



**THE EAGLE
ACADEMY**

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CRICOS NO 02480G, RTO No 30895

CERTIFICATE IV IN FITNESS

COURSE CODE: SIS40215

CRICOS COURSE CODE: 091716K



NATIONALLY
RECOGNISED
TRAINING



Proud to be a Queensland Government
subsidised training provider



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.

This qualification provides a pathway to work in the Fitness industry. Those with this level of competency will be expected to train individual clients, on a one-on-one basis, and may include adult clients and children..

COURSE INFORMATION

Campus:

Brisbane and Gold Coast

Duration:

12 months
(40 weeks tuition +
12 weeks holiday)

Mode of Study:

- Blended: Face to face and distance education.
- International students are expected to study 20 hours per week (13.5 hours on campus and 6.5 hours distance education).

Start Date:

Any Monday of the academic calendar

Course Fee:

- Please contact us for information on our prices and payment options.
- See our website for current specials.

Pre-requisites

- Current Certificate III in Fitness
- Current First Aid & CPR Certificate
- English to an "intermediate" level
- Completion of Year 10 (Australia), or equivalent.
- Students can apply for Recognition of Prior Learning, or Direct Credit if eligible.

Units:

Students must study ALL 20 units below to gain the Qualification

SISXCCS003	Address client needs
SISFFIT015	Collaborate with medical and allied health professionals in a fitness context
SISXRES001	Conduct sustainable work practices in open spaces
SISXCAI010	Develop strength and conditioning programs
BSBSMB401	Establish legal and risk management requirements of small business
SISFFIT019	Incorporate exercise science principles into fitness programming
SISFFIT024	Instruct endurance programs
SISFFIT020	Instruct exercise programs for body composition goals
SISFFIT013	Instruct exercise to young people aged 13 to 17 years
SISFFIT023	Instruct group personal training programs
SISFFIT017	Instruct long-term exercise programs
SISFFIT021	Instruct personal training programs
SISXCAI009	Instruct strength and conditioning techniques
BSBSMB403	Market the small business
BSBSMB405	Monitor and manage small business operations
SISFFIT018	Promote functional movement capacity
SISFFIT016	Provide motivation to positively influence exercise behaviour
SISFFIT025	Recognise the dangers of providing nutrition advice to clients
SISFFIT026	Support healthy eating through the Eat for Health Program
BSBSMB404	Undertake small business planning



Inclusions:

- Use of the Fitness Centre at the relevant campus
 - Course timetable at each campus with a range of times to attend sessions
 - Tuition sessions that are trainer supervised and assisted to work through your course
 - Sessions may also include formal assessment, excursions and supervised practice outside of the classroom (e.g. gym)
 - Student computers are available on a first in first served basis.
- Course inclusions cannot be exchanged or transferred.

Assessment Methods:

This course is assessed using a combination of written assessments and practical skills observations.

International Students

Education agents can act on our behalf to recruit students. This course has no attendance monitoring requirements. Progress is monitored for visa compliance purposes. Contact us for more information.

For more information contact:
info@eagleacademy.com.au
or visit:
www.eagleacademy.com.au