



CERTIFICATE IV

IN FITNESS - (SRF40206)

UNIT	CORE (9 UNITS)
BSBCMN402A	Develop work priorities
ICAITU006C	Operate computing packages
SRXGCSO06A	Address client needs
SRXGCST05A	Coordinate client service activities
SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation industry
SRXINU004A	Promote compliance with laws and legal principles
SRXOGN001A	Conduct projects
SRXOHS002B	Implement and monitor the organisation's Occupational Health and Safety policies, procedures and programs
SRXRIK001A	Undertake risk analysis of activities
UNIT	STREAM (7 UNITS)
SRFFIT007B	Undertake relevant exercise planning and programming
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
SRFFIT009B	Undertake postural appraisal of low risk clients
SRFFIT010B	Utilise a broad range of fitness equipment
SRFFIT011B	Provide exercise for fitness industry clients with special requirements
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients
SRFFIT013B	Provide information and exercise related to nutrition and body composition
Unit	Specialisation (1 Unit)
SRFPTI001B	Plan and deliver personal training
Unit	Electives (4 Units)
SRXCAI008B	Plan and prepare an individualised long-term training program
SRFOLD001B	Plan and deliver exercise for older adults
SRXCAI009B	Conduct, monitor and adjust individualised long-term training programs
SRSSTC001A	Teach or develop basic skills of strength and conditioning