



Information Sheet
SIS40215 Certificate IV in Fitness
CRICOS Code: 091715M

The key clients for this qualification are people who wish to work in the Fitness industry. This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions within the Fitness Industry, including working independently in a broad range of settings, such as within fitness centres, gyms, community facilities and in open spaces. Those with this level of competency will be expected to train individual clients, on a one-on-one basis, and may include older clients and children.

The code, title and current status of Eagle Academy courses can be found by visiting the National Register, www.training.gov.au and entering the course code into the search field

The Eagle Academy is responsible for the quality of the training and assessment in compliance with the Standards, and for the issuance of the AQF certification documentation. This includes where a Third Party provides part of the training and assessment.



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Course Length:	12 months (52 weeks: 40 weeks tuition + 12 weeks holiday).
Mode of Study:	Full Time, Part Time (domestic only), Distance Education (domestic only)
Hours per Week:	Full time: 20 hours per week (13.5 hours on campus + 6.5 hours distance education)
Commencement:	Any Monday of academic term. See Academic Calendar on our website download page.
Course Cost:	Ask for our Payment Options Sheet or see Quick Guide on our website download page.
Payment Options:	Full or Split Payment
Discounts:	See website specials including the price beat guarantee http://eagleacademy.com.au/specials/
Gov. Funding:	Not available
Pre-requisites:	<ul style="list-style-type: none"> • Current Certificate III in Fitness as well as a current First Aid & CPR Certificate • English to a “Intermediate” level • Completion of Year 10 (Australia), or equivalent. • Students can apply for Recognition of Prior Learning, or Direct Credit. This may reduce course time. See website for details.
Inclusions:	<p>This course is available at Brisbane and Gold Coast locations. More course and campus information can be found on the All Course and Campus Quick Guide. The fees include everything that students require to complete the course. This course includes a textbook & membership to the Fitness Centre (Gym & Classes) located at your chosen campus, for the duration of the course.</p> <p>Exclusions (Part Time & Distance Education Students Only): Mentor Fees</p>
Student Rights:	You have rights with regards to refunds, complaints and appeal processes. These rights are outlined in detail, in the Policies and procedures found on the download page of the website, and you MUST acquaint yourself with them prior to enrolment. The refund policy will also cover what your rights are should we, as the RTO, or a third-party training organisation closes, or ceases to deliver any part of the training product that you were enrolled in. In short, we would make arrangements suitable to yourself, to access another provider delivering that training, OR we offer you a refund
Visa Students:	<p>Be aware that agents can act on our behalf to recruit students. These agents are listed on our website.</p> <p>ATTENDANCE IS NOT RECORDED OR MONITORED for visa compliance purposes. Progress Is Monitored For Visa Compliance Purposes: The Academy has implemented a Course Progress Policy and Procedure. More detail can be found in the Policies and procedures found on the download page of the website.</p>
Units:	Students must study all 16 units below to gain the Qualification
SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT017	Instruct long-term exercise programs
SISFFIT018	Promote functional movement capacity
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT021	Instruct personal training programs
SSIFFIT023	Instruct group personal training programs
SSIFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program
SISXRES001	Conduct sustainable work practices in open spaces
SISFFIT014	Instruct exercise to older clients
SISFFIT024	Instruct endurance programs
SISSTC301A	Instruct strength and conditioning techniques
SISSTC402A	Develop strength and conditioning programs
BSBSMB405	Manage small business operations
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
More Information:	Ask our administration team or visit our website http://eagleacademy.com.au/downloads/