

Certificate III in Fitness

Core Units

BSBCM302A	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
SRFSPP002A	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
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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
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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
SRSTC001A	Teach or develop basic skills of strength and conditioning