UOW COLLEGE AUSTRALIA

SIS40221 Certificate IV in Fitness

(Release 2)



Course Outline

uowcollege.edu.au

UOW College is a registered business name of UOWC Ltd. **ABN:** 14 105 312 329 **RTO:** 91159 **CRICOS:** 02723D

1. Course description

The SIS40221 Certificate IV in Fitness will build on your existing knowledge to advance your career in the health and fitness industry. You'll graduate in 5 months with a Nationally Recognised Qualification equipped to work as fully qualified personal trainer.

This qualification reflects the role of personal trainers who design, deliver, and evaluate personalised exercise programs for generally healthy and low-risk clients to help them achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals.

Personal trainers work independently, applying advanced fitness knowledge and skills in both routine and unpredictable situations. They use well-developed communication and collaboration skills to engage with clients and health professionals, aiming to improve client fitness outcomes.

Graduates of this qualification can work as employed or self-employed personal trainers in a variety of settings, including:

- Fitness facilities and gyms
- Leisure and community centres
- Client workplaces and homes
- Outdoor environments

Personal trainers may provide services to individuals or groups, and may also offer online training. In some roles, they may take on team leadership or supervisory responsibilities.

This course is designed for domestic students studying in Australia.

2. How you'll learn

- **Face-to-face** – on campus (Wollongong)
- **Distance learning** – facilitated online learning with practical days on campus (Liverpool and Wollongong)
- **Traineeships** – earn and learn in the workplace (available across NSW)

In addition to scheduled classes, you'll need to dedicate up to 12 hours of additional study per week. This includes time for reading, completing assessment tasks, and viewing online content. Be sure to plan out your weekly schedule.

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3. Delivery and class attendance

UOW College offers a number of flexible options for students to access this qualification.

Face to Face

- UOW College Australia @ UOW Wollongong Campus, Northfields Ave
- Wednesday 12.30pm – 3.30pm and
- Thursday and Friday 8.30am-3.30pm
- Duration 5 months

Mixed Mode

- Monday 6-8pm online class via Webex and,
- Tuesday 7-8pm online class via Webex and,
- 6 Saturday workshops (8.30am-3.30pm) over the 5 months @ UniActive gym, UOW Wollongong Campus, Northfields Ave, Wollongong or Whitlam Leisure Centre, Liverpool.
- Duration 5 months

Traineeship

- Typically online classes and workplace for practical assessments
- Duration 12 – 18 months

To ensure students have sufficient class time to learn and understand course requirements, UOW College requires a minimum of 80% class attendance. Students who do not meet this minimum will be identified as 'at risk' and measures put in place to assist course progression.



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4. Entry requirements

Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded by these units:

Unit Code	Unit Name
HLTAID011	Provide First Aid
HTLWHS001	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 program for individual clients
SISFFIT052	Provide healthy eating information
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise



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5. Units of Competency

Students are required to study 17 units throughout the duration of this course and complete 40 hours of work placement.

Unit Code	Unit Name
Core	
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
Elective	
BSBESB301	Investigate business opportunities
BSBESB302	Develop and present business proposals
BSBESB401	Research and develop business plans
BSBLDR414	Lead team effectiveness
SIRXOSM002	Maintain ethical and professional standards when using social media and online platforms
SISFFIT034	Assess client movement and provide exercise advice
SISXCAI009	Instruct strength and conditioning techniques

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* Electives subject to change at UOW College discretion in accordance with training package rules and industry requirements.

6. Work Placement

Work placement allows you to practice and develop your skills. This qualification recommends 40 hours of work placement which is undertaken towards the end of the course. UOW College will organise your placement, you will be asked to provide details of your preferred location and type, and any contacts you may already have.

7. What you will need

- Laptop (and charger) with Microsoft Office installed
- Practical classes - Notepad, Pen, Water bottle, Lunch & Gym attire (including enclosed shoes), Towel

8. Student expectations, conduct and academic integrity

- UOWC has standards, codes, policies, guidelines, procedures and other requirements which specify acceptable and unacceptable student conduct, to provide a safe learning environment for all.
- Academic integrity is a core value at UOW. It involves acting with honesty, fairness, trust and responsibility and requires respect for knowledge and its development. All work submitted for this course must be your own.
- You will need to notify the Trainer if you are running late or not attending via email or Webex platforms.
- Missed practical assessments must have a medical certificate or statutory declaration.
- It is a mandatory requirement of this course that students participate in all practical learning experiences to develop required industry knowledge and skills.
- Demonstrate professionalism; punctuality, effective communication skills, active listening, role modelling, leadership and respect for all staff and peers.

9. Pathways

Upon successful completion of this course, you may progress into the following UOW College course:

- Diploma of Medical and Health Science Fast Track

After you have successfully completed this Diploma program, you will gain guaranteed* entry into the second year of a Bachelor of Exercise Science, Bachelor of Nutrition Science or Bachelor of Medical and Health Sciences.

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*Guarantee is subject to meeting UOW entry requirements.



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