

SRF40204 Certificate IV in Fitness (Personal Training)

This qualification facilitates the development of the following knowledge and skills:

- plan and program exercise for fitness industry clients
- utilise a broad knowledge of exercise science principles in fitness training
- undertake basic postural appraisals to evaluate clients posture, functional range of movement and muscle strength and weakness in preparation for the development of an exercise program
- use, maintain and demonstrate the use of a broad range of fitness equipment
- provide exercise for low risk clients with common medical, injury or health conditions, after referral from and under the supervision of medical and health professionals and as part of a team of health and medical professionals
- analyse client behaviours and recommend strategies for exercise adherence
- provide basic information about healthy eating and design exercise plans and programs to reduce the level of bodyfat in clients
- plan and deliver exercise for different client groups (such as those with disabilities or a specific fitness activity interest), different environments (such as in a community setting) or for specific populations (such as gentle exercise).

Prerequisites: There are no prerequisites for this course.

Length of Course: 2 terms of 9 weeks each.

Delivery of Content: The student can be enrolled:

- full-time day
- part-time day
- part-time night
- on-line (theory only)

In all cases, classes are a mix of theory and practical subjects. This includes a practical placement with a qualified massage therapist.

RPL and Credit Transfer: Students are encouraged to apply for Recognition of Prior Learning based on formal learning or work history. Those with First Aid, Communication and OH&S knowledge are usually exempted from these subjects. For more information, see [insert link].

Students with the common units receive an automatic credit transfer and deduction in fees.

36 competency units are required for award of this qualification, comprising 15 common units and 21 specialisation units. This certificate can be combined with the course HLT40307 Certificate IV in Massage Therapy Practice. Graduates will also receive a First Aid Level 2 Certificate.

Common units

BSBCM301A	Exercise Initiative in a Business Environment
BSBCM402A	Develop work priorities
ICAITU006C	Operate Computer Packages

SRXGCS006A	Address Client Needs
SRXGCS001A	Create Client Relationship
SRXGCS002A	Deal with Client Feedback
SRXGCST05A	Coordinate Client Service Activities
SRXGRO003A	Provide Leadership to Groups
SRXINU003A	Analyse Participation Patterns in Specific Markets of the Leisure and Recreation Industry
SRXINU002A	Apply Sport and Recreation Law
SRXINU004A	Promote Compliance with Laws and Legal Principles
SRXOGN001A	Conduct Projects
SRXOHS001B	Follow Defined OH&S Policies and Procedures
SRXOHS002B	Implement and Monitor the Organisation's OH&S policies, procedures and programs
SRXRIK001A	Undertake Risk Analysis of Activities

Specialisation units

SRFFIT001B	Undertake Relevant Exercise Planning and Programming
SRFFIT003B	Undertake Client Induction and Screening
SRFFIT004B	Develop Basic Fitness Programs
SRFFIT005B	Apply Basic Exercise Science to Exercise Instruction
SRFFIT006B	Use and Maintain Core Fitness Industry Equipment
SRFFIT007B	Undertake relevant exercise planning and programming
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
SRFFIT009B	Undertake postural appraisal of low risk clients
SRFFIT010B	Utilise a broad range of fitness equipment
SRFFIT011B	Provide exercise for fitness industry clients with special requirements
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients
SRFFIT013B	Provide information and exercise related to nutrition and body composition
SRFFIT014A	Provide Advice to Clients on the Application of Basic Anatomy and Physiology to Fitness Programs
SRFFIT015A	Provide Nutrition Advice to Clients in Accordance with Recommended Guidelines
SRFGYM001B	Instruct Fitness Activity Skills to a Client Using Fitness Equipment
SRFGEX001A	Plan and instruct a group exercise class
SRFSP002A	Develop and Apply an Awareness of Specific Populations to Exercise Delivery
SRFPTI001B	Plan and deliver personal training
HLTCOM405B	Administer a practice
HLTREM401B	Work within a massage framework
HLTREM406B	Provide massage treatment

VCHE Subjects by Term:

Term 1:	Exercise Theory
	Exercise Programming 1
	First Aid (Level 2)
	Human Movement

Anatomy A
Systemic Physiology
Communication
Occupational Health and Safety

Term 2: Exercise Assessment
 Exercise Programming 2
 Anatomy B
 Systemic Physiology (continued from Term1)
 Observational Assessment
 Administer a Business
 Sports Massage Theory and Practice