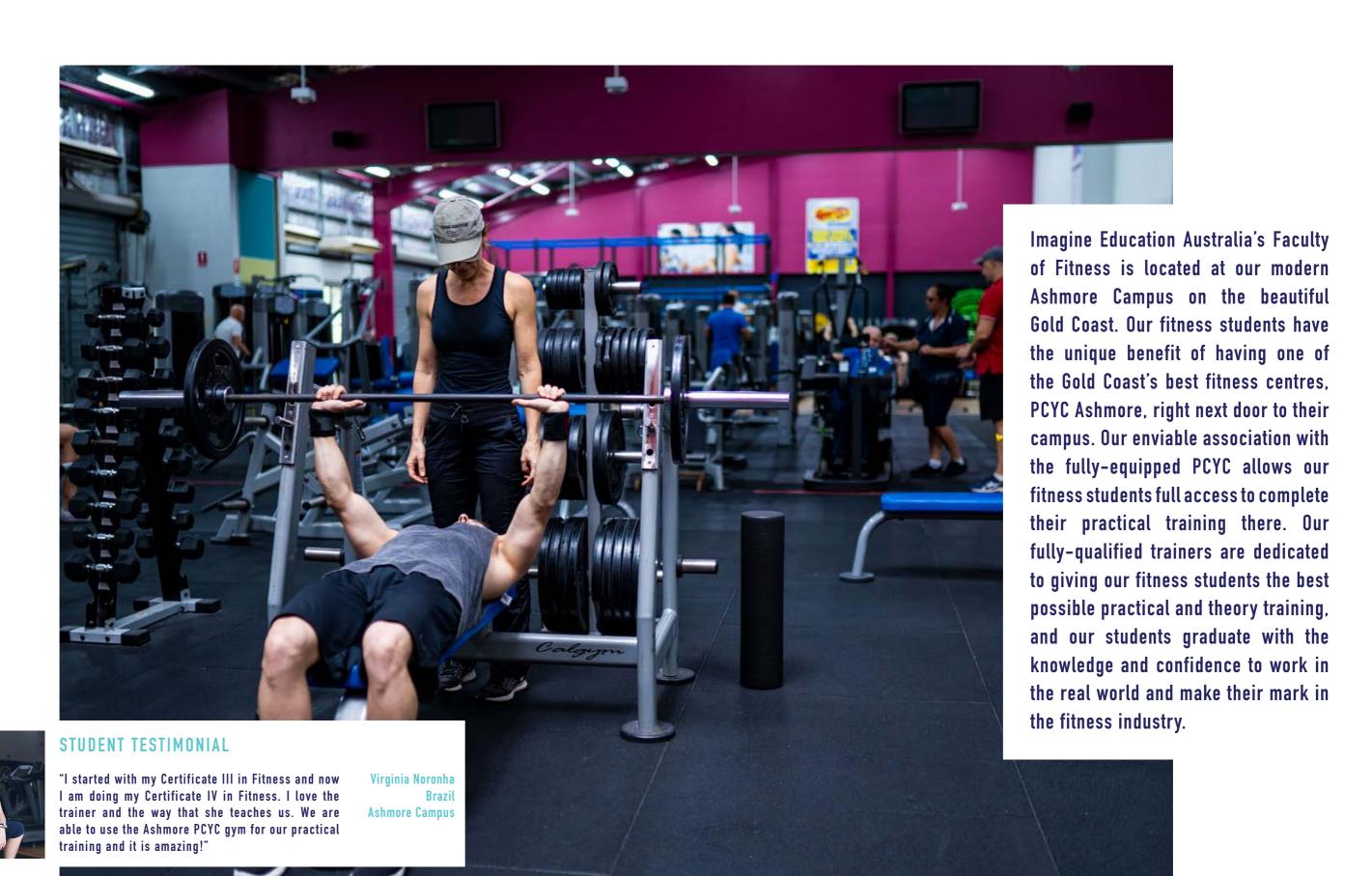
# FACULTY OF FITNESS



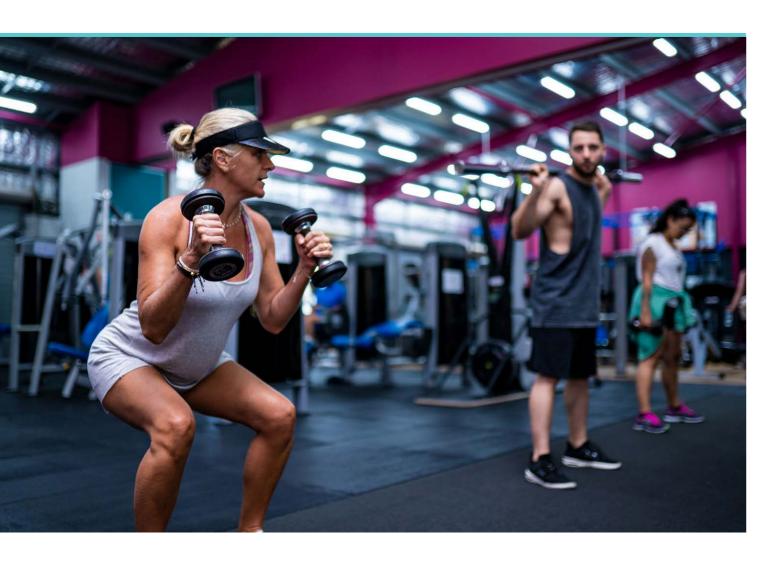
# SIS40215 CERTIFICATE IV IN FITNESS



# ABOUT OUR FACULTY OF FITNESS



# SIS40215 CERTIFICATE IV IN FITNESS



COURSE CODE: SIS40215
CRICOS CODE: 090562J
COURSE LENGTH: 36 weeks

CAREER OUTCOMES: Exercise trainer - personal trainer, aqua trainer, program coordinator, children's trainer, older client trainer

 $\label{eq:pre-requirements} \textbf{PRE-REQUISITES:} \qquad \textbf{See Entry Requirements}$ 

CAMPUS: 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**

Wednesday 8:30am - 4:30pm (Attendance is recorded)

#### THEORY / PRACTICAL

Friday 8:30am - 4:30pm (Attendance is recorded)

#### DISTANCE EDUCATION

5 hours per week

<sup>\*</sup> Please note, course timetables are subject to change

## 2020 ACADEMIC CALENDAR

SIS40215 Certificate IV in Fitness **GOLD COAST** 

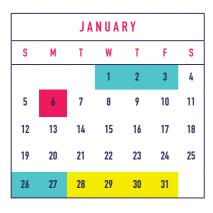
- Start Dates
- Holidays / Public Holiday
- Review

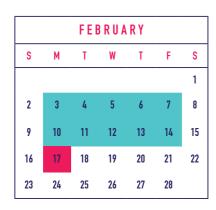
## 2021 ACADEMIC CALENDAR

SIS40215 Certificate IV in Fitness **GOLD COAST** 



- Holidays / Public Holiday
- Review





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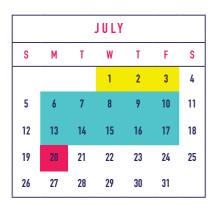
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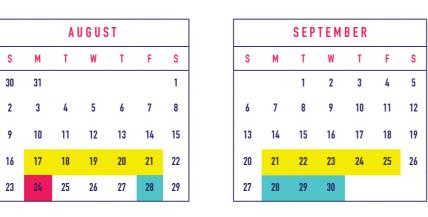


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## CONTACT US



#### MAIN CAMPUS

+617 5552 0900 13 BENOWA ROAD SOUTHPORT QLD 4215

## SOUTHPORT CENTRAL CAMPUS

+617 5571 1122 BUILDING 3F, 9 LAWSON STREET SOUTHPORT QLD 4215

#### **ASHMORE CAMPUS**

+617 5586 2244 151 CURRUMBURRA ROAD ASHMORE QLD 4214

#### 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

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 (May 2019).

#### **BRISBANE CAMPUS**

+617 5521 0595 LEVEL 2, 170 LEICHHARDT STREET SPRING HILL QLD 4000

#### **WOOLLOONGABBA CAMPUS**

12 ANNERLEY ROAD WOOLLOONGABBA QLD 4102

#### **EMAIL**

info@imagineeducation.com.au

#### WEBSITE

WWW.IMAGINEEDUCATION.COM.AU

#### 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

#### IMAGINE EDUCATION AUSTRALIA

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