

Entry Requirements

Diploma of Fitness Application

Enrolment in the *Diploma of Fitness* is reserved for students that meet the entry requirements of the training package. The *Diploma of Fitness* qualifies graduates as a Specialised Exercise Trainer, so must meet high standards for entry and graduation of the qualification.

This qualification is designed for those existing fitness professionals who have considerable experience in exercise delivery. Entry to this qualification is open to those who have achieved the following units of competency and have significant vocational experience in the fitness industry:

- SISFFIT415A** Work collaboratively with medical and allied health professionals
- SISFFIT416A** Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
- SISFFIT417A** Undertake long term exercise programming
- SISFFIT418A** Undertake appraisals of functional movement
- SISFFIT419A** Apply exercise science principles to planning exercise
- SISFFIT420A** Plan and deliver exercise programs to support desired body composition outcomes
- SISFFIT421A** Plan and deliver personal training
- BSBSMB401A** Establish legal and risk management requirements of small business

To fulfil the requirements of entry into the Diploma applicants must submit:

1. Evidence of Certificate IV in Fitness, including the pre requisite units
2. Evidence of a Current "Apply First Aid" qualification
3. Evidence of programming for a diverse range of clients outlined in the checklist below.
 - Program for Athlete
 - Program for Older adult
 - Program for previously inactive client
 - Program for client referred by health professional
 - Circuit Program
 - Flexibility Program
 - Weight Loss Program
 - Program for Special Populations Client (Pre or post natal client, asthma, high BP).
 - Cross training program (incorporating swissball, functional training)
 - Advanced Strength Training Program

Applicants must also include a letter of reference from a gym manager or client, endorsing their experience as a trainer.

Certificate IV in Fitness Pre Requisites

Enrolment in the *Certificate IV in Fitness* is reserved for students that meet the entry requirements of the training package.

Entry to this qualification is open to those who hold a current first aid qualification and current CPR certificate and who have achieved the following units of competency:

- SISFFIT301A** Provide fitness orientation and health screening
- SISFFIT302A** Provide quality service in the fitness industry
- SISFFIT303A** Develop and apply an awareness of specific populations to exercise delivery
- SISFFIT304A** Instruct and monitor fitness programs
- SISFFIT305A** Apply anatomy and physiology principles in a fitness context
- SISFFIT306A** Provide healthy eating information to clients in accordance with recommended guidelines
- SISFFIT307A** Undertake client health assessment
- SISFFIT308A** Plan and deliver gym programs
- SISXOHS101A** Follow occupational health and safety policies
- SISXRSK301A** Undertake risk analysis of activities