



SIS40215 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 |

Upon graduation, students may obtain registration with the industry peak body (Fitness Australia) as a Personal Trainer in order to gain employment within the fitness industry delivering a range of individualised or group exercise programs to a variety of clients and/or client groups.

Graduates may also operate as sole traders or contractors within gym or recreation centre facility.

[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	Yes	<u>Academic achievement and work history</u>



Location	Duration	Competitive	Selection criteria
Albany	12 months	No	No selection criteria
Esperance	12 months	No	No selection criteria

Please contact the college to receive an indicative price for this course.

VET Student Loans

VET Student Loans is the new program that replaces the current VET FEE HELP scheme.

Eligible students will be entitled to apply for a VET Student Loan. Comprehensive information on VET Student Loans can be found on the Australian Government website education.gov.au/vet-student-loans

International students

Fees, charges, available locations, applications, and enrolment procedures for international students are different to those applicable to local students.



International students can only study full-time.

For information on international student fees and application, please follow this link to the TAFE International WA website www.tafeinternational.wa.edu.au