



# PERSONAL TRAINER

Certificate IV in Fitness [SRF40206]



Likely functions within the fitness industry for those who have this level of competency include working independently at a broad range of venues with a variety of different client groups. Persons with this level of competency have the ability to plan, conduct and evaluate activities of self and others. Persons with this level of competency have the ability to deal with unpredictable and non-routine situations. Those who complete the Certificate IV in Fitness will develop the following knowledge and skills:

- ✦ plan and program exercise for fitness industry clients;
- ✦ utilise a broad knowledge of exercise science principles in fitness training;
- ✦ undertake basic postural appraisals to evaluate clients posture, functional range of movement and muscle strength and weakness in preparation for the development of an exercise program;
- ✦ use, maintain and demonstrate the use of a broad range of fitness equipment;
- ✦ provide exercise for low risk clients with common medical, injury or health conditions, after referral from and under the supervision of medical and health professionals and as part of a team of health and medical professionals;
- ✦ analyse client behaviours and recommend strategies for exercise adherence;
- ✦ provide basic information about healthy eating and design exercise plans and programs to reduce the level of body fat in clients; and,
- ✦ plan and deliver exercise for different client groups (such as those with disabilities or a specific fitness activity interest), different environments (such as in a community setting) or for specific populations (such as gentle exercise).

**Employability Skills:** A summary of the employability skills developed through this qualification can be downloaded from <http://employabilityskills.training.com.au>.

- Subjects Include:**
- Foundations of Sport, Recreation, and Fitness Administration
  - Advanced Fitness Instruction
  - Fitness Instruction to Specific Populations
  - Motivational Psychology for Physical Activity
  - Nutrition and Body Composition
  - Planning and Delivering Personal Training

**Electives can include Units of Competency from the following areas:**

- ✦ Coaching & instruction
- ✦ Community development
- ✦ Sales and marketing
- ✦ Leisure & health programming
- ✦ Small Business
- ✦ Events and facilities
- ✦ General Coaching Principles
- ✦ Massage therapy
- ✦ Human resources
- ✦ Strength and conditioning



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To meet the requirements for the Certificate IV in Fitness, students must complete the following:

**CORE** (all must be completed)

BSBCMN402A	Develop work priorities
ICAITU006C	Operate computing packages
SRXGCSO06A	Address client needs
SRXGCST05A	Coordinate client service activities
SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation industry
SRXINU004A	Promote compliance with laws and legal principles
SRXOGN001A	Conduct projects
SRXOHS002B	Implement & monitor the organisation's Occupational Health & Safety policies, procedures & programs
SRXRIK001A	Undertake risk analysis of activities

**STREAM** (all must be completed)

SRFFIT007B	Undertake relevant exercise planning and programming
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
SRFFIT009B	Undertake postural appraisal of low risk clients
SRFFIT010B	Utilise a broad range of fitness equipment
SRFFIT011B	Provide exercise for fitness industry clients with special requirements
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients
SRFFIT013B	Provide information and exercise related to nutrition and body composition

**SPECIALISATION** (choose one specialisation)

**Aqua Trainer**

SRFAQA002B Instruct water based fitness activities for moderate risk clients and those with specific fitness goals

**Children Trainer**

SRFCHA001A Plan and deliver exercise for children and young adolescents

**Older Adults Trainer**

SRFOLD001B Plan and deliver exercise for older adults

**Personal Trainer**

SRFPTI001B Plan and deliver personal training

**SUGGESTED ELECTIVES**

The student must also complete four (4) elective units of competency from any Training Package within the Sport and Recreation Industry or from any other endorsed Training Package from any other industry. Your choices include but are not limited to the following:

Community Programs	CHCCD2B	Provide community education projects
	CHCCD4C	Develop and implement community programs
	CHCCD13C	Work within specific communities
	CHCINF7B	Meet information needs of the community
Leisure and lifestyle programming	CHCRH1B	Orientation to work in the leisure and health industry
	CHCRH2A	Leisure and health programming
	CHCRH3B	Develop leisure and recreation programs for clients with special needs
	CHCRH4B	Co-ordinate, implement and monitor leisure and health programs
Small Business Management	BSBSBM401A	Establish business and legal requirements
	BSBSBM402A	Undertake financial planning
	BSBSBM403A	Promote the business
	BSBSBM404A	Undertake business planning
Strength and Conditioning	SRSSTC001A	Teach or develop basic skills of strength and conditioning
	SRSSTC002A	Plan and prepare a strength and conditioning program for a competitive athlete
	SRSSTC003A	Operate in accord with accepted strength and conditioning industry health and safety practices
	SRSSTC004A	Operate and maintain strength and conditioning facilities and equipment