

**SIS40221**  
CERTIFICATE IV IN FITNESS

CIV

# BECOME A PERSONAL TRAINER



## TAKE CHARGE OF YOUR CAREER TODAY AND ADVANCE YOUR SKILLS AND EXPERTISE WITH THE SIS40221 CERTIFICATE IV IN FITNESS

VFA Learning's comprehensive Personal Training course will help to amplify your knowledge and fitness skills, building your confidence to take control of your programs and Personal Training clients.

VFA Learning's SIS40221 Certificate IV in Fitness provides you with a comprehensive learning program that teaches you how to run a professional Personal Training business.

You'll dig deeper into the fitness industry, develop business, marketing and communication skills to ensure your personal brand connects with people in any fitness environment.

Because VFA Learning is all about learning through doing, you'll spend plenty of time in the gym, too!

### Career Outcomes

Become a Personal Trainer, helping people to become their best through health and fitness. Benefit from strong industry growth and run your own business or work in a gym or fitness centre – the options are limitless!

### Work Placement

As part of this program students will be required to complete practical work placement. VFA Learning will assist with organising placement where required.

### Learning Pathways

› SIS50321 Diploma of Sport

### Key Areas of Study

In just eight months of full-time study, you'll become certified and ready to train and motivate others. Here's a look at the highlights:

#### › Advanced Programming Techniques

From sports performance to determining the best plans for older adults and children, and injury recovery, the course gives you the most comprehensive understanding of what it takes to become a Personal Trainer.

#### › Resistance Training Methods

You'll learn all the latest processes and improvements in training regimes like: speed agility, flexibility, medicine ball workouts, boxing and circuit training.

#### › Testing Methods

Develop specific testing processes around various topics such as body composition, nutrition, metabolism and more.

#### › Functional Training

Stop injuries before they happen! You'll learn a range of posture assessment tools that can help you teach the best way to perform exercises.

#### › Marketing & Business

Create your personal training brand by utilising sales, marketing and business planning. You will also understand how you can grow your business profile in gyms, studios and group fitness environments. You will learn about management, legal issues, business relationships, record keeping and leadership.

Aboriginal and Torres Strait Islander students as well as students from culturally and linguistically diverse backgrounds are encouraged to apply.



**FIND OUT MORE**  
**Call us today on 1300 304 329**  
[vfalearning.vic.edu.au](http://vfalearning.vic.edu.au)

**LIVE YOUR  
PASSION**

## Course Overview

### SIS40221 CERTIFICATE IV IN FITNESS

**Duration:** 8 Months - Full Time

Each week of training, students will complete:

- > 1 day of classroom-based training (virtual if required) and assessment
- > 1 day of self-directed learning and assessment

Self-directed learning will vary from individual to individual depending upon rate of learning. Full time: 6-12 hours p/wk

**Intake:** September 2024 / May 2025

**Delivery Methods:** Face-to-Face / Classroom-Based with Large Practical Element / Workplace Experience / Self-Directed Learning

**Assessment Methods:** Written Questions / Observations / Case Studies / Assignment / Workplace Logbook

**Delivery Mode:** On-Campus

**Entry Requirements:** Successful completion of VFA Learning Pre-Training Review and approved Language, Literacy and Numeracy (LLN) Test  
  
Successful completion of VFA Learning's Foundations of Fitness, or relevant pre-requisite units

To view student entry procedure of this course, go to [www.vfalearning.vic.edu.au](http://www.vfalearning.vic.edu.au)

**Payment Options:** Payment Plans are available through Debit Success

GOVERNMENT  
FUNDING  
AVAILABLE



## Units of Competency

You must be deemed competent in all units in order to be awarded the qualification in SIS40221 Certificate IV in Fitness

CHCCOM006	Establish and manage client relationships
BSBESB301	Investigate business opportunities
BSBESB302	Develop and present business proposals
BSBESB401	Research and develop business plans
BSBESB402	Establish legal and risk management requirements of new business ventures
SISFFIT034	Assess client movement and provide exercise advice
SISFFIT041	Develop personalised exercise programs
SISFFIT042	Instruct personalised exercise sessions
SISFFIT043	Develop and instruct personalised exercise programs for body composition goals
SISFFIT044	Develop and instruct personalised exercise programs for older clients
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients
SISFFIT046	Plan and instruct online exercise sessions
SISFFIT049	Use exercise science principles in fitness instruction
SISFFIT050	Support exercise behaviour change
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients
SISXICT001	Select and use technology for sport, fitness and recreation work



FOUNDATIONS OF  
FITNESS SHORT COURSE

SIS40221 CERTIFICATE  
IV IN FITNESS

SIS50321 DIPLOMA  
OF SPORT (COACHING)

PERSONAL  
TRAINER

FITNESS  
SPECIALIST

CREDIT  
RECOGNITION

BACHELOR  
OF EXERCISE  
AND SPORTS  
SCIENCE