



# COURSE OUTLINE

## Fast Track SIS40221 Certificate IV in Fitness

SISFFIT032	Complete Pre-Exercise Screening and Service Orientation
SISFFIT052	Provide Healthy Eating Information
SISFFIT033	Complete Client Fitness Assessments (Release 1)
SISFFIT040	Develop and Instruct Gym-based Exercise Programs for Individual Clients
SISFFIT047	Use Anatomy and Physiology Knowledge to Support Safe and Effective Exercise
SISFFIT035	Plan Group Exercise Sessions
SISFFIT036	Instruct Group Exercise Sessions
HLTWHS001	Participate in Workplace Health and Safety
SISFFIT041	Develop Personalised Exercise Programs
SISFFIT042	Instruct Personalised Exercise Sessions
SISFFIT043	Develop and Instruct Personalised Exercise Programs for Body Composition Goals
SISFFIT049	Use Exercise Science Principles in Fitness Instruction
SISFFIT053	Support Healthy Eating for Individual Fitness Clients
SISFFIT044	Develop and Instruct Personalised Exercise Programs for Older Clients
SISFFIT051	Establish and Maintain Professional Practice for Fitness



## SIS40221 Certificate IV in Fitness (continue)

SISFFIT045	Develop and Instruct Personalised Exercise Programs for Adolescent Clients
SISFFIT050	Support Exercise Behaviour Change
SISXCAI009	Instruct Strength and Conditioning Techniques
SISXCAI010	Develop Strength and Conditioning Programs
BSBOPS304	Deliver and Monitor a Service to Customers
CHCCOM006	Establish and Manage Client Relationships
BSBESB401	Research and Develop Business Plans
BSBESB402	Establish Legal and Risk Management Requirements of New Business Ventures
BSBESB403	Plan Finances for New Business Ventures
BSBESB404	Market New Business Ventures
HLTAID011	Provide First Aid (Release 1)



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