



Certificate IV in Fitness

National ID: SIS40215 | State ID:AWN7

Does your dream career involve a lot of exercise?

The **Certificate IV in Fitness** gives you the skills and knowledge you need to be a qualified **personal trainer**.

You will learn how to run your own **business, work with teens**, and conduct **group and outdoor personal training**. You will also learn how to apply the skills of **functional anatomy** and **strength and conditioning techniques** to your training programs.

Many of our graduates go on to have successful fitness careers, working as trainers in gyms, outdoors, or even owning their own studio.

Gain these skills:

- apply anatomy and physiology principles to fitness
- assess fitness levels
- work with medical and allied health professionals
- apply motivational psychology to health and fitness goals
- conduct biomechanical posture screening
- plan and deliver personal and group exercise programs
- deliver exercise programs for seniors
- understand workplace safety and health practice

Your qualification prepares you for roles such as:

Fitness Instructor | Personal Trainer | Fitness Centre Manager | Gym instructor | Physical Fitness Trainer | Aerobics Instructor |

Further Study Option(s)

The majority of Personal Trainers registering with Fitness Australia 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.

[Apply now](#)



Course Overview



Location	Duration	Competitive	Selection criteria
Joondalup (Kendrew Crescent)	One semester	No	No 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
Albany	One semester	No	No selection criteria
Bunbury	One semester	No	No selection criteria