



# Certificate IV in Fitness

National ID: SIS40221 | State ID:BHE3

## Focus on fitness, indoors, outdoors or even online

If you have a passion for health and fitness and want to help others achieve a healthier lifestyle, Personal Training is the career for you.

The Certificate IV in Fitness provides you with the skills and knowledge to begin your career as a **Personal Trainer**. Learn how to develop safe and effective programs for a range of clients, including older adults, disabilities, teens, sports performance and general populations. You could find yourself working for independent gyms, council run recreation centres, sporting clubs, private companies, or as a self employed sole trader delivering customised one-on-one or group training.

Gain these skills

- Instruct and deliver personal training to a range of clients, including adolescents, seniors, athletes, and those with more complex exercise needs
- Plan and deliver training to change client's body composition (muscle gain and fat loss)
- Planning and marketing your fitness business
- Simple diet analysis, and providing healthy eating advice to clients
- Deliver safe, effective online personal training
- Work closely with medical and allied health professionals, and take control of your own professional development to further your skills
- Understand workplace safety and health practices

## Your qualification prepares you for roles such as:

Fitness Instructor | Personal Trainer | Group personal trainer | Fitness centre manager

Further Study Option(s)

The majority of Personal Trainers registering with Ausactive complete ongoing education and professional development as required component of their ongoing professional registration.

In addition, the qualification also provides a pathway for individuals wishing to acquire higher level qualifications, enrolling in the Diploma of Fitness or transitioning to university, to study Sport Science or Physical Education.

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## Course Overview



Location	Duration	Competitive	Selection criteria
Perth	One semester	No	No selection criteria



Location	Duration	Competitive	Selection criteria
Murdoch	One semester	No	No selection criteria



Location	Duration	Competitive	Selection criteria
Bunbury	One semester	Yes	<u>Academic achievement and work history</u>