



# CERTIFICATE IV IN FITNESS

## The Australian Institute of Fitness - The #1 Fitness Educator

The Australian Institute of Fitness is the first and largest training provider for the Australian fitness industry. We've been leading the pack for over 30 years now, giving our graduates the technical, industry and business knowledge, and customer service and communications skills that let them build the type of well-rounded careers that others can't match.

## WHY CHOOSE AIF?

- ▶ Become a qualified Personal Trainer with the most recognised fitness qualification in the industry
- ▶ Interactive, fun course work developed and delivered by industry-leading Coaches
- ▶ Tailored to what employers are looking for
- ▶ Access the Diamond Fitness facility 6 days a week

### CONTACT:

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**Qualification Outcome:** SIS40221 Certificate IV in Fitness

**Study Mode:** Blended (Face-to-face at Diamond Fitness & online study)

**Duration:** School Academic Year - attendance 1 day per week during school term

Get qualified as a Personal Trainer with the industry's most recognised training provider and turn your love for fitness into a rewarding career! If you are passionate about helping others achieve their health and fitness goals, do what Michelle Bridges and countless other successful graduates did and become a Personal Trainer at AIF!

Our Personal Trainer course offers interactive, fun course work and the latest fitness knowhow, developed and delivered by industry leaders and expert Coaches. This program covers all the fitness fundamentals plus much more, including nutritional guidance, anatomy, physiology, how

to prescribe exercise as well as training principles and solutions for a range of groups and special populations such as adults, adolescents, older adults, amateur athletes and people with body composition and endurance based goals.

Business will also be a key focus where you will learn how to setup and prepare for your own small business, and learn basic sales and marketing skills necessary to acquire clients. The course will also teach you how to select and use technology for sport, fitness and recreational work plus how to provide motivation to positively influence exercise behaviour.

## WHO SHOULD ATTEND?

- ▶ Those who are passionate about fitness, and want to make it their career
- ▶ Those who want to help others achieve their fitness goals and change lives
- ▶ Those interested in the receiving the highest quality education in fitness, superior learning support and the greatest opportunities to start a successful fitness career

## ENTRY REQUIREMENTS

To be eligible for this course, students must have completed the relevant entry requirement units from SIS30321 Certificate III in Fitness with supporting evidence, have a computer and internet access, be over 17 years old, and meet AIF's acceptance criteria, which includes an eligibility interview and demonstrating satisfactory levels of language, literacy and numeracy.

## TRAINING AND ASSESSMENT

The AIF's Personal Trainer course includes over 45 delivery sessions, with knowledge checks and assessment challenges.

## UNITS OF COMPETENCY

- ▶ **CHCCOM006** Establish and manage client relationships
- ▶ **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

- ▶ **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
- ▶ **BSBESB401** Research and develop business plans
- ▶ **BSBESB301** Investigate business opportunities
- ▶ **BSBESB404** Market new business ventures
- ▶ **SISFFIT034** Assess client movement and provide exercise advice
- ▶ **SISXCAI005** Conduct individualised long-term training programs
- ▶ **SISXICT001C** Select and use technology for sport, fitness and recreation work
- ▶ **SISFFIT046** Plan and instruct online exercise sessions

## CAREER OPPORTUNITIES

- ▶ Personal Trainer
- ▶ Outdoor Trainer
- ▶ Personal Training Manager

## CURRENT DEMAND

With obesity and other diseases linked to inactivity on the rise in Australia, the importance of fitness education and personal training services are essential now more than ever.

At AIF, it is our mission to train our students to be Warriors against SeDs (Sedentary Death Syndrome) to activate a nation to stay fit and healthy. As exercise is now widely recognised as both a pre-habilitative solution and a rehabilitative solution for chronic lifestyle diseases more Doctors are prescribing exercise to their clients, increasing the demand for highly skilled PTs.

Personal training is no longer seen as a luxury service and as the fitness industry continues to grow, the uptake of personal training services has never been greater!

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