

Certificate IV in Fitness – Part-time- SIS40221 | C4-HS44 Semester 2 2024

Term 3 Timetable: 22nd July – 27th September 2024

Term break: 30th September - 11th October 2024

CIT Campus: Bruce

Block Code: FITPTIV			
Orientation Session for New Term 3 enrolments only. Week 1: Monday 22 nd July, 5:30pm-7pm. Room: B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.			
Class time:	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Programming for Body Composition Term 3: Weeks 2 - 10 Teacher: Julian Everett Room: B03b/Gym	Personal Training Essentials* Term 3: Weeks 1 - 10 Teacher: Marcus Tolley Room: B03b/Gym	Finance for Fitness Businesses Term 3: Week 1 Teacher: Marcus Tolley Room: B03b/Flexible**
			Exercise Science Principles Term 3: Weeks 2 - 10 Teacher: Marcus Tolley Room: B03b/S&C room

Term 4 Timetable: 14th October – 6th December 2024

Orientation Session for New Term 4 enrolments only. Week 11: Monday 14 th October, 5:30pm-7pm. Room: B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.			
Class time:	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Social Media Essentials Term 4: Weeks 12 - 14 Teacher: TBC Room: B03b/Flexible**		Compliance for Fitness Businesses Term 4: Week 11 Teacher: Marcus Tolley Room: B03b/Flexible**
	Client Behaviour Change Term 4: Weeks 15 – 18 Teacher: Margaret Everett Room: B03b/Flexible**		

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

* A Working With Vulnerable People Check is required to complete practical components of this course.

**Flexible subjects: These subjects are delivered in various modes: face-to-face, on-the-job, and online throughout the whole term. Your teacher will outline student attendance requirements.

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Semester 1 2025

Term 1 Timetable: TBC

Term break: TBC

CIT Campus: Bruce

Block Code: FITPTIV			
Orientation Session for New Term 1 enrolments only. Week 1: Monday TBC, 5:30pm-7pm. Room: B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.			
Class time	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Individual Client Nutrition Term 1: Weeks 2 - 10 Teacher: Julian Everett Room: B03b/Flexible**	Strength & Conditioning Term 1: Weeks 1 – 10 Teacher: Marcus Tolley Room: B03b/S&C room	Strength & Conditioning Term 1: Weeks 1 – 10 Teacher: Marcus Tolley Room: B03b/S&C room

Term 2 Timetable: TBC

Orientation Session for New Term 2 enrolments only. Week 11: Monday TBC, 5:30pm-7pm. Room: B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.			
Class time	Monday	Tuesday	Wednesday
5:30pm – 8:30pm	Personal Training Older Clients* Term 2: Weeks 12 - 18 Teacher: TBC Room: B03b/Gym	Programming for Adolescents Term 2: Weeks 11 - 18 Teacher: TBC Room: B03b/Gym	Movement Assessment Term 2: Weeks 11 – 18 Teacher: Marcus Tolley Room: A01/Gym

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Semester 2 2024

Term 3: 22nd July – 27th September

Term 4: 14th October – 6th December

Term break: 30th September – 11th October

CIT Campus: Bruce

Block Code: FITPTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C4 Fitness PT Homepage	51010	Marcus, Julian & Jerome
Programming for Body Composition	SPRT 937	SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	51000	Julian Everett
Exercise Science Principles	SPRT 941	SISFFIT049	Use exercise science principles in fitness instruction	51001	Marcus Tolley
Social Media Essentials (Flexible**)	RETL 303	SIRXMKT002	Use social media to engage customers	51002	TBC
Client Behaviour Change (Flexible**)	SPRT 942	SISFFIT050	Support exercise behaviour change	51003	Margaret Everett
Personal Training Essentials*	SPRT 935	SISFFIT041	Develop personalised exercise programs	51008	Marcus Tolley
	SPRT 936	SISFFIT042	Instruct personalised exercise sessions	51009	
Finance for Fitness Businesses (Flexible**)	BUSN 308	BSBESB407	Manage finances for new business ventures	51005	Marcus Tolley
Compliance for Fitness Businesses (Flexible**)	BUSN 306	BSBESB405	Manage compliance for small businesses	51004	Marcus Tolley
	SPRT 943	SISFFIT051	Establish and maintain professional practice for fitness instruction	51007	
Supervised Gym shifts available for Client Personal Training (Subject to change) Begins from Week 11.					
Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays	
7am-9am	7am-9am	7am-9am	7am-9am		
12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am	
5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm		

Semester 1 2025

Term 1: TBC

Term 2: TBC

Term break: TBC

CIT Campus: Bruce

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

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