

Certificate IV in Fitness – part time (SIS40215)

Semester 1 and 2 2022

Program Code: C4-HS19

Block code: FITPTIV

Semester 1 Dates: 7 February – June 17 2022

Mid Semester 1 Break: April 11 – April 25

Semester 2 Dates: July 25 – December 9

Mid Semester 2 Break: September 26 – October 7



Tuesday Evenings		Time: 5:30pm to 8:30pm	
		Room: B03	
Semester 1 - Programming for Body Composition & Motivation			
Weeks 1-6			
Teacher: TBA			
SISFFIT016	SPRT 879	Provide motivation to positively influence exercise behaviour	82974
SISFFIT0020	SPRT 882	Instruct exercise programs for body composition goals	82975
Semester 1 - Eat for Health & Exercise			
Weeks 7 -12			
Teacher: TBA			
SISFFIT0025	SPRT 885	Recognise the dangers of providing nutritional advice to clients	82976
SISFFIT0026	SPRT 886	Support healthy eating through the Eat for Health Program	82977
Semester 1- Fitness Programs and Young People			
Weeks 13- 18			
Teacher: TBA			
SISFFIT013	SPRT 877	Instruct exercise to young people aged 13 - 17 years	82982
Semester 2 - Strength & Conditioning:			
Weeks 1-18			
Teacher: TBA			
SISSTC301A	SPRT 794	Instruct S&C techniques	-
SISSTC402A	SPRT 596	Develop S&C programs	-
SISXCA1005	SPRT 813	Conduct individualised long term training programs	-
SISFFIT024	SPRT 884	Instruct endurance programs	-

Thursday Evenings			Time: 5:30pm to 8:30pm Room: B03
Semester 1 - Personal Training Essentials Weeks 1 - 9 Teacher: TBA			
SISFFIT021	SPRT 735	Instruct personal training programs	82978
SISFFIT023	SPRT 883	Instruct group personal training programs	82979
SISFFIT017	SPRT 880	Instruct long term exercise programs	82980
SISXRES001	SPRT 893	Conduct sustainable work practices in open spaces	82981
Semester 1 - Exercise Science and Functional Movement Weeks 10 -18 Teacher: TBA			
SISFFIT019	SPRT 420	Incorporate exercise science principles into fitness programming	82971
SISFFIT018	SPRT 881	Promote functional movement capacity	82972
SISFFIT015	SPRT 878	Collaborate with medical and allied health professional in a fitness context	82973
Semester 2 - Fitness Business Essentials Weeks 1 – 18 Teacher: TBA			
National Code	Unit Code	Unit Title	CRN
BSBSLS408	SELL 124	Present, secure and support sales	-
BSBSMB403	MGNT 352	Market the small business	-
BSBSMB404	MGNT 356	Undertake small business planning	-
BSBSMB405	MGNT 348	Monitor and manage small business operations	-

Important Notes:

Supervised Fit and Well shifts will commence Week 3 and training of clients must occur during these time.

Students will be required to train two clients for assessment purposes while they are completing their Certificate IV in Fitness. Client training will be carried out in CIT Fit and Well during times when supervising teachers are present. This equates to an additional 4 hours per week to client training. The times and days when client training occurs is negotiated between the student trainer and the client.

The two subjects which have client training are linked to; Personal Training Essentials and Programming for Body Composition and Motivation. Students will be allocated clients from the Fit and Well client list and clients will be required to be trained for at least 6 weeks totalling 12 personal training sessions. The specific assessment requirements for client training will be outlined by your teacher.

CERTIFICATE IV IN FITNESS (SIS40215)

Program code: C4-HS19

BLOCK CODE: FITFTIV

SEMESTER ONE: FEBRUARY 7 – JUNE 17 2022

Mid Semester break: April 11 – April 25 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	
	Weeks 1 – 9 9:00am – 12:00pm Programming for Body Composition & Motivation Room: B03 Teacher: Julian Everett	Weeks 1-8 9:00am – 12:00pm Fitness Programs and Young People Room: K207 Teacher: Jerome Villegas	Weeks 1 – 18 9:00am – 12:00pm Strength & Conditioning Room: K207 & S&C Room Teacher: Jerome Villegas	Weeks 1 – 18 9:00am – 12:00pm Student Tutorial Room: K207 Teacher: Jerome Villegas
	Weeks 10 – 18 9:00am – 12:00pm Eat for Health & Exercise Room: B03 Teacher: Julian Everett	Weeks 9 - 18 9:00am – 12pm Strength & Conditioning Room: A06 (S&C Room) Teacher: Jerome Villegas		
	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	
	Weeks 1 – 18 2:00pm – 5:00pm Exercise Science and Functional Movement Room: B03 Teacher: Marcus Tolley	Weeks 1 – 18 2:00pm – 5:00pm Personal Training Essentials Room: K207 Teacher: Jerome Villegas	Weeks 1 – 18 2:00pm – 5:00pm Fitness Business Essentials Room: K207 Teacher: Marcus Tolley	
	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	Weeks 3 to 18 6:00am to 9:00am Fit & Well Teacher: TBC	

Note: This timetable may change. Classes are only available if numbers permit. Classes are filled on a first come first served basis.

Subject	Teacher	Unit Code	Unit of Competency	National Code	CRN	Additional Time/Training Investment
Exercise Science and Functional Movement	Marcus Tolley	SPRT 420	Incorporate exercise science principles into fitness programming	SISFFIT019	83010	
		SPRT 881	Promote functional movement capacity	SISFFIT018	83011	
		SPRT 878	Collaborate with medical and allied health professional in a fitness context	SISFFIT015	83012	
Fitness Programs and Young people	Jerome Villegas	SPRT 877	Instruct Exercise to young people aged 13 - 17 years	SISFFIT013	83021	
Personal Training Essentials	Jerome Villegas	SPRT 735	Instruct Personal Training Programs	SISFFIT0021	83022	Client Training
		SPRT 883	Instruct group personal training programs	SISFFIT023	83023	
		SPRT 880	Instruct long term exercise programs	SISFFIT017	83024	
		SPRT 893	Conduct sustainable work practices in open spaces	SISXRES001	83025	
Eat for Health & Exercise	Julian Everett	SPRT 885	Recognise the dangers of providing nutritional advice to clients	SISFFIT025	83015	
		SPRT 886	Support healthy eating through the Eat for Health Program	SISFFIT026	83016	
Programming for Body Composition & Motivation	Julian Everett	SPRT 882	Instruct exercise programs for body composition goals	SISFFIT020	83013	Client Training
		SPRT 879	Provide motivation to positively influence exercise behaviour	SISFFIT016	83014	
Strength and Conditioning	Jerome Villegas	SPRT 794	Instruct strength and conditioning techniques	SISSTC301A	83026	
		SPRT 596	Develop Strength & Conditioning Programs	SISSTC402A	83036	
		SPRT 813	Conduct individualised long term training programs	SISXCA1005	83037	
		SPRT 884	Instruct Endurance programs	SISFFIT024	83038	
Fitness Business Essentials	Marcus Tolley	SELL 124	Present, secure and support sales	BSBSLS408	83017	
		MGNT 348	Monitor and manage small business operations	BSBSMB405	83018	
		MGNT 352	Market the small business	BSBSMB403	83019	
		MGNT 356	Undertake small business planning	BSBSMB404	83020	

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- Students will be allocated clients from the Fit and Well client list and clients will be required to be trained for at least 6 weeks totalling 12 personal training sessions. This equates to an additional 4 hours per week to client training. The times and days when client training occurs is negotiated between the student trainer and the client.
- The two subjects which have client training link are:
 - Personal Training Essentials.
 - Programming for Body Composition and Motivation
- The specific assessment requirements for client training will be outlined by your teacher.

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