

Certificate III in Fitness

Core Units

- BSBCMN302A Organise personal work priorities and development
- BSBFLM303A Contribute to effective workplace relationships
- ICAITU006C Operate computing packages
- SRXFAD002A Provide advanced first aid response
- SRXGCSO04A Meet client needs and expectations
- SRXGCST03A Process client complaints
- SRXINU002A Apply sport and recreation law
- SRXOHS001B Follow defined Occupational Health & Safety policies and procedures
- SRXRIK001A Undertake risk analysis of activities

Stream Units

- SRFFIT001B Provide orientation to clients prior to undertaking fitness program
- SRFFIT003B Undertake client induction and screening
- SRFFIT004B Develop basic fitness programs
- SRFFIT005B Apply basic exercise science to exercise instruction
- SRFFIT006B Use and maintain core fitness industry equipment
- SRFFIT014B Provide advice to clients on the application of basic anatomy and physiology to fitness programs
- SRFFIT015B Provide nutrition advice to clients in accordance with recommended guidelines
- SRFGYM001B Instruct fitness activity skills to a client using fitness equipment
- SRFSP002A Develop and apply an awareness of specific populations to exercise delivery
- SRXGRO003A Provide leadership to groups

Specialisation

- SRFGEX001A Plan and instruct a group exercise class

Electives

- SRSCGP002A Include special interest groups or people with special needs
- SRXGRO001A Facilitate a group
- SRFGEX001A Plan and instruct a group exercise class
- SRFGYM002B Customise gym instructional skills to include specific areas of expertise current in the fitness industry

Certificate IV in Fitness

Core Units

- BSBCM402A 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 and monitor the organisations' Occupational Health & Safety policies, procedures and programs
- SRXRIK001A Undertake risk analysis of activities

Stream Units

- 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

- SRFPTI001B Plan and deliver personal training

Electives

- SRXCAI008B Plan and prepare an individualised long-term training program
- SRFOLD001B Plan and deliver exercise for older adults
- BSBSBM405A Monitor and manage business operations
- SRSSTC001A Teach or develop basic skills of strength and conditioning