

AUR30616 Certificate III in Light Vehicle Mechanical Technology; 60 weeks  
AUR40216 Certificate IV in Automotive Mechanical Diagnosis; 36 weeks

### CHILD CARE COURSES

CHC30113 Certificate III in Early Childhood Education and Care; 28 weeks  
CHC50113 Diploma of Early Childhood Education and Care; 32 weeks

### COMMUNITY SERVICES COURSES

CHC33015 Certificate III in Individual Support (Ageing, Home and Community); 27 weeks  
CHC43015 Certificate IV in Ageing Support; 39 weeks  
CHC43015 Certificate IV in Ageing Support (upgrade); 39 weeks

### FITNESS COURSES

SIS30315 Certificate III in Fitness; 36 weeks  
SIS40215 Certificate IV in Fitness; 36 weeks

### HOSPITALITY COURSES

SIT30616 Certificate III in Hospitality; 40 weeks  
SIT30816 Certificate III in Commercial Cookery; 40 weeks  
SIT40516 Certificate IV in Commercial Cookery; 25 weeks  
SIT50416 Diploma of Hospitality Management; 56 weeks  
SIT50416 Diploma of Hospitality Management (Commercial Cookery) (upgrade); 27 weeks  
SIT60316 Advanced Diploma of Hospitality Management; 51 weeks

Cricos Provider No. 02695C  
National Provider No. 31302  
Imagine Education Australia Pty Ltd  
Investing in imaginations

The information in this course guide was correct at time of printing  
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