

Semester 1 2024

CIT Campus: Bruce

Block Code: FITPTIV			
TERM 1 – 5 th February – 12 th April 2024			
Class time:	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Individual Client Nutrition Term 1: Weeks 1 - 10 Teacher: TBC Room: B03b	Orientation Session Term 1 New enrolments only Week 1: 5 th February 5:30pm Room: B03b	Strength & Conditioning Term 1: Weeks 1 – 10 Teacher: Marcus Tolley Room: B03b/S&C room
		Strength & Conditioning Term 1: Weeks 2 – 10 Teacher: Marcus Tolley Room: B03b/S&C room	
Mid Term break: 15 th - 26 th April 2024			
TERM 2 – 29 th April – 21 st June 2024			
Class time:	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Personal Training Older Clients Term 2: Weeks 11 - 18 Teacher: Sarah Zeller Room: B03b/Fit and Well	Orientation Session Term 2 New enrolments only Week 11: 30 th April 5:30pm Room: B03b	Movement Assessment Term 2: Weeks 11 – 18 Teacher: Marcus Tolley Room: B03b/Fit and Well
		Programming for Adolescents Term 2: Weeks 12 - 18 Teacher: TBC Room: B03b/Fit and Well	

Semester 2 2024- TBC

CIT Campus: Bruce

Block Code: FITPTIV			
TERM 3: TBC			
Class time:	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Programming for Body Composition Term 3: Weeks 1 - 9 Teacher: TBC Room: B03b/Fit and Well	Orientation Session Term 3 New enrolments only Week 1: TBC 5:30pm Room: B10	Exercise Science Principles Term 3: Weeks 1 - 9 Teacher: Marcus Tolley Room: B03b/S&C room
		Personal Training Essentials Term 3: Weeks 2 - 9 Teacher: Marcus Tolley Room: B03b/Fit and Well	
Mid Term break: TBC			
TERM 4: TBC			
Class time:	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Social Media Essentials Term 4: Weeks 10-14 Teacher: Sarah Zeller Room: B03b/Fit and Well		Fitness Business Essentials Term 4: Weeks 10 – 18 Teacher: Marcus Tolley Room: B03b
	Client Behaviour Change Term 4: Weeks 15 – 18 Teacher: Margaret Everett Room: B03b		

Supervised Gym shifts available for Client Personal Training (Subject to change) Begins from Week 11.				
Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
	7am-9am		7am-9am	
12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am
5:30pm-7:30pm		5:30pm-7:30pm		

Certificate IV in Fitness – Part-time- SIS40221 | C4-HS44

Semester 1 2024

CIT Campus: Bruce

Term 1: 5th February -12th April

Term 2: 29th April- 21st June

Term break: 15th – 26th April

Block Code: FITPTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Individual Client Nutrition	SPRT 945	SISFFIT053	Support healthy eating for individual fitness clients	42042	TBC
Strength & Conditioning	SPRT 813	SISXCAI005	Conduct individualised long-term training programs	42043	Marcus Tolley
	SPRT 946	SISXCAI009	Instruct strength and conditioning techniques	42044	
	SPRT 947	SISXCAI010	Develop strength and conditioning programs	42045	
Movement Assessment	SPRT 931	SISFFIT034	Assess client movement and provide exercise advice	42041	Marcus Tolley
Programming for Adolescents	SPRT 939	SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients	42038	TBC
Personal Training Older Clients	SPRT 938	SISFFIT044	Develop and instruct personalised exercise programs for older clients	42039	Sarah Zeller
	COMM 496	CHCCOM006	Establish and manage client relationships	42040	

Semester 2 2024

CIT Campus: Bruce

Term 3: TBC

Term 4: TBC

Term break: TBC

Block Code: FITPTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C4 Fitness PT Homepage		Marcus, Julian, Sarah & Jerome
Programming for Body Composition	SPRT 937	SISFFIT043	Develop and instruct personalised exercise programs for body composition goals		TBC
Exercise Science Principles	SPRT 941	SISFFIT049	Use exercise science principles in fitness instruction		Marcus Tolley
Social Media Essentials	RETL 303	SIRXMKT002	Use social media to engage customers		Sarah Zeller
Client Behaviour Change	SPRT 942	SISFFIT050	Support exercise behaviour change		TBC
Personal Training Essentials	SPRT 935	SISFFIT041	Develop personalised exercise programs		Marcus Tolley
	SPRT 936	SISFFIT042	Instruct personalised exercise sessions		
Fitness Business Essentials	BUSN 306	BSBESB405	Manage compliance for small businesses		Marcus Tolley
	BUSN 308	BSBESB407	Manage finances for new business ventures		
	SPRT 943	SISFFIT051	Establish and maintain professional practice for fitness instruction		

Supervised Gym shifts available for Client Personal Training (Subject to change)

Begins from Week 11.

Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
	7am-9am		7am-9am	
12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am
5:30pm-7:30pm		5:30pm-7:30pm		

Note: This timetable may change. Classes are only available if numbers permit. Classes are filled on a first come first served basis. For assistance, contact CIT Student Services on (02) 6207 3188 or infoline@cit.edu.au