

FOUNDATIONS OF FITNESS SHORT COURSE

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First step to becoming a Personal Trainer



TAKE THE FIRST STEP INTO YOUR FITNESS CAREER

The Foundations of Fitness (Short Course) will give you the core skills and knowledge needed to help train people in the gym. This introductory program provides a great foundation to further your studies with the SIS40221 Certificate IV in Fitness.

This program will help you build a strong foundation in all kinds of training techniques like cardio, circuit training, flexibility, resistance training and training groups.

You will also learn how to instruct using basic fitness equipment, develop general fitness programs and provide advice to clients.

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

Work Placement

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

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

Learning Pathway

› SIS40221 Certificate IV in Fitness

Students will achieve a Statement of Attainment on successful completion of the units of competency delivered in this short course. This is not a full qualification but will provide students with the prerequisite units required for entry into the SIS40221 Certificate IV in Fitness.

Key Areas of Study

› Exercise Assessment & Programming

Learn how to develop, manage and instruct fitness programs for clients of all ages.

› First Aid

Get critical skills in first aid so you can provide support and management in case someone you're working with gets injured during exercise.

› Body Structure & Function

Understand how the human body works and learn the body systems and terminology that apply to instructing people.

› Communication & Leadership

One of the most important elements of being a fitness professional is being able to help people both physically and emotionally, which is why we spend time helping you develop a confident and positive attitude to get clients over personal barriers.



**SPORT +
FITNESS**

FIND OUT MORE

Call us today on 1300 304 329

vfalearning.vic.edu.au

**LIVE YOUR
PASSION**

Course Overview

SHORT COURSE - FOUNDATIONS OF FITNESS

Each week of training, students will complete:

- > 2 days of classroom-based training and assessment
- > 1 day of self-directed learning and assessment

Duration: 8 Weeks - Full Time

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

Course Starts: June 2025

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

Assessment Methods: Written Questions / Demonstrations & 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

To view student entry procedure of this course, go to www.vfalearning.vic.edu.au

Payment Options: Payment Plans are available through Debit Success



Units of Competency

HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information

These units come from the SIS30321 Certificate III in Fitness package and are pre-requisite units for SIS40221 Certificate IV in Fitness



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