

Certificate IV in Fitness (SIS40215)

CRICOS Course Code: 089272G

The Certificate IV in Fitness is made up of 20 units of competencies, which are made up of 12 core and 8 elective units, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
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
SISFFIT023	Instruct group personal training programs
SISFFIT025	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
BSBSMB401	Establish legal and risk management requirements of small business
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
BSBSMB420	Evaluate and develop small business planning
SISXCAI009	Instruct strength and conditioning techniques
SISXCCS003	Address client needs
SISXCAI005	Conduct individualised long-term training programs
SISXCAI010	Develop strength and conditioning programs