

Certificate IV in Fitness – Fulltime- SIS40221 | C4-HS44

Semester 1 2024

Term 1 Timetable: 5th February – 12th April 2024

Term break: 15th - 26th April 2024

CIT Campus: Bruce

Block Code: FITFTIV				
Orientation Session		Monday 5th February 10:30am – 1:30pm. Room B03b & H137b Bring suitable exercise attire, laptops with email access and earphones (if available).		
Week	Class Time	Tuesday	Wednesday	Thursday
Week 1 5/2/24	9am – 12pm	Programming for Body Composition Teacher: Julian Everett Room: B03b/Fit and Well	Personal Training Older Clients Teacher: Sarah Zeller Room: B03b/Fit and Well	Client Behaviour Change Teacher: Julian Everett Room: B03b/Flexible
	1pm – 4pm	Exercise Science Principles Teacher: Marcus Tolley Room: B03b/S&C room	Strength & Conditioning Teacher: Jerome Villegas Room: B03b/S&C room/K207	Social Media Essentials Teacher: Sarah Zeller Room: B10/H137b/Flexible (Delivered in the Certificate 3 Fitness)
Week 2 12/2/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Client Behaviour Change
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Tutorials
Week 3 19/2/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Client Behaviour Change
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Tutorials
Week 4 26/2/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Client Behaviour Change
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Tutorials
Week 5 4/3/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Client Behaviour Change
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Personal Training Older Clients
Week 6 12/3/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Personal Training Older Clients
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Personal Training Essentials Teacher: Jerome Villegas Room: B03b/Fit and Well
Week 7 18/3/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Personal Training Older Clients
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Personal Training Essentials
Week 8 25/3/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Personal Training Older Clients
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Personal Training Essentials
Week 9 2/4/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Personal Training Older Clients
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Personal Training Essentials
Week 10 8/4/24	9am – 12pm	Programming for Body Composition	Personal Training Older Clients	Personal Training Older Clients
	1pm – 4pm	Exercise Science Principles	Strength & Conditioning	Personal Training Essentials

Semester 1 2024

Term 2 Timetable: 29th April – 21st June 2024

CIT Campus: Bruce

Block Code: FITFTIV				
Orientation Session		Tuesday 10th October 10:30am – 12:30pm. Room B03b & H137b Bring suitable exercise attire, laptops with email access and earphones (if available).		
Week	Class Time	Tuesday	Wednesday	Thursday
Week 11 29/4/24	9am – 12pm	Orientation session for new Certificate 4 Fitness students. B03b 10:30am-12:30pm	Programming for Adolescents Teacher: Jerome Villegas Room: B03b/Fit and Well	Fitness Business Essentials Teacher: Marcus Tolley Room: B03b/Flexible
	2pm – 5pm	Movement Assessment Teacher: Marcus Tolley Room: B03b/S&C Room	TBC CIT WELLBEING DAY Sports Hall 12:30pm-2pm	Personal Training Essentials
Week 12 6/5/24	9am – 12pm	Individual Client Nutrition Teacher: Julian Everett Room: B03b	Programming for Adolescents	Fitness Business Essentials Online
	2pm – 5pm	Movement Assessment	Strength & Conditioning	Personal Training Essentials
Week 13 13/5/24	9am – 12pm	Individual Client Nutrition	Programming for Adolescents	Fitness Business Essentials Online
	2pm – 5pm	Movement Assessment	TBC Fitness Testing with the Certificate 3 Fitness Students Sports Hall 1pm-3:30pm	Personal Training Essentials
Week 14 20/5/24	9am – 12pm	Individual Client Nutrition	Programming for Adolescents	Fitness Business Essentials Online
	2pm – 5pm	Movement Assessment	Strength & Conditioning	Personal Training Essentials
Week 15 28/5/24	9am – 12pm	Individual Client Nutrition	Programming for Adolescents	Tutorials
	2pm – 5pm	Movement Assessment	Strength & Conditioning	Fitness Business Essentials Online
Week 16 3/6/24	9am – 12pm	Individual Client Nutrition	Programming for Adolescents	Tutorials
	2pm – 5pm	Movement Assessment	Strength & Conditioning	Fitness Business Essentials Online
Week 17 11/6/24	9am – 12pm	Individual Client Nutrition	Programming for Adolescents	Tutorials
	2pm – 5pm	Movement Assessment	Strength & Conditioning	Fitness Business Essentials Online
Week 18 17/6/24	9am – 12pm	Individual Client Nutrition	Programming for Adolescents	Tutorials
	2pm – 5pm	Movement Assessment	Strength & Conditioning	Fitness Business Essentials Online

Flexible subjects: these subjects are delivered in various modes including face-to-face, on-the-job, and online. Your teacher will outline student attendance requirements.

Semester 1 2024

Term 1 Timetable: 5th February – 12th April 2024

Term break: 15th - 26th April 2024

CIT Campus: Bruce

Block Code: FITFTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C4 Fitness FT Homepage	42037	Marcus, Julian, Jerome & Sarah
Programming for Body Composition	SPRT 937	SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	42021	Julian Everett
Exercise Science Principles	SPRT 941	SISFFIT049	Use exercise science principles in fitness instruction	42022	Marcus Tolley
Personal Training Older Clients	SPRT 938	SISFFIT044	Develop and instruct personalised exercise programs for older clients	42023	Sarah Zeller
	COMM 496	CHCCOM006	Establish and manage client relationships	42024	
Personal Training Essentials	SPRT 935	SISFFIT041	Develop personalised exercise programs	42025	Jerome Villegas
	SPRT 936	SISFFIT042	Instruct personalised exercise sessions	42026	
Strength & Conditioning	SPRT 813	SISXCAI005	Conduct individualised long-term training programs	42027	Jerome Villegas
	SPRT 946	SISXCAI009	Instruct strength and conditioning techniques	42028	
	SPRT 947	SISXCAI010	Develop strength and conditioning programs	42029	
Client Behaviour Change	SPRT 942	SISFFIT050	Support exercise behaviour change	42030	Julian Everett
Social Media Essentials (Delivered in the Certificate 3 Fitness)	RETL 303	SIRXMKT002	Use social media to engage customers	42016	Sarah Zeller

Semester 1 2024

Term 2 Timetable: 29th April – 21st June 2024

CIT Campus: Bruce

Block Code: FITFTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C4 Fitness FT Homepage	42037	Marcus, Julian, Jerome & Sarah
Individual Client Nutrition	SPRT 945	SISFFIT053	Support healthy eating for individual fitness clients	42031	Julian Everett
Movement Assessment	SPRT 931	SISFFIT034	Assess client movement and provide exercise advice	42032	Marcus Tolley
Programming for Adolescents	SPRT 939	SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients	42033	Jerome Villegas
Fitness Business Essentials	BUSN 306	BSBESB405	Manage compliance for small businesses	42034	Marcus Tolley
	BUSN 308	BSBESB407	Manage finances for new business ventures	42035	
	SPRT 943	SISFFIT051	Establish and maintain professional practice for fitness instruction	42036	
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			

DRAFT