



ACADEMY OF FITNESS  
AND HIGH PERFORMANCE  
AFHP.COM.AU

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# CERTIFICATE IV IN FITNESS

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Kickstart your fitness career with the SIS40221 Certificate IV in Fitness! This nationally recognised qualification equips you with advanced skills to become a Personal Trainer. Learn program design, client assessment, and motivational techniques to help others achieve their goals.

Turn your passion for health and fitness into a rewarding profession today!

A BETTER WAY TO BECOME A FITNESS  
PROFESSIONAL

Academy of Fitness Business Pty Ltd t/a Academy of Fitness and High Performance (AFHP)  
RTO # 32278 | [afhp.com.au](http://afhp.com.au) | [info@afhp.com.au](mailto:info@afhp.com.au)

# YOUR LEARNING PORTAL



ALL your learning material is embedded INTO the assessments with an 'easy to drive' portal. Simply login and start or carry on from where you left off!

Hello, Jimbo! 🐼

SIS40221  
Certificate IV in Fitness

Cert IV 2025 TGS  
Cert IV 2025 TGS 0 of 18 Units Resulted

Overview Units Activities Resources Contact

To Do

Activities 34 Forms 2 Units 9

✓ DEVELOP & INSTRUCT PROGRAMS FOR ADOLESCENTS  
SISFFIT045 | ADOLESCENTS (A1) - QUIZ  
Not Started Attempt 1

✓ DEVELOP & INSTRUCT PROGRAMS FOR ADOLESCENTS  
SISFFIT045 | ADOLESCENTS (A2) - QUIZ - Adolescent eating disorders  
Not Started Attempt 1

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<https://afhp.com.au>  
[info@afhp.com.au](mailto:info@afhp.com.au)  
0478 159 188

Email Call

2 badges available  
Badges

2 certificates available  
Certificates

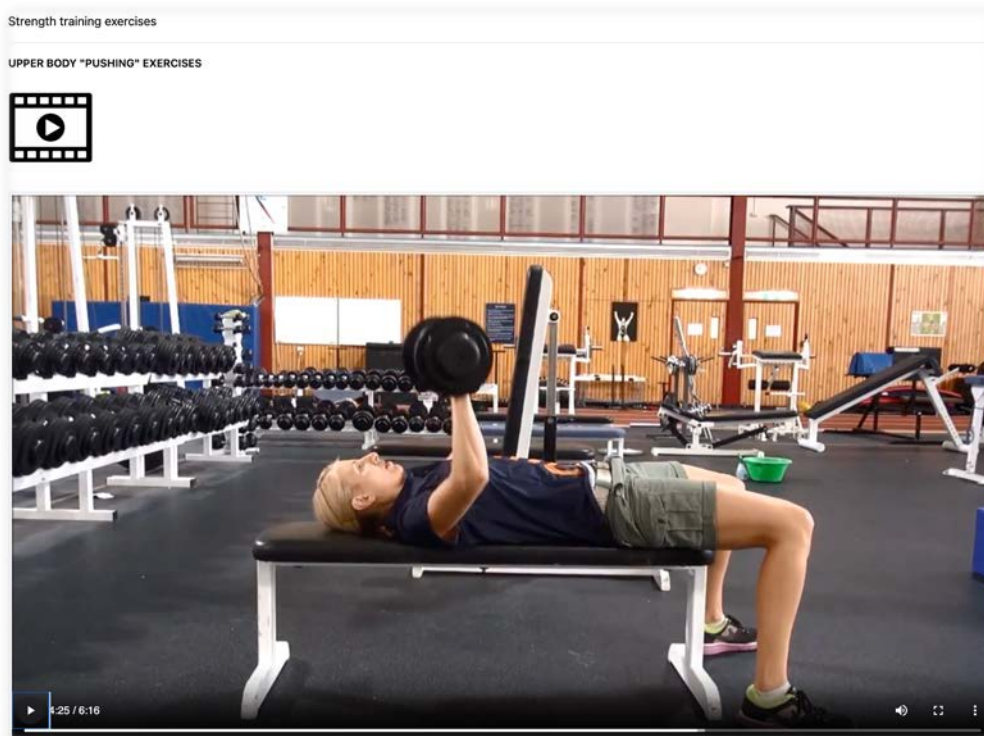
We know everyone learns in different ways, so the learning portal contains instant access to an array of options for learning - we've got all bases covered.

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- ▲ Comprehensive, downloadable learner guides. Use these as you would a textbook - lots of information!

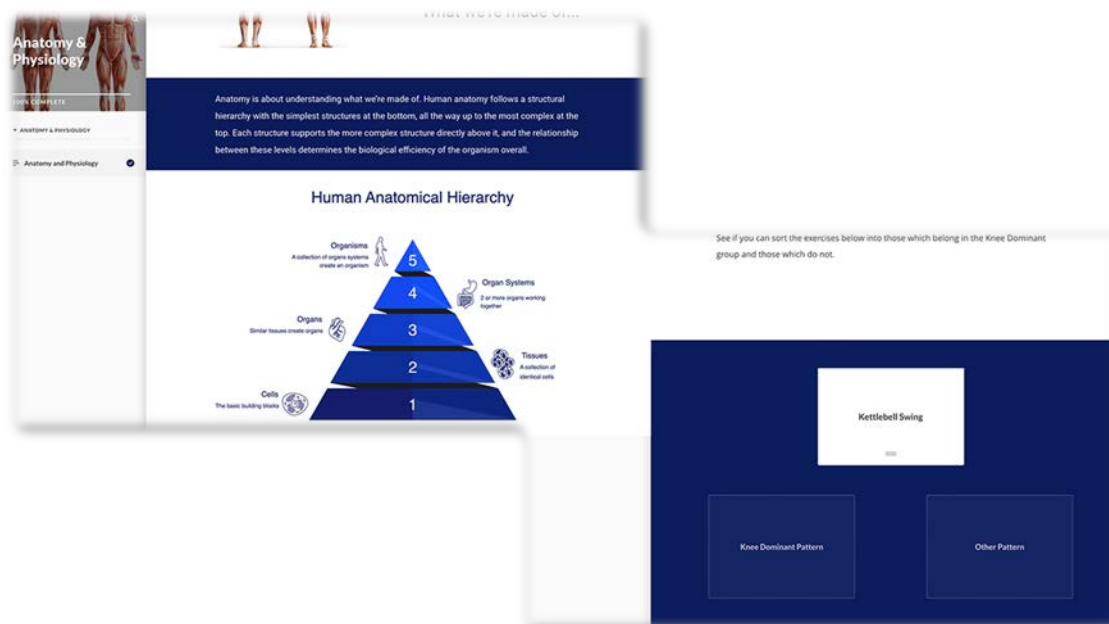


- ▲ Video tutorials and webinars. Sometimes, having something explained to you and shown to you makes more sense than just reading words. Our team of experts have over 40 years of experience in the industry and share their knowledge in all the areas you need to know!

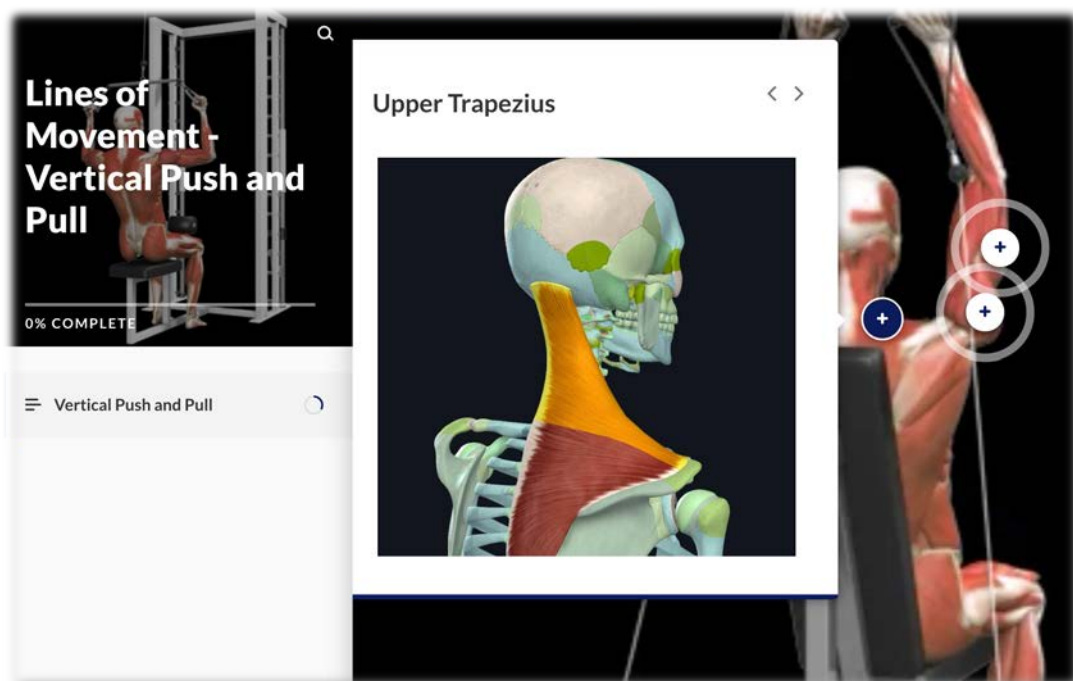




- ▲ Html short courses with learning quizzes. Short, interactive html courses are designed to give you the most relevant information, with short quizzes to test your understanding of the material.

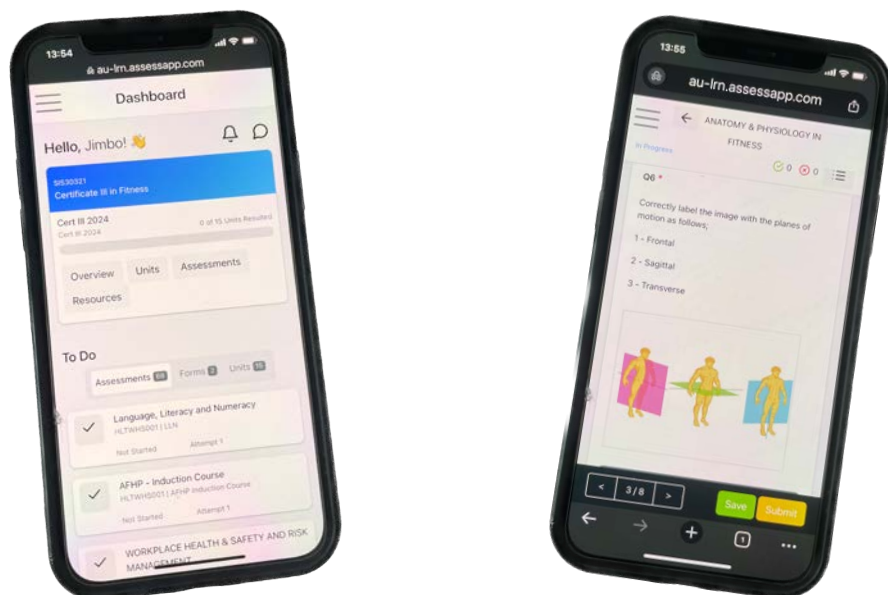


- ▲ Interactive pictures and diagrams. A visual treat to help illustrate critical information.



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- ▶ Direct access through a message portal to teachers assigned to a course and assessors at head office, so asking questions and getting help at any time is quick and simple.
- ▶ You'll have access to an advanced mobile app (iPhone or Android) so access is available anytime, anywhere.



- ▶ Video uploads allow you to SHOW your assessor what you can do and invites you into the world of delivering information in real time – a critical aspect of learning to be a great personal trainer.



All of this makes the process of learning information and translating it into assessments more logical, more relative, and more intuitive.

Assessments are structured to identify three key elements.

## 1. Foundation Knowledge

Multiple choice answers. These are set as a quiz and are auto-marked for immediate response! Six initial attempts allow students the opportunity to correct answers before intervention and assistance from an assessor.

QUIZ

### COACHING PRACTICE IN AUSTRALIAN SPORT



We have provided an introduction video of coaching practices to introduce you to basic coaching practice, and also to assist you with your coaching session delivery in later stages of this unit. Please ensure you watch the video and familiarise yourself with the learner guide in section one prior to attempting the Quiz in this section.



Q1 \*

What were the five (5) tips on presenting and pacing information at a coaching session?

- ☐ Explain a drill or an activity in simple terms
- ☐ Best practise is to formulate, execute, repeat and analyse drills with all age levels
- ☐ Breakdown the information into small presentations and back it up with a demonstration
- ☐ Ask questions of the participants to ensure there is an understanding
- ☐ Use video support for low training age participants so they can view the drills in their own time
- ☐ Get the participants to use the new knowledge in an activity as quickly as possible
- ☐ Remember that young participants cannot process too much information at once and get bored very easily

## 2. Interpretation & Application of Knowledge

Short-answer questions designed to validate the acquired knowledge has been interpreted correctly. Feedback is provided directly in the assessment by the teacher or assessor for easy reference.

### COACHING SESSION STRUCTURES

Q2 \*

What are the six (6) benefits of warm-up exercises as outlined in the learning resources?



1.	
2.	
3.	
4.	
5.	
6.	

### 3. Practical, vocational application

Physical demonstration of skills required. This could be writing programs, demonstrating exercise techniques or instructing participants in sporting activities.

#### VIDEO UPLOAD SECTION



#### **\*\*ALL STUDENTS\*\***

*NOTE: It is not a requirement to film the entire test. The short video files verify that you can complete the tasks required for this assessment.*

Client One Only

*Video 1: Row test or Beep test (60 second file)*

*Video 2: Sit and reach test (30 to 60 second second file)*

*Video 3: Strength Endurance test (choose one only - 30 seconds of footage)*

*Video 4: Strength Test (choose one only - 30 to 60 seconds of footage)*

*Remember to change your iPad/tablet or phone camera settings to the lowest file size or 720p at 30fps*

**ONLINE STUDENTS ARE REQUIRED TO REPEAT THIS VIDEO PROCESS FOR EVERY CLIENT**

#### VIDEO 1

##### ROW TEST (CARDIOVASCULAR TEST)

Here you are required to show how to set the row test for 2000m on the Concept II console.

You are required to demonstrate to the client the correct technique you wish to see during the test. Explain the process of the test to the client and what the results will mean for their fitness level.

Upload file here:



No file chosen

When uploading videos, you can convert them to audio files (i.e remove the images and keep the sound only) by selecting the following button before you upload:

#### Upload a video of your RESISTANCE TRAINING here

*(If the person you have cannot complete the exercises you have chosen at the intensity shown, you may have them complete them at an intensity that is appropriate and safe for them)*



No file chosen

When uploading videos, you can convert them to audio files (i.e remove the images and keep the sound only) by selecting the following button before you upload:

#### MARKING OUTCOME \*

**Please read any feedback from your assessor below. If you have been marked Not Satisfactory, it will contain guidance to help you improve your responses.**

#### ASSESSOR FEEDBACK

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# WHAT WILL I STUDY?

The 17 Units for study in the Certificate 4 in Fitness are selected to provide students with knowledge and skills that encompass all aspects of being a Personal Trainer. There are many elements that are sometimes less obvious, but equally as important in creating a well-rounded and successful fitness professional.



## Use Exercise Science Principles in Fitness Instruction (SISFFIT049)

This unit covers the application of exercise science principles to fitness instruction and program design. It supports key units focused on creating tailored exercise programs for a range of clients, including those with specific goals or age-related needs. Ideal for personal trainers working independently across various fitness settings.

## Develop Strength & Conditioning Techniques (SISXCAI009)

This unit focuses on planning, implementing, and evaluating strength and conditioning programs tailored to individual participant needs. It covers goal setting, exercise selection, supervision, and collaboration with support staff to optimise performance outcomes. Trainers learn to monitor progress, ensure safe practice, and adjust programs based on feedback and assessment results.

## Instruct Strength & Conditioning Techniques (SISXCAI010)

This unit equips trainers with the skills to plan, deliver, and evaluate strength and conditioning sessions tailored to individual needs. It covers fitness assessment, program design, equipment setup, safe instruction, and motivation techniques. Trainers also learn to monitor progress, adjust programs accordingly, and continually improve their own instructional practices.

## Develop Personalised Exercise Programs (SISFFIT041)

This unit focuses on designing personalised exercise programs based on individual client needs, goals, preferences, and medical considerations. It covers building client rapport, planning structured programs and sessions using exercise science principles, and documenting plans to ensure progression, motivation, and adherence throughout the fitness journey.



### **Instruct Personalised Exercise Programs** (SISFFIT042)

This unit teaches how to effectively deliver and monitor individual exercise sessions tailored to client goals and conditions. It includes session preparation, safe and clear instruction, motivation techniques, and ongoing program evaluation and adjustment based on client feedback and progress tracking.

### **Develop and Instruct Personalise Exercise Programs for Body Composition Goals** (SISFFIT043)

This unit focuses on designing and delivering personalised exercise programs to help clients achieve body composition goals. It includes assessing client needs, structuring effective workouts, instructing safe and motivating sessions, and continually evaluating progress. Emphasis is placed on client-centred communication, goal setting, and adapting programs based on results and feedback.

### **Develop and Instruct Personalise Exercise Programs for Older Clients** (SISFFIT044)

This unit focuses on creating safe, effective, and engaging exercise programs for older clients. It covers assessing individual needs, designing tailored programs that support healthy ageing, and implementing strategies to reduce injury risk. Trainers learn to adapt sessions, monitor progress, and collaborate with health professionals to ensure positive outcomes.

### **Develop and Instruct Personalise Exercise Programs for Adolescent Clients** (SISFFIT045)

This unit equips trainers to safely design and deliver personalised exercise programs for adolescent clients. It covers age-appropriate screening, communication, and program development that align with each client's growth stage and fitness goals. Emphasis is placed on injury prevention, family involvement, motivation, and regular progress evaluation to ensure safe and effective outcomes.

### **Assess Client Movement and Provide Exercise Advice** (SISFFIT034)

This unit supports personal trainers in identifying and assessing a client's movement capacity to promote safe and effective exercise. It covers how to build rapport, assess static and dynamic posture, identify movement restrictions, and provide appropriate exercise advice to enhance performance and reduce injury risk—all while documenting findings and integrating them into personalised programs.

### Respond to Interpersonal Conflict (SISXIND009)

This short unit teaches simple, practical ways to handle everyday conflict — spotting problems early, talking so people actually listen, keeping everyone safe, and knowing when to get help. It's all about respectful communication, de-escalation and common-sense steps you can use at school, in sport or in the workplace so small issues don't become big ones.

### Support Exercise Behaviour Change (SISFFIT050)

This unit focuses on supporting clients in making lasting exercise behaviour changes. It involves identifying current exercise habits and barriers, assessing readiness for change, providing evidence-based strategies for goal setting, and offering ongoing motivation and support. Trainers also monitor progress, adjust plans collaboratively, and maintain accurate records to ensure continued success.

### Support Healthy Eating for Individual Fitness Clients (SISFFIT053)

These units focus on maintaining a safe and functional fitness environment through regular equipment checks, minor repairs, and proper storage practices. It also covers effective cleaning procedures, hazard management, and supply organisation to ensure facilities and equipment are clean, safe, and ready for use in line with organisational standards.

### Establish and Manage Client Relationships (CHCCOM006)

This unit focuses on building strong, professional relationships with clients through respectful, person-centred communication. It covers establishing trust and boundaries, responding to individual and cultural needs, using motivational interviewing techniques, managing difficult interactions professionally, and delivering clear, tailored information to ensure client understanding and support.

### Establish Legal and Risk Management Requirements of New Business Ventures & Market New Business Ventures (BSBESB402 & BSBESB404)

This unit covers key legal, risk management, and marketing responsibilities for operating a business. It includes identifying and complying with legal and regulatory requirements, managing contracts, mitigating business risks, and developing and implementing effective marketing strategies. It also focuses on evaluating marketing performance and adjusting plans to align with customer needs and business goals.

### Maintain Activity Equipment (SISXFAC006)

These units focus on maintaining a safe and functional fitness environment through regular equipment checks, minor repairs, and proper storage practices. It also covers effective cleaning procedures, hazard management, and supply organisation to ensure facilities and equipment are clean, safe, and ready for use in line with organisational standards.

### Establish and Maintain Professional Practise for Fitness Instruction (SISFFIT051)

This unit supports fitness professionals in aligning their practice with industry standards, legal and ethical requirements, and the roles of other health professionals. It focuses on building collaborative relationships with medical and allied health professionals, engaging in reflective practice, and maintaining evidence-based knowledge to enhance client outcomes and support continuous professional development.

## WHEN AND WHERE CAN I STUDY?

The course is designed for you to start ANYTIME. Once you are enrolled, the course will move with you, going as fast or as slow as you like. That means you can study WHENEVER and WHEREVER you like! Our Toowoomba HQ runs monthly practical workshops\* for those that want to come and have their practical elements assessed and to meet other students.

No term dates.

No class commitments.

No reason to put it off!

*(\*invoiced separately for each workshop)*

## WHAT JOBS CAN I GET?

With the *Certificate IV in Fitness (SIS40221)*, you can step into a range of rewarding and flexible roles in the fitness industry. This nationally recognised qualification opens doors to jobs such as:

- **Personal Trainer** – work one-on-one or with small groups in gyms, outdoors, or online to help clients achieve their fitness goals.
- **Group Fitness Trainer** – run engaging group sessions in a gym, studio, or outdoor setting.
- **Mobile or Home-Based Personal Trainer** – deliver personalised training programs at clients' homes or other convenient locations.
- **Online Fitness Coach** – design and deliver virtual training programs to clients anywhere in the world.
- **Fitness Business Owner** – start your own personal training or group fitness business.
- **Fitness Team Leader or Supervisor** – in larger gyms or fitness centres, take on leadership roles guiding other trainers or managing sessions.

Whether you're looking to be your own boss, work with a team, or make a difference in your local community, this qualification gives you the skills and credibility to succeed in a fast-growing industry.



**Enrol Now**



## INVESTMENT & FLEXIBLE PAYMENT OPTIONS

# NOW ONLY - \$2350 UPFRONT OR \$43 p/w

### OPTION 1

#### Payment in Full

2 x monthly payments of 1050.00 after an initial 250 deposit paid at time of online enrolment.

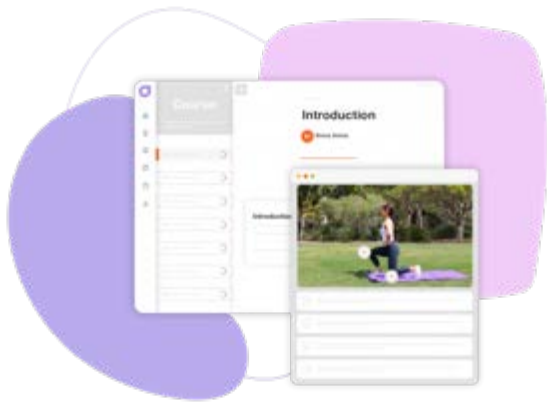
*Total - 1840*

### OPTION 2

#### Payment Plan

43 per week after initial 250 deposit paid at time of enrolment.

*Total - 2500*



**Enrol Now**

## TESTIMONIALS

*"AFHP have exceptional staff that really go above and beyond to help each student learn and progress. The online modules have an abundance of information that is both easy to navigate and applicable to becoming a personal trainer. I highly recommend anyone who is interested in doing a fitness course to take a look at AFHP."*

CHRIS CHAN

*"I signed up to do my course with AFHP after having a bad experience with another provider and I am so glad I did. The online material is interactive and easy to read. And the in-classroom sessions are very informative and enjoyable. The trainers have such a wealth of knowledge and I have learnt so much from the sessions with them. I would highly recommend AFHP to anyone that who is looking at studying and getting into the fitness industry."*

NAKITA MUNRO

*"My son is really loving the course and is enjoying engaging with the online platform. He is busy planning his practicals with his sports teacher and is thoroughly motivated by the course content. Great product!"*

RIKKI MCCABE

*"Working with AFHP to complete my Certificate III and IV has been an amazing and worthwhile experience. Learning through a mixture of online, written and physical methods has equipped me with all the essential knowledge needed to enter the fitness industry. The teachers are the best in the business and will help you every step of the way.*

*I would definitely recommend AFHP for anyone who wants to achieve their fitness certificates."*

TOM DEARNSLEY

