



## SIS40215 CERTIFICATE IV IN FITNESS

### ABOUT THIS COURSE

Ultimate Pro Fitness Academy (RTO #: XXXXX) is excited to bring you the nationally recognised SIS40215 Certificate IV in Fitness, training package combo - for people with a passion for fitness and helping others achieve their goals. This package includes the 8 units from the SIS30315 Certificate III in Fitness, required as a pre-requisite to the Certificate IV in Fitness (should you wish to complete the remaining 8 units from the Certificate III in Fitness, to achieve both qualifications, this is available for you to do so, self paced, at no extra charge). Successful completion of this course will qualify you to work in a variety of settings as a Personal Trainer or Group Fitness Instructor.

Why train with us? UPFA is backed by PTs and gym owners with decades of experience in the fitness industry, who are passionate about helping you become the best PT you can be.

We offer hands-on practical experience in one of the Gold Coast's most reputable gyms, and ensure you have the support you need in order to become an elite performer.

Not only this, we also include non-accredited training from WickedBodz gym owner, Mark Mathie, covering how to set your pricing, marketing, communication, running group fitness challenges, advanced nutrition, boxing fitness, and specific training for females and kids.

We aren't just about issuing certificates - we pride ourselves on being recognised as producing the highest quality PTs and Group Fitness Instructors in the industry, trainers who know what they're doing, get results for their clients, and build their own reputations as industry leaders

## DELIVERY METHOD & DURATION

UPFA offers the Certificate IV in Fitness course combo by the following delivery method.


### On Campus Plus

The On Campus Plus method is a blend of face to face (2 days per week over 12 weeks for the practical component), plus self-paced distance learning (for the theory component).

The practical component is delivered in the heart of Surfers Paradise, where you will get hands-on education at one of the Gold Coast's most prestigious boutique gyms, learning directly from highly experienced trainers who are actively working with personal training clients.

Outside of the 2 days per week, you will have up to 12 months to complete all theory assessments. You will have access to recorded webinars and tutorials to guide you the assessments, as well as a private Facebook student support group where you can ask questions, put a call out for a study buddy, and more. You will also be able to contact our trainers by phone and email, should you need additional assistance.

Our team of trainers are on hand to fully support you on your journey to becoming a qualified Personal Trainer!

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- ✓ 2 days per week (x12 wks) gym practical
  - ✓ Recorded webinars & tutorials
  - ✓ UPFA shirt
  - ✓ Resit any class any number of times
  - ✓ On campus support
  - ✓ Private PT Facebook Support Group
  - ✓ Trainer support via phone & email
  - ✓ 12 months to complete

## COURSE FEES

\$6,000.00. A non-refundable deposit of \$500 will be due upon enrolment, with the remaining balance to be direct debited from your account on a weekly basis over 12 months.

## ENTRY REQUIREMENTS

There are 8 units of competency from the Certificate III in Fitness, as well as the HLTAID011 Provide first aid & HLTAID009 Perform CPR, required to be completed prior to commencing the Certificate IV in Fitness. These 8 units of competency + First Aid & CPR, are included in our Certificate IV in Fitness package. There are no other entry requirements for this course combo, however it is recommended that participants have a Grade 10 (or equivalent) level of English reading and writing. Participants will be required to undertake practical training and assessment - if you have poor mobility or a current injury, please discuss this with us prior to enrolling.



## OUTCOME

On successful completion of this course, participants will receive the following qualifications from Ultimate Pro Fitness Academy:

- SIS30315 Certificate III in Fitness (Statement of Attainment for 8 units, unless you choose to complete the remaining 8 units, in your own time, to obtain the full qualification)
- SIS40215 Certificate IV in Fitness
- HLTAID009 Perform Cardiopulmonary Resuscitation + HLTAID011 Provide First Aid
- Advanced Nutrition - Statement of Completion (non-accredited training)
- Boxing Fitness - Statement of Completion (non-accredited training)
- Training Females & Kids - Statement of Completion (non-accredited training)

## CAREER PATH

We have chosen a range of elective units including small business management units, instructing group exercise sessions, and developing strength & conditioning programs, that will have you job-ready for the following range of roles:

- Personal Trainer
- Group Fitness Instructor
- Gym Instructor
- Gym Owner



## RESOURCES REQUIRED

You will need the following resources in order to complete the self-paced distance learning component of your training:

- Access to a computer with Microsoft Office
- Access to the internet

## REFUND POLICY

The initial \$500 deposit is non-refundable. Your remaining course fees will be directed debited from your account on a weekly basis until paid in full. UPFA has a 5-day (including weekends/public holidays) cooling off period, during which time you are able to terminate your agreement (prior to course commencement), without any further fees being charged. Outside of the cooling off period, or once your course commences, there are no refunds and you will be obligated to continue paying the prescribed weekly amount.

The 5-day cooling off period begins when the registration is agreed to by all consenting parties (at time of deposit and agreeing to Student Handbook), during which you can terminate your registration or make adjustments to the contract. A written cancellation email is required within the 5-day cooling off period to process any cancellations, please note, all deposits are strictly non-refundable. The cooling off period ceases when any of the following occur:

- 5 days have passed since your registration
- You have attended a class as part of the course of study
- You have accessed any material associated with your course either as hard copy or digital.

Upon concluding the cooling off period (5 days), consenting parties are liable to uphold their respective responsibilities including but not limited to, the completion of study by learners, and the fulfilment of the financial agreement to pay the full course costs. Where a refund applies, UPFA will determine a pro rata costing structure as to ascertain a fair and reasonable cost for trainer delivery course materials and administration fee's up until that date.

Please note, a \$100 fee will apply for every three (3) written overdue payment reminders sent by UPFA, and after three (3) defaults your file will be immediately forwarded to our debt collection department for recovery of the debt, which will incur further fees and may result in potentially diminishing your ability to borrow from a future lender. Upon three (3) defaults all assessment material (copyright to UPFA) must be immediately returned to UPFA. If you are currently attending a course, all overdue course fees must be paid for you to continue attending class. In the event that your file is forwarded to a debt collection agency, a reasonable administration fee will be added to the total debt owed to UPFA. A default may be placed on the student's personal file with a credit reporting agency.

As a general rule no refund is available after the course commencement date. However, UPFA will consider each application on a case by case basis.

If, for any reason, UPFA, or any party delivering training and assessment on our behalf, closes or ceases to deliver any part of the qualification in which a client is enrolled, UPFA will assist the learner in locating another provider or refund the portion of fees for which training and assessment has not been provided.

For more information on our policies and procedures, including support services provided, complaints and appeals processes, disciplinary procedures, student and RTO responsibilities, and more, please see our [Student Handbook](#) (it is a requirement of enrolment with UPFA that you have read this document).

## UNITS OF COMPETENCY

### SIS30315 Certificate III in Fitness:

UPFA have chosen the below units of competency, specialising in subjects for the roles of Group Exercise Instructor and Gym Instructor, should you wish to complete the Certificate III in full. The units highlighted with an asterisk\* are the units you must complete prior to commencing the Certificate IV in Fitness.

#### Core

- SISFFIT001 Provide health screening and fitness orientation\*
- SISFFIT002 Recognise and apply exercise considerations for specific populations\*
- SISFFIT003 Instruct fitness programs\*
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming\*
- SISFFIT005 Provide healthy eating information\*
- SISFFIT014 Instruct exercise to older clients\*
- SISXCCS001 Provide quality service\*
- SISXFAC001 Maintain equipment for activities
- SISXIND001 Work effectively in sport, fitness and recreation environments

#### Electives

- BSBRK401 Identify risk and apply risk management processes
- HLTAID011 Provide first aid
- HLTWHS001 Participate in workplace health and safety
- SISFFIT007 Instruct group exercise sessions
- SISFFIT011 Instruct approved community fitness programs
- SISFFIT006 Conduct fitness appraisals\*
- SISXCAI006 Facilitate groups

### SIS40215 Certificate IV in Fitness

The Certificate IV qualifies you as a PT. Pre-requisites for entry into this course, require you to have completed the above asterisked units, as well as HLTAID011 Provide first aid and HLTAID009 Perform CPR. The remaining units chosen have been selected as the most suitable for a PT role.

#### Core

- SISFFIT013 Instruct exercise to young people aged 13 to 17 years
- SISFFIT015 Collaborate with medical and allied health professionals in a fitness context
- SISFFIT016 Provide motivation to positively influence exercise behaviour
- SISFFIT017 Instruct long-term exercise programs
- SISFFIT018 Promote functional movement capacity
- SISFFIT019 Incorporate exercise science principles into fitness programming
- SISFFIT020 Instruct exercise programs for body composition goals
- SISFFIT021 Instruct personal training programs
- SISFFIT023 Instruct group personal training programs
- SISFFIT025 Recognise the dangers of providing nutrition advice to clients
- SISFFIT026 Support healthy eating through the Eat for Health Program
- SISXRES001 Conduct sustainable work practices in open spaces

#### Electives

- BSBSMB401 Establish legal and risk management requirements of small business
- BSBSMB403 Market the small business
- BSBSMB404 Undertake small business planning
- BSBSMB405 Monitor and manage small business operations
- SISFFIT011 Instruct approved community fitness programs (*credit transfer from Cert III if applicable*)
- SISXCAI005 Conduct individualised long-term training programs
- HLTAID011 Provide first aid
- SISSTC301A Instruct strength and conditioning techniques



## READY TO ENROL?

So you're ready to start the exciting journey of becoming an elite Personal Trainer? Here's what to do, & what happens, next:

1. Enrol via our website - you will be required to read our Student Handbook, and agree to the Terms & Conditions of your enrolment with UPFA. Or you can give us a call on 1300 XXX XXX and we will assist you with the enrolment process.
2. When we receive your enrolment, one of our Student Administration Team will give you a call to:
  - a. ensure you have all of the information you need in order to get started
  - b. check any Language, Literacy & Numeracy requirements
  - c. organise your deposit & payment plan
3. You will then receive an automated Course Confirmation email, confirming your enrolment, your timetable, and giving you any pre-course work administration/work required. Please make sure you check your Junk Mail if you don't receive this email.
4. Congratulations - you're on your way to kicking off your career in the dynamic fitness industry!

