

Diploma of Fitness (SIS50215)



1 semester full-time



Blended learning with tutorials, online course material and practical assessments



Gain essential business management and fitness industry-targeted skills



Option to link your industry placement to your current sport industry workplace



Completing the Diploma of Fitness will make you eligible to register with Fitness Australia as a Specialised Trainer



Access CIT Fit & Well gym and CIT Bruce sports hall throughout your workshop

Stage 1 (Skills Set A)	Stage 2 (Skills Set B)	Stage 3 (Skills Set C)	Stage 4 (Skills Set D)
Advanced Fitness Anatomy , Physiology and Health Promotions	High Performance and Advanced Fitness Training Principles	Advanced Fitness Nutrition, Programming and Injury Management	Improve Professional Practice in Fitness Business Management
Units of Competency <ul style="list-style-type: none"> ▶ SISFFIT027 Conduct health promotion activities ▶ HLTPOP402C Assess readiness for and effect behaviour change ▶ SISFFIT029 Apply anatomy and physiology to advanced personal training 	Units of Competency <ul style="list-style-type: none"> ▶ SISFFIT030 Instruct advanced exercise programs ▶ SISSTC402A Develop strength and conditioning programs ▶ SISSTC301A Instruct strength and conditioning ▶ SISFFIT028 Apply evidence-based practice to exercise programs 	Units of Competency <ul style="list-style-type: none"> ▶ SISSCO307 Provide nutrition information to athletes ▶ SISFFIT031 Implement injury prevention strategies ▶ HLTAID006 Provide advanced first aid 	Units of Competency <ul style="list-style-type: none"> ▶ CHCCOM002 Use communication skills to build relationships ▶ CHCMGT003 Lead the work team ▶ CHCPRP001 Develop and maintain networks and collaborative partnerships ▶ CHCCS007 Develop and implement service programs ▶ CHCPRP003 Reflect on and improve own professional practice ▶ BSBFIM501 Manage budgets and financial plans ▶ BSBPMG522 Undertake project work ▶ BSBRSK501 Manage risk
Skills Set A will incorporate advanced health promotion techniques required to plan and incorporate education activities that promote physical activity for experienced personal trainers.	Skills Set B will develop students' knowledge to assist skills, and knowledge required to plan, instruct and evaluate advanced exercise programs for clients in both controlled and uncontrolled environments within scope of practice.	Skill Set C will assist students in providing athletes and clients nutritional advice as per the Australian Dietary Guidelines. You will learn to incorporate an understanding of injury prevention in fitness instruction, posture and safe exercise technique.	Skill Set D Students will develop the skills and knowledge required to developing, owning and managing a fitness business. Undertake financial management gain the ability to engage consumers, analyse service needs and manage teams and operations in a varied service delivery industry.

For more information contact
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Note for students not working in sports industry:

In this program, industry placement arrangements include opportunities to work in the sports industry to support their learning and skill development. Industry placement will assist learners by allowing them to gain practical skills and knowledge in real industry settings. These opportunities may lead to internships, and employment.