

Brief Competency Mapping Grid: SIS40215 Certificate IV in Fitness

20 units completed in total

- 12 core units
- 8 elective units

Fitness Trainer Essentials: For the Personal Trainer, 3e
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ISBN: 9780170356176
Avail: Print, eBook, eChapters, LMS Integration



This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification, studying to become personal or fitness trainers. The text contains core and elective units to support a range of fitness specialisations.

Core Units	Chapter
SISFFIT013 Instruct exercise to young people aged 13 to 17 years	9. Plan and deliver exercise for children and young adolescents
SISFFIT015 Collaborate with medical and allied health professionals in a fitness context	4. Working collaboratively
SISFFIT016 Provide motivation to positively influence exercise behaviour	3. Motivational psychology
SISFFIT017 Instruct long-term exercise programs	2. Long-term exercise planning and programming
SISFFIT018 Promote functional movement capacity	5. Postural appraisal for low-risk participants
SISFFIT019 Incorporate exercise science principles into fitness programming	1. Exercise Science
SISFFIT020 Instruct exercise programs for body composition goals	6. Nutrition and body composition
SISFFIT021 Instruct personal training programs	7. Plan and deliver personal training
SISFFIT023 Instruct group personal training programs	7. Plan and deliver personal training
SISFFIT025 Recognise the dangers of providing nutrition advice to clients	6. Nutrition and body composition
SISFFIT026 Support healthy eating through the Eat for Health Program	6. Nutrition and body composition
Elective Units	Chapter
BSBSMB40 Establish legal and risk management requirements of small business	11. Business basics
BSBSMB403 Market the small business	11. Business basics
BSBSMB404 Undertake small business planning	11. Business basics
BSBSMB405 Monitor and manage small business operations	11. Business basics
SISFFIT022 Instruct aquatic sessions for specific population groups	10. Aquatic activities for specific population groups

Note: To be used as a guide only. Some chapters may only partially cover each unit of competency. A detailed grid, mapping content to units of competency, elements and performance criteria is available for purchase. Speak with your local Cengage Learning Consultant for more information.