



SIS30315 + SIS40221 DUAL QUALIFICATION IN FITNESS

**SIS30315 CERTIFICATE
III IN FITNESS**



**SIS40221 CERTIFICATE
IV IN FITNESS**

Get double the reward, without doubling the study, by integrating two separate qualifications into one comprehensive course.

A dual qualification is designed to fast track your career by completing your study over a shorter period of time and at a significant cost saving, with no loss in quality of training.

TLC's Dual Qualification in Fitness focusses on the two related study areas of SIS30315 Certificate III in Fitness and SIS40221 Certificate IV in Fitness.

By completing this dual qualification, you'll gain a broader skill set and stronger resume, which will open the door to greater career outcomes within the fitness industry.

Upon successful completion, students will receive two separate nationally recognised certificates.

This nationally accredited dual qualification provides the foundations required for you to apply for your fitness professional licence, therefore becoming a licensed personal trainer.

COURSE FEE

\$4,500 per person, subject to eligibility. A co-contribution fee may apply to non-eligible students. Payment options are available, please contact us for more information.

LOCATION

This qualification is delivered in person at our Pimpama and Robina training locations.

DURATION

Classes will be scheduled 3 days per week, for 40 weeks. All students have up to 24 months to complete the required theory and practical components of this program.

ENTRY REQUIREMENTS

There are no entry requirements for this dual qualification. However, students may be required to complete a Language, Literacy and Numeracy (LLN) Assessment to determine any learner support requirements. For all students undertaking nationally recognised training in Australia, it is mandatory to have a Unique Student Identifier (USI).



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DUAL QUALIFICATION IN FITNESS

SIS30315 CERTIFICATE III IN FITNESS

This entry level qualification is the minimum education requirement for fitness instructors. It will equip you with the essential knowledge and skills required to perform a range of roles within the fitness industry.

With this qualification you will develop a comprehensive understanding of essential fitness and training fundamentals, such as anatomy and physiology principles, equipment and facility maintenance and first aid. You'll also learn how to provide nutritional advice and effectively conduct fitness programs and sessions to individuals, groups and communities.

SIS40221 CERTIFICATE IV IN FITNESS

This higher-level qualification is a requirement for those wishing to work as a personal trainer providing effective 1-on-1 training sessions to clients.

Your study will focus on the essentials to how to effectively set up and operate your own small business, as well as sales and marketing fundamentals.

You will also learn to develop, instruct, and evaluate personalised exercise programs for various clients. In addition, you can implement your well-developed fitness knowledge to motivate, inspire, and assist your clients in achieving their health and fitness goals.

A Certificate III in Fitness is required to be successfully completed prior to commencement of this qualification.

RECOGNITION OF PRIOR LEARNING

If students hold prior relevant work experience or formal qualifications issued by other Registered Training Organisations (RTOs), these may count as credit towards specific units. Please contact us for more information regarding eligibility or applications for Recognition of Prior Learning (RPL).

CAREER OPPORTUNITIES

Successful completion of this dual qualification may lead to employment in a variety of fitness environments including:

- Health Clubs.
- Personal Training Franchises.
- Own Personal Training Business.

GYM INSTRUCTOR

Assist a client's physical wellbeing and fitness in a gym setting, in which your role may include demonstrating activities, exercise machines and weights and leading group exercise classes.

PERSONAL TRAINER

Develop and implement a health, fitness and workout plan, plus provide basic nutritional advice, customised to a client's training and wellness goals.

EXERCISE INSTRUCTOR

Plan, design and conduct exercise and fitness routines, workouts and classes, in which your role may include explaining and demonstrating exercises and how to perform them correctly and safely.

No licences are issued directly by TLC as an outcome of this training program.



the learning
collaborative

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GET IN TOUCH

For further details regarding course information or student fees please contact us:

P 1300 136 780
E enquiries@tlc.training
W www.tlc.training



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TRAINING