

## Certificate IV in Fitness \*Recommended Course Schedule

Delivery and assessment schedule per qualification		
SIS40215	Certificate IV in Fitness	
Week (trainer to indicate dates)	Subject/unit/module	Assessment schedule
1-2 weeks	<p>General Overview of All Units</p> <p><b>SISFFIT015</b> Collaborate with medical and allied health professionals in a fitness context (10)</p> <p><b>SISFFIT016</b> Provide motivation to positively influence exercise behaviour (15)</p> <p><b>SISFFIT017</b> Instruct long-term exercise programs (10)</p>	<p><i>Learning activity only in week one. Assessments will begin in week 2.</i></p> <p>Glossary Familiarity</p> <p>'Get to know you' styled activities</p> <p>Self-testing of physical fitness, body composition testing and knowledge</p> <p>Activity – Begin Workbook 1 and 2</p>
1-2 weeks	<p><b>SISFFIT015</b> Collaborate with medical and allied health professionals in a fitness context (10)</p> <p><b>SISFFIT016</b> Provide motivation to positively influence exercise behaviour (15)</p> <p><b>SISFFIT017</b> Instruct long-term exercise programs (10)</p>	<p>Assessment Task – 5 referral letters to AHPs</p> <p>Activity – Motivational Interviewing practise/role play</p> <p>Activity – Begin Workbook 3</p>
1-2 weeks	<p><b>SISFFIT016</b> Provide motivation to positively influence exercise behaviour (10)</p> <p><b>SISFFIT017</b> Instruct long-term exercise programs (5)</p> <p><b>SISFFIT018</b> Promote functional movement capacity (10)</p> <p><b>SISFFIT019</b> Incorporate exercise science principles into fitness programming (5)</p> <p><b>SISFFIT023</b> Instruct group personal training programs (5)</p>	<p>Assessment Task – 5 referral letters to AHPs</p> <p>Assessment Task – one on one training sessions – specific population</p> <p>Assessment Task – Workbooks 1 &amp; 2 completed</p>
1-2 weeks	<p><b>SISFFIT017</b> Instruct long-term exercise programs (5)</p> <p><b>SISFFIT018</b> Promote functional movement capacity (10)</p> <p><b>SISFFIT019</b> Incorporate exercise science principles into fitness programming (10)</p> <p><b>SISFFIT020</b> Instruct exercise programs for body composition goals (10)</p>	<p>Workbook overview and theory components started</p> <p>Activity – Programs x 10</p> <p>Activity – Training and Instruction x 5</p>
1-2 weeks	<p><b>SISFFIT017</b> Instruct long-term exercise programs (10)</p> <p><b>SISFFIT018</b> Promote functional movement capacity (5)</p> <p><b>SISFFIT020</b> Instruct exercise programs for body composition goals (10)</p> <p><b>SISFFIT021</b> Instruct personal training programs (10)</p>	<p>Assessment – Prac/Ob: Student demonstrates ability to interview/plan/program/instruct long-term ex programs</p> <p>Activity – Group tasks and challenges</p>
1-2 weeks	<p><b>SISFFIT018</b> Promote functional movement capacity (5)</p> <p><b>SISFFIT020</b> Instruct exercise programs for body composition goals (10)</p>	<p>Assessment - Workbook3 – Unit SISFFIT018 section completed</p> <p>Assessment Task – Practical activity/observation: Student demonstrates ability to instruct</p>

	<b>SISFFIT021</b> Instruct personal training programs (10) <b>SISFFIT023</b> Instruct group personal training programs (10)	Assessment Task – Prac/Ob: Student demonstrates ability to PT Assessment Task – Prac/Ob: Student demonstrates ability to group PT Activity – Student begins work experience
1-2 weeks	<b>SISFFIT019</b> Incorporate exercise science principles into fitness programming (10) <b>SISFFIT020</b> Instruct exercise programs for body composition goals (10) <b>SISFFIT021</b> Instruct personal training programs (15)	Assessment Task – Anatomy labelling
1-2 weeks	<b>SISFFIT019</b> Incorporate exercise science principles into fitness programming (10) <b>SISFFIT020</b> Instruct exercise programs for body composition goals (10) <b>SISFFIT021</b> Instruct personal training programs (15)	Assessment Task – Practical activity/observation: Student demonstrates ability to instruct Assessment Task – Prac/Ob: Student demonstrates variety methodology programming and training Quiz - first 8 weeks
1-2 weeks	<b>SISFFIT021</b> Instruct personal training programs (15) <b>SISFFIT023</b> Instruct group personal training programs (10) <b>SISFFIT025</b> Recognise the dangers of providing nutrition advice to clients (5) <b>SISFFIT026</b> Support healthy eating through the Eat for Health Program (5)	Assessment Task – Letters to AHPs (Dietician/Sports Dietician/GP) Assessment Task – Mineral Deficiency Task Activity – Begin Workbook 4
1-2 weeks	<b>SISFFIT023</b> Instruct group personal training programs (15) <b>SISFFIT025</b> Recognise the dangers of providing nutrition advice to clients (5) <b>SISFFIT026</b> Support healthy eating through the Eat for Health Program (5) <b>SISXRES001</b> Conduct sustainable work practices in open spaces (5)	Assessment Task – Risk assessment of outdoor training grounds Assessment Task – Letter to Council/Expression of Interest/Proposal Assessment Task – Instruct outdoor 'Boot Camp' Assessment – Workbook 4 completed Activity – Begin Workbook 5
1-2 weeks	TESTING and ASSESSMENTS <b>SISFFIT023</b> Instruct group personal training programs (10) <b>SISXRES001</b> Conduct sustainable work practices in open spaces (15) <b>SISFFIT011</b> Instruct approved community fitness programs (5)	Assessment Task – Workbook 3 Units SISFFIT020/1/2/3 theory completed Practical assessments 'second chances' and 'catch ups' Activity – Begin Workbook 7
BREAK HOLIDAY		
1-2 weeks	<b>SISXRES001</b> Conduct sustainable work practices in open spaces (20) <b>SISFFIT011</b> Instruct approved community fitness programs (15) <b>SISSTC402A</b> Develop strength and conditioning programs (10)	Assessment Task – Workbook 5 completed Assessment Task – Prac/Ob: Community fitness program
1-2 weeks	<b>BSBSMB401</b> Establish legal and risk management requirements of small business (20) <b>BSBSMB403</b> Market the small business (5) <b>BSBSMB404</b> Undertake small business planning (5)	Activity – Begin Workbook 9 and Portfolio Activity – Begin gym blueprint Activity – Resume writing

	<b>BSBSMB406</b> Manage small business finances (5)	
1-2 weeks	<b>BSBSMB401</b> Establish legal and risk management requirements of small business (20) <b>BSBSMB403</b> Market the small business (5) <b>BSBSMB404</b> Undertake small business planning (5) <b>BSBSMB406</b> Manage small business finances (5)	Assessment – Complete gym blueprint Assessment – Resume writing
1-2 weeks	<b>SISSTC301A</b> Instruct strength and conditioning techniques (10) <b>SISSTC402A</b> Develop strength and conditioning programs (10) <b>BSBSMB403</b> Market the small business (5) <b>BSBSMB404</b> Undertake small business planning (5) <b>BSBSMB406</b> Manage small business finances (5)	Activity – Refresher: Program writing, interviewing, pre-exercise screening, fitness testing, body composition testing Assessment – exercise knowledge Assessment – strength and conditioning test Assessment – Prac/Ob: Training clients
1-2 weeks	<b>SISSTC301A</b> Instruct strength and conditioning techniques (10) <b>SISSTC402A</b> Develop strength and conditioning programs (10) <b>BSBSMB403</b> Market the small business (5) <b>BSBSMB404</b> Undertake small business planning (5) <b>BSBSMB406</b> Manage small business finances (5)	Activity – Refresher: Program writing, interviewing, pre-exercise screening, fitness testing, body composition testing Assessment – exercise knowledge Assessment – strength and conditioning test Assessment – Prac/Ob: Training clients
1-2 weeks	TESTING, REFRESHERS, CATCH UPS on ALL WORKBOOKS <b>SISSTC301A</b> Instruct strength and conditioning techniques (10) <b>SISSTC402A</b> Develop strength and conditioning programs (10) <b>BSBSMB403</b> Market the small business (5) <b>BSBSMB404</b> Undertake small business planning (5) <b>BSBSMB406</b> Manage small business finances (5)	Activity – Refresher: Program writing, interviewing, pre-exercise screening, fitness testing, body composition testing Assessment – exercise knowledge Assessment – strength and conditioning test Assessment – Prac/Ob: Training clients
1-2 weeks	<b>SISFFIT012</b> Instruct movement programs to children aged 5 to 12 years (15) <b>SISFFIT011</b> Instruct approved community fitness programs (20)	Assessment – 5 x written programs Assessment – instruction of children – group Assessment – instruction of children – 1 on 1 Activity – Begin Workbook 6 Complete Workbook 7
1-2 weeks	<b>SISFFIT012</b> Instruct movement programs to children aged 5 to 12 years (15) <b>SISFFIT013</b> Instruct exercise to young people aged 13 to 17 years (20)	Activity – Begin Workbook 8 Assessment – 5 x written programs Assessment – instruction of older children – group Assessment – instruction of older children – 1 on 1

1-2 weeks	<b>SISFFIT012</b> Instruct movement programs to children aged 5 to 12 years (10) <b>SISFFIT013</b> Instruct exercise to young people aged 13 to 17 years (20) <b>BSBSMB403</b> Market the small business (5)	Assessment – 5 x written programs Assessment – instruction of older children – group Assessment – instruction of older children – 1 on 1 Complete Workbook 6 and 8
1-2 weeks	<b>BSBSMB406</b> Manage small business finances (15) <b>SISSTC402A</b> Develop strength and conditioning programs (10) <b>SISSTC301A</b> Instruct strength and conditioning techniques (10)	Activity – establishing online presence Activity – market research Activity – personal branding Activity – guest speaker (business leader) Assessment – Complete Portfolio Complete Workbook 3
1-2 weeks	Review of ALL UNITS <b>BSBSMB404</b> Undertake small business planning (15) <b>BSBSMB406</b> Manage small business finances (20)	Assessment – Final Personal Training observation Final theory testing Workbook 9 completed All outstanding assessments and workbooks due Quizzes, reviews, games, class break up meal

<b>Workbooks</b>	<b>Units in Each Workbook</b>
<b>Workbook 1</b> Collaborate with medical and allied health professionals	<ul style="list-style-type: none"> <li>• <b>SISFFIT015</b> Collaborate with medical and allied health professionals in a fitness context</li> </ul>
<b>Workbook 2</b> Provide motivation to positively influence exercise behaviour	<ul style="list-style-type: none"> <li>• <b>SISFFIT016</b> Provide motivation to positively influence exercise behaviour</li> </ul>
<b>Workbook 3</b> Exercise Programming	<ul style="list-style-type: none"> <li>• <b>SISFFIT017</b> Instruct long-term exercise programs</li> <li>• <b>SISFFIT018</b> Promote functional movement capacity</li> <li>• <b>SISFFIT019</b> Incorporate exercise science principles into fitness programming</li> <li>• <b>SISFFIT020</b> Instruct exercise programs for body composition goals</li> <li>• <b>SISFFIT021</b> Instruct personal training programs</li> <li>• <b>SISFFIT023</b> Instruct group personal training programs</li> <li>• <b>SISSTC301A</b> Instruct strength and conditioning techniques</li> <li>• <b>SISSTC402A</b> Develop strength and conditioning programs</li> </ul>
<b>Workbook 4</b> Support Healthy Eating	<ul style="list-style-type: none"> <li>• <b>SISFFIT025</b> Recognise the dangers of providing nutrition advice to clients</li> <li>• <b>SISFFIT026</b> Support healthy eating through the Eat for Health Program</li> </ul>

<b>Workbook 5</b> Conduct Sustainable Work Practises in Open Spaces	<ul style="list-style-type: none"> <li>• <b>SISXRES001</b> Conduct sustainable work practices in open spaces</li> </ul>
<b>Workbook 6</b> Instruct Movement Programs to Children Aged 5 – 12 Years	<ul style="list-style-type: none"> <li>• <b>SISFFIT012</b> Instruct Movement Programs to Children Aged 5 – 12 Years</li> </ul>
<b>Workbook 7</b> Instruct approved community fitness programs	<ul style="list-style-type: none"> <li>• <b>SISFFIT011</b> Instruct approved community fitness programs</li> </ul>
<b>Workbook 8</b> Instruct exercise to young people aged 13 to 17 years	<ul style="list-style-type: none"> <li>• <b>SISFFIT013</b> Instruct exercise to young people aged 13 to 17 years</li> </ul>
<b>Workbook 9</b> Running Your Fitness Business	<ul style="list-style-type: none"> <li>• <b>BSBSMB403</b> Market the small business</li> <li>• <b>BSBSMB404</b> Undertake small business planning</li> <li>• <b>BSBSMB406</b> Manage small business finances</li> <li>• <b>BSBSMB401</b> Establish legal and risk management requirements of small business</li> </ul>

\*Recommended course schedule for students. Each row's schedule can be expanded and tailored to meet the student's needs. For example, a part time student who can only commit to 20 hours per week, can expand week 1 schedule to be completed in 2 weeks. This document is to be used by students and trainers to create a personalised training plan.