



SIS40221 - CERTIFICATE IV IN FITNESS

CRICOS Course Code: 089272G

The Certificate IV in Fitness is made up of 17 units of competencies, the following table lists the units included in ALG's course:

Unit Code	Unit Title
SISFFIT041	Develop personalised exercise programs
SISFFIT051	Establish and maintain professional practice for fitness instruction
SISFFIT053	Support healthy eating for individual fitness clients
SISFFIT050	Support exercise behaviour change
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
SISXCAI010	Develop strength and conditioning programs
SISFFIT049	Use exercise science principles in fitness instruction
BSBLDR414	Lead team effectiveness
BSBESB301	Investigate business opportunities
SISXCAI009	Instruct strength and conditioning techniques
BSBCMM411	Make presentations
BSBCRT411	Apply critical thinking to work practices
CHCDIV001	Work with diverse people
CHCCOM006	Establish and manage client relationships