

FITNESS INDUSTRY TRAINING PACKAGE IMPLEMENTATION GUIDE

SRF04

Version 2

Western Australian Department of Education and Training

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CONTENTS

Foreword.....	2
Acknowledgments	3
Introduction	4
Obtaining the Training Package	5
An Overview of the Fitness Industry	6
Transition Arrangements	8
Funding.....	8
Nominal Duration of Qualifications	8
Licensing Requirements	9
Assessment Guidelines.....	9
Learning Resources and Assessment Materials.....	9
Qualifications and Nominal Hours	10
Units Of Competency And Nominal Hours	11
Current Qualifications which are replaced by Revised Qualifications.....	13
Units of Competency which are replaced by Fitness Industry SRF04 Units of Competency	14
Traineeships, Apprenticeships and Pre-Apprenticeships.....	17
Examples of Training Package Programs.....	18
SRF30206 – CERTIFICATE III IN FITNESS	19
SRF40206 – CERTIFICATE IV IN FITNESS.....	21
SRF50206 – DIPLOMA OF FITNESS	23

Foreword

This Implementation Guide has been generated to enable the stakeholders in the Fitness and Education Industries in Western Australia to participate in the managed implementation of the Fitness Industry Training Package (SRF04).

The Guide has been developed with cooperation from WA Industry, Registered Training Organisations (RTOs) delivering Fitness qualifications and key stakeholders in industry sectors where publicly funded training has not been apparent in the past. To achieve maximum advantage from the Guide, its implementation should occur in a planned manner.

Information within the Guide should provide guidance on how Competency Standards may be selected and applied to achieve suitable outcomes and qualifications, for and within an industry.

The National Training Quality Council endorsed the National Fitness Industry Training Package SRF04 on 24th September 2004, to replace SRF01. The Fitness Industry Training Package was endorsed by Ministers for vocational education and training on October 1, 2004.

Acknowledgments

The Department of Education and Training Implementation Guide for the Fitness Industry Training Package was prepared by Central TAFE.

The WA Department of Education and Training funded the development of the Guide.

The WA Department of Education and Training wishes to acknowledge the many individuals and organisations who have contributed willingly and constructively to this Guide.

The following Industry Sectors and representatives were consulted during the development phase:

Marg Rhodes (chairperson)	Curriculum Services Support Network
Mal Gammon (Executive Director)	Arts, Sport & Recreation Industry Training Council
Gina Chan (Secretary)	Fitness W.A. Committee of Management
Maria Osborne (President / Fitness Industry club owner)	Fitness W.A. Committee of Management Activat8 Health & Fitness Centre
Ian Brown	Royal Life Saving Society
Dave Cook (Lecturer)	International Fitness Academy, Optimum Fitness
Phil Badock	Department of Sport & Recreation

As well as Western Australian Fitness training providers and industry representatives from the CSSN, the following providers were consulted during the development of this Implementation Guide:

- West Coast College of TAFE.
- Challenger TAFE.
- Swan TAFE
- Southwest College of TAFE
- Central TAFE.
- Australian Institute of Fitness (AIF)

Introduction

This Guide provides information that will facilitate the implementation of the Fitness Industry Training Package SRF04 in Western Australia.

This Guide is designed to aid Registered Training Organisations (RTOs) to convert from existing Training Package qualifications to the revised Training Package qualifications within the scope of their training delivery.

The Guide should be read in conjunction with the **endorsed components** of the Fitness Industry Training Package SRF04.

The Guide provides information on:

- Transition arrangements
- Funding
- An indication of availability of supporting materials for delivery of qualifications
- An allocation of nominal hours to units of competency and total hours for qualifications
- A mapping of current qualifications to the new Training Package qualifications
- A mapping of existing units of competency to the revised units of competency where the correlation is appropriate
- A mapping of current Traineeship and Apprenticeship courses to new qualifications
- A set of appropriate sample, or model, training programs at each AQF level

Obtaining the Training Package

The Fitness Industry Training Package can be purchased from:

Australian Training Products

Level 25, 150 Lonsdale Street

Melbourne Victoria 3000 or

Telephone: (03) 9655 0600

Facsimile: (03) 9639 4684

Email: sales@atpl.net.au

Web: www.atpl.net.au

Information on National Training Packages is also available through the National Training Information Service (NTIS), which can be located on the Internet at: www.ntis.gov.au

<p>All RTOs who have Training Package qualifications on their Scope of Delivery must obtain a copy of the relevant Training Package.</p>

An Overview of the Fitness Industry

The Australian fitness industry is evolving rapidly, and it employs a diverse workforce that has a broad range of training and expertise. The peak body in Australia for the fitness industry is Fitness Australia (FA). This national body is committed to “improving industry and professional standards”, and the FA Training Registration Advisory Committee worked in consultation with Service Industry Skills Council (formerly Sport & Recreation Training Australia) to directly input the structure of the qualifications and the content of the units within the new package.

Fitness Australia, through its national professional instructor registration scheme, aligns vocational training outcomes to industry employment. The registration categories that were aligned to the previous national Fitness Industry Training Package were:

- Fitness Instructor - Gym instructor, Group Exercise Instructor & Aqua Instructor
- Fitness Trainer - Personal Trainer & Specific Populations Trainer.

It is of interest to note, that not all competencies in the Certificate III in Fitness were required for registration as a Fitness Instructor, and not all competencies in the Certificate IV in Fitness were required for registration in the Fitness Trainer category.

With the implementation of the (SRF03) Fitness Industry Training Package, FA has further refined its registration scheme to align **completely** with the vocational qualification achieved (complete vocational Certificates required for each level of registration). Fitness Australia will offer the following four levels of registration, for the specialisations listed effective January 1st 2007:

- Fitness Instructor (SRF30206) Certificate III in Fitness
 - Gym Instructor
 - Group Exercise Instructor
 - Aqua Instructor
- Fitness Trainer (SRF40206) Certificate IV in Fitness
 - Personal Trainer
 - Aqua Trainer
 - Children and adolescent Trainer
 - Older adults Trainer
- Fitness Specialist (SRF50206) Diploma of Fitness

During the review of the SRF301 training package, the need for a closer alignment of the fitness sector with allied health professionals, to cater for the increasing morbidity and disease risk associated with an ageing population was identified. The Australian Fitness industry is strategically placed to co-operate with the Health sector in effective management of preventative and therapeutic physical activity interventions. The expansion of specialisations at the Certificate IV level, and the creation of a Diploma qualification to provide greater depth and breadth for the vocational outcome, is a reflection of this agenda.

MODIFICATION HISTORY

Please refer to the National Training Information Service for the latest version of units of competency and Qualification information (<http://www.ntis.gov.au>).

Training Package	Version	Release Date	Authorisation	Comments
SRF04	2.00	13 September 2006	NQC	<ul style="list-style-type: none"> - Repackaging of ALL SRF qualifications. Core BSB and ICAITU units moved to the elective stream, where appropriate - Inclusion of the Units of Competency from TAA04 to replace the BSZ98 Training and Assessment units
SRF04	1.00	October, 2004	NTQC	Primary release
SRF01	1.00	17 January 2001	NTQC	Primary release

Transition Arrangements

Registered Training Organisations (RTOs) will be encouraged to deliver Training Package qualifications by 12 months from sign-off of the Training Package by the National Training Quality Council, on behalf of Ministers. A current accredited course, however, may be used until its accreditation expires.

An RTO with the scope of registration authorising delivery of existing programs will be deemed to have the resources and facilities to deliver the new qualification/s. An amendment of Scope will not be necessary, although the Training Accreditation Council (TAC) will need to be advised of any new qualifications from the new Training Package being delivered.

Existing Courses

Existing Western Australian owned courses affected by the introduction of the new qualifications will be retired as soon as practicable after October 2005. New enrolments in 2006 should therefore be directed into new Training Package qualifications.

Transition to New Qualifications

Learners currently studying programs in Fitness qualifications should be permitted to complete under the existing qualification code.

Note: For Implementation Guides developed for revised Training Packages, if no change to industry advice, please import information from original Implementation guide.

Funding

Some learners may only achieve a Statement of Attainment during their enrolment period with the RTO. Separate funding is not provided to assess the learner who has left his/her studies and then, at a later date, wants to complete an integrated assessment to achieve a certificate qualification. The RTO will be required to make special arrangements to issue the final qualification. This process may involve an invitation to the employer (if applicable) to participate in the assessment in the workplace.

Nominal Duration of Qualifications

The maximum nominal hours are identified for each Training Package qualification. Nominal hours may vary within a qualification depending on the units of competency selected and the delivery strategies used; however, training delivery will not be funded beyond the maximum nominal hours indicated. Nominal hours are for structured training only and include both delivery and assessment.

Because of the packaging options within each qualification contained in the Training Package, it is not possible to provide an exact figure for the total hours required to gain a qualification using the Training Package in its broadest / purest form. The reality for training providers is that it may not be possible to offer every elective / option from the package. Although an RTO may not offer the full range of electives / options for training, each RTO may offer a different package to other RTOs. By 'pre-selecting' a package for students the training organisation is able to attach a figure for nominal hours.

Definition of nominal hours (supervised)

The hours of supervised learning or training deemed necessary to cover the educational material in a training program when undertaken in standard classroom delivery mode. (Source: *A Glossary of Australian Vocational Education and Training Terms*).

Licensing Requirements

The current endorsed Fitness Industry Training Package does not contain reference to licences which are required for those working in the industry.

Assessment Guidelines

Assessment Guidelines are one of the Endorsed Components of the Fitness Industry Training Package.

The major modification to the endorsed components during the rewrite of the National Fitness Training Package has occurred in assessment. “Due to issues such as safety requirements and delivery of appropriate techniques, the unit of competence must be assessed over a minimum of three (3) different occasions to ensure consistency of performance over the Range Statements and context applicable to the work environment”.

Learning Resources and Assessment Materials

Learning resources and assessment materials make up the non-endorsed component of the Training Package. There is a range of learning resources for the Fitness Industry Training Package currently available and under development.

A number of assessment related resources are also available from:

- Australian Training Products Limited;
- The Australian National Training Authority;
- WestOne Services

Trainers should consider the use of existing resources and/or resources sourced from a third party carefully, as some may need to be modified to suit the learning and assessment strategy developed by the RTO. In particular, resources previously used for training and assessment against accredited modules may not be suitable for the Units of competency without modification.

For further details contact either *Australian Training Products* or *Service Industries Skills Council (Service Skills)*. Contact details appear on [Obtaining The Training Package](#) of this Guide

Qualifications and Nominal Hours

The following table provides a summary of the qualifications and nominal hours in the Fitness Industry Training Package SRF04.

National ID	Training Package Qualification Title	Nominal Hours
Fitness		
SRF30206	Certificate III in Fitness	638
SRF40206	Certificate IV in Fitness	630
SRF50206	Diploma of Fitness	1095

Units Of Competency And Nominal Hours

The following table provides a summary of the units of competency and nominal hours in the Fitness Industry Training Package SRF04. *

National ID	Unit of Competency Title	WA Hrs
Allied health networks		
SRFAHN001A	Make referrals and work collaboratively with allied health professionals where appropriate	15
SRFAHN002A	Receive and respond to rehabilitation referrals from allied health professionals	15
Water based fitness activities		
SRFAQA001B	Instruct water based fitness classes for low risk clients	65
SRFAQA002B	Instruct water based fitness activities for specific populations and those with specific fitness goals	40
Community fitness program		
SRFCFP001A	Deliver an approved community fitness program to promote wellbeing	40
Children and young adolescents		
SRFCHA001A	Plan and deliver exercise for children and young adolescents	40
Circuit training class		
SRFCTC001A	Plan and instruct a circuit training class	25
Endurance training program		
SRFETP001A	Plan and instruct an endurance training program	25
Fitness		
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program	20
SRFFIT003B	Undertake client induction and screening	30
SRFFIT004B	Develop basic fitness programs	30
SRFFIT005B	Apply basic exercise science to exercise instruction	50
SRFFIT006B	Use and maintain core fitness industry equipment	20
SRFFIT007B	Undertake relevant exercise planning and programming	20
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction	30
SRFFIT009B	Undertake postural appraisal of low risk clients	30
SRFFIT010B	Utilise a broad range of fitness equipment	20
SRFFIT011B	Provide exercise for fitness industry clients with special requirements	40
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients	40
SRFFIT013B	Provide information and exercise related to nutrition and body composition	40
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs	50
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	40
SRFFIT016A	Apply information from postural appraisals to fitness programs for moderate risk clients	60
SRFFIT017A	Provide nutrition information to clients with specific requirements in accordance with recommended guidelines	60
SRFFIT018A	Apply advanced anatomy and physiology to fitness programs for moderate risk clients	80
Fitness specialist		
SRFFSP001A	Provide body composition management programming for moderate risk clients	40
SRFFSP002A	Provide information about injury prevention and management to fitness clients	60
SRFFSP003A	Plan and deliver exercise to promote physical and psychological well-being in low to moderate risk clients	50
SRFFSP004A	Plan and deliver exercise for moderate risk children and young adolescents	40
SRFFSP005A	Plan and deliver exercise for people with a disability	60

* For a full list of units please see the Fitness Industry Training Package SRF04.

National ID	Unit of Competency Title	WA Hrs
SRFFSP006A	Plan and deliver exercise strategies for musculoskeletal rehabilitation	60
SRFFSP007A	Plan and deliver exercise for moderate risk clients with cardio-respiratory considerations	60
SRFFSP008A	Plan and deliver exercise for clients with moderate risk of metabolic syndrome	60
SRFFSP009A	Plan and deliver exercise for moderate risk clients with musculoskeletal needs	60
SRFFSP010A	Plan and deliver exercise for low to moderate risk clients with neurological impairment	60
Group exercise		
SRFGEX001A	Plan and instruct a group exercise class	40
SRFGEX002A	Customise instructional skills to include specific group fitness activities current in the fitness industry	30
Individual fitness instruction		
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment	30
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	30
Older adults		
SRFOLD001B	Plan and deliver exercise for older adults	40
Personal training		
SRFPTI001B	Plan and deliver personal training	40
Specific populations		
SRFSP002A	Develop and apply an awareness of specific populations to exercise delivery	40
Tai Chi		
SRFTCH001A	Instruct a Tai Chi based fitness class for health and wellbeing	30
SRFTCH002A	Instruct a Tai Chi based fitness class for clients with Diabetes	30
SRFTCH003A	Instruct a Tai Chi based fitness class for clients with Arthritis	30

Current Qualifications which are replaced by Revised Qualifications

The following table provides an overview of the Fitness Industry Training Package SRF04 qualifications which are replaced by Fitness Industry Training Package SRF04 Version 2 qualifications.

Fitness Industry SRF04			Fitness Industry SRF04 – Version 2		
National ID	Qualification Title	Hrs	National ID	Qualification Title	Hrs
SRF30204	Certificate III in Fitness	638	SRF30206	Certificate III in Fitness	638
SRF40204	Certificate IV in Fitness	630	SRF40206	Certificate IV in Fitness	630
SRF50204	Diploma of Fitness	1095	SRF50206	Diploma of Fitness	1095

Units of Competency which are replaced by Fitness Industry SRF04 Units of Competency

The following table provides an overview of the units of competency from the National Fitness Industry Training Package SRF01 which are replaced by units of competency from the Fitness Industry Training Package SRF04.*

National Fitness Industry SRF01			Fitness Industry SRF04		
National ID	Unit of Competency Title	Hrs	National ID	Unit of Competency Title	Hrs
ALLIED HEALTH NETWORKS					
New Unit of Competency			SRFAHN001A	Make referrals and work collaboratively with allied health professionals where appropriate	15
			SRFAHN002A	Receive and respond to rehabilitation referrals from allied health professionals	15
WATER BASED FITNESS ACTIVITIES					
SRFAQA001A	Instruct Water Based Fitness Classes for the General Population	65	SRFAQA001B	Instruct water based fitness classes for low risk clients	65
SRFAQA002A	Instruct Water Based Fitness Activities for Specific Populations and Those With Specific Fitness Goals	15	SRFAQA002B	Instruct water based fitness activities for specific populations and those with specific fitness goals	40
COMMUNITY FITNESS PROGRAM					
New Unit of Competency			SRFCFP001A	Deliver an approved community fitness program to promote wellbeing	40
CHILDREN AND YOUNG ADOLESCENTS					
New Unit of Competency			SRFCHA001A	Plan and deliver exercise for children and young adolescents	40
CIRCUIT TRAINING CLASS					
New Unit of Competency			SRFCTC001A	Plan and instruct a circuit training class	25
ENDURANCE TRAINING PROGRAM					
New Unit of Competency			SRFETP001A	Plan and instruct an endurance training program	25
FITNESS					
SRFFIT001A	Provide Orientation to Clients Prior to Undertaking A Fitness Program	15	SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program	20
SRFFIT003A	Undertake Client Induction and Screening	10	SRFFIT003B	Undertake client induction and screening	30
SRFFIT004A	Develop Basic Fitness Programs	20	SRFFIT004B	Develop basic fitness programs	30
SRFFIT005A	Apply Basic Exercise Science to Exercise Instruction	50	SRFFIT005B	Apply basic exercise science to exercise instruction	50
SRFFIT006A	Use and Maintain Core Fitness Industry Equipment	20	SRFFIT006B	Use and maintain core fitness industry equipment	20
SRFFIT007A	Undertake Advanced Exercise Planning and Programming	20	SRFFIT007B	Undertake relevant exercise planning and programming	20
New Unit of Competency			SRFFIT014A	Provide advice to clients on application of basic anatomy & physiology to fitness programs	50

* For further information on unit equivalence please see the Mapping Tables section in the Fitness Industry Training Package SRF04.

National Fitness Industry SRF01			Fitness Industry SRF04		
National ID	Unit of Competency Title	Hrs	National ID	Unit of Competency Title	Hrs
SRFFIT008A	Utilise A Broad Knowledge of Exercise Science in Exercise Planning, Programming and Instruction	30	SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction	30
SRFFIT009A	Undertake Postural Screening and Appraisal	25	SRFFIT009B	Undertake postural appraisal of low risk clients	30
SRFFIT010A	Utilise A Broad Range of Fitness Equipment	20	SRFFIT010B	Utilise a broad range of fitness equipment	20
SRFFIT011A	Provide Exercise for Fitness Industry Clients With Special Requirements	20	SRFFIT011B	Provide exercise for fitness industry clients with special requirements	40
SRFFIT012A	Utilise An Understanding of Motivational Psychology With Fitness Clients	20	SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients	40
SRFFIT013A	Provide Information and Exercise Related to Nutrition and Bodyfat	20	SRFFIT013B	Provide information and exercise related to nutrition and body composition	40
SRFFIT005A	Apply Basic Exercise Science to Exercise Instruction	50	SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs	50
SRFFIT005A	Apply Basic Exercise Science to Exercise Instruction	50	SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	40
New Unit of Competency			SRFFIT016A	Apply information from postural appraisals to fitness programs for moderate risk clients	60
			SRFFIT017A	Provide nutrition information to clients with specific requirements in accordance with recommended guidelines	60
			SRFFIT018A	Apply advanced anatomy and physiology to fitness programs for moderate risk clients	80
FITNESS SPECIALIST					
New Unit of Competency			SRFFSP001A	Provide body composition management programming for moderate risk clients	40
			SRFFSP002A	Provide information about injury prevention and management to fitness clients	60
			SRFFSP003A	Plan and deliver exercise to promote physical and psychological well-being in low to moderate risk clients	50
			SRFFSP004A	Plan and deliver exercise for moderate risk children and young adolescents	40
			SRFFSP005A	Plan and deliver exercise for people with a disability	60
			SRFFSP006A	Plan and deliver exercise strategies for musculoskeletal rehabilitation	60
			SRFFSP007A	Plan and deliver exercise for moderate risk clients with cardio-respiratory considerations	60
			SRFFSP008A	Plan and deliver exercise for clients with moderate risk of metabolic syndrome	60

National Fitness Industry SRF01			Fitness Industry SRF04		
National ID	Unit of Competency Title	Hrs	National ID	Unit of Competency Title	Hrs
New Unit of Competency			SRFFSP009A	Plan and deliver exercise for moderate risk clients with musculoskeletal needs	60
New Unit of Competency			SRFFSP010A	Plan and deliver exercise for low to moderate risk clients with neurological impairment	60
GROUP EXERCISE					
SRFAER001A	Plan and Instruct A Group Exercise Class	20	SRFGEX001A	Plan and instruct a group exercise class	40
SRFAER002A	Customise Group Instructional Skills to Include Specific Group Fitness Activities Current in the Fit	15	SRFGEX002A	Customise instructional skills to include specific group fitness activities current in the fitness industry	30
INDIVIDUAL FITNESS INSTRUCTION					
SRFGYM001A	Instruct Fitness Activity Skills to A Client Using Fitness Equipment	20	SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment	30
SRFGYM001A	Instruct Fitness Activity Skills to A Client Using Fitness Equipment	20	SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	30
SRFGYM002A	Customise Gym Instructional Skills to Include Specific Areas of Expertise Current in the Fitness Industry	15			
SRSSAC001A	Teach or develop basic skills of strength and conditioning	15			
OLDER ADULTS					
SRFOLD001A	Plan and Deliver Exercise for Older Adults	20	SRFOLD001B	Plan and deliver exercise for older adults	40
PERSONAL TRAINING					
SRFPTI001A	Plan and Deliver Personal Training	30	SRFPTI001B	Plan and deliver personal training	40
SPECIFIC POPULATIONS					
SRFSPP001A	Plan and Deliver Advanced Exercise to Specific Populations	30	No Equivalent Unit of Competency		
New Unit of Competency			SRFSPP002A	Develop and apply an awareness of specific populations to exercise delivery	40
TAI CHI					
New Unit of Competency			SRFTCH001A	Instruct a Tai Chi based fitness class for health and wellbeing	30
			SRFTCH002A	Instruct a Tai Chi based fitness class for clients with Diabetes	30
			SRFTCH003A	Instruct a Tai Chi based fitness class for clients with Arthritis	30

Traineeships, Apprenticeships and Pre-Apprenticeships

The following table provides a summary of the qualifications in the Fitness Industry Training Package SRF04 and the traineeship, apprenticeship and pre-apprenticeship qualifications they will replace.

National Fitness Industry SRF01 Current Qualification	Fitness Industry SRF04 Replacement Qualification
TRAINEESHIPS	
SRF30204 Certificate III in Fitness Nominal Hours: 638	SRF30206 Certificate III in Fitness Nominal Hours: 638
SRF40204 Certificate IV in Fitness Nominal Hours 630	SRF40206 Certificate IV in Fitness Nominal Hours 630
APPRENTICESHIPS	
No Apprenticeships available	
PRE – APPRENTICESHIPS	
No Pre-Apprenticeships available	

Examples of Training Package Programs

Units of competency may be customised so that the tasks involved in demonstrating competence are designed to meet the requirements of an individual enterprise or to satisfy regulations in a particular state or territory.

Each qualification in the Fitness Training Package SRF04 may be customised to meet the context in which the training is taking place. A qualification can also be customised to accommodate a learner's chosen career pathway.

The following are examples of suitable training programs for Fitness Training Package SRF04. The models are not intended to be prescriptive but illustrate ways that qualifications can be achieved.

Training Program #1:

SRF30206 – Certificate III in Fitness

Qualification Title	Certificate III in Fitness
Qualification Code	SRF30206
Qualification Summary	This qualification will provide you with the practical skills and knowledge to plan and conduct a fitness program and / or a group exercise class. You will learn about the role of fitness instructors, exercise science and gain an overview of work in the industry. You will learn skills in effective communication, administration and organisation. You will also learn how to analyse risk, respond to emergency situations, and maintain equipment.
Qualification Packaging Rules	The requirements for a Certificate III in Fitness will comprise achievement of a total of twenty four (24) units of competency consisting of: <ul style="list-style-type: none"> • 9 Core Units • 10 Stream Units • 1 Group of Specialisation Units • 4 Elective units

Unit Code	Unit Title	Nominal Hours
Core Units		
BSBCM302A	Organise Personal Work Priorities and Development	30
BSBFLM303A	Contribute to Effective Workplace Relationships	40
SRXGCSO04A	Meet client needs and expectations	10
SRXGCST03A	Process client complaints	10
SRXFAD002A	Provide advanced first aid response	25
SRXINU002A	Apply sport and recreation law	15
SRXOHS001B	Follow defined occupational health and safety policies and procedures	10
SRXRIK001A	Undertake risk analysis of activities	10
ICAITU006C	Operate computing packages	40
Stream Units		190
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program	20
SRFFIT003B	Undertake client induction and screening	30
SRFFIT004B	Develop basic fitness programs	30
SRFFIT005B	Apply basic exercise science to exercise instruction	50
SRFFIT006B	Use and maintain core fitness industry equipment	20
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to fitness programs	50
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	40
SRFSP002A	Develop and apply an awareness of specific populations to exercise delivery	40
SRXGRO003A	Provide leadership to groups	10
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment	30
Specialisation Gym Instruction (OPTION 1)		510
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	30
Elective Units		30
SRFETP001A	Plan and instruct an endurance training program	25
SRSCOP013B	Develop a career goal setting plan	15
SRSCOP014B	Prepare to study	10
SRFCTC001A	Plan and instruct a circuit training class	25
TOTAL		615

Specialisation Gym Instruction (OPTION 2)		
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	30
Elective Units		
SRFETP001A	Plan and instruct an endurance training program	25
SRCCRO009A	Conduct a recreation program for older adults	30
SRCCRO007B	Operate in accordance with accepted instructional practices, styles and legal and ethical responsibilities	20
SRFCTC001A	Plan and instruct a circuit training class	25
TOTAL		640

Specialisation Gym Instruction (OPTION 3)		
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	30
Elective Units		
SRFAQA001B	Instruct water based fitness classes for low risk clients	65
SRSCOP014B	Prepare to study	10
SRFCTC001A	Plan and instruct a circuit training class	25
SRSCOP013B	Develop a career goal setting plan	15
TOTAL		655

Specialisation Gym Instruction (OPTION 4)		
SRFGYM002B	Customise gym instructional skills to include specific areas of expertise current in the fitness industry	30
Elective Units		
SRFCFP001A	Deliver an approved community fitness program to promote wellbeing	40
SRCCRO009A	Conduct a recreation program for older adults	30
SRCCRO007B	Operate in accordance with accepted instructional practices, styles and legal and ethical responsibilities	20
SRFCTC001A	Plan and instruct a circuit training class	25
TOTAL		655

Training Program #2:

SRF40206 – Certificate IV in Fitness

Qualification Title	Certificate IV in Fitness
Qualification Code	SRF40206
Qualification Summary	This qualification will provide a wide range of practical skills and knowledge to plan and conduct fitness programs over a range of contexts including; one on one, unpredictable environments, and providing exercise for low risk clients with common medical conditions. As part of this qualification you will investigate pathways to work with allied health professionals, undertake basic postural appraisals, utilise a broad range of fitness equipment and analyse client behaviours and strategies to increase exercise adherence. This qualification will provide the necessary skills, knowledge and expertise required to work with specific client groups, including older adults, children and adolescents.
Qualification Packaging Rules	The requirements for a Certificate IV in Fitness will comprise achievement of a total of twenty-one (21) units of competency consisting of: <ul style="list-style-type: none"> • 9 Core Units • 7 Stream Units • 1 Group of Specialisation Units • 4 Electives from any Training Package within the Sport and Recreation Industry, (Community Recreation, Fitness, Outdoor Recreation, Sport) or from any other endorsed Training Package from any other industry. Any units selected must be relevant to the occupational outcome sought and should be appropriate to the Australian Qualifications Framework.

Unit Code	Unit Title	Nominal Hours
Core Units		
BSBCM402A	Develop work priorities	30
SRXGCST05A	Coordinate client service activities	10
SRXGCST06A	Address client needs	10
SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation industry	10
SRXINU004A	Promote compliance with laws and legal principles	15
SRXOGN001A	Conduct projects	20
SRXOHS002B	Implement and monitor the organisation's Occupational Health and Safety policies, procedures and programs	20
SRXRIK001A	Undertake risk analysis of activities (Delivered in Cert III Fitness)	10
ICAITU006C	Operate computing packages	40
Stream Units		
SRFFIT007B	Undertake relevant exercise planning and programming	40
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and instruction	40
SRFFIT009B	Undertake postural appraisal of low risk clients	40
SRFFIT010B	Utilise a broad range of fitness equipment	30
SRFFIT011B	Provide exercise for fitness industry clients with special requirements	40
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients	40
SRFFIT013B	Provide information and exercise related to nutrition and body composition	40
		270

Specialisation (OPTION 1)		
Personal Trainer		
SRFPTI001B	Plan and deliver personal training	40
Elective Units		
SRSTC001A	Teach or develop basic skills of strength and conditioning	40
SRSTC002A	Plan and prepare a strength and conditioning program for a competitive athlete	40
SRSTC003A	Operate in accordance with accepted strength and conditioning industry health and safety practice	30
SRSTC004A	Operate and maintain strength and conditioning facilities and equipment	30
TOTAL		645

Specialisation (OPTION 2)		
Older adults		
SRFOLD001B	Plan and deliver exercise for older adults	40
Elective Units		
SRFCHA001A	Plan and deliver exercise for children and young adolescents	40
SRFPTI001B	Plan and deliver personal training	40
SRFETP001A	Plan and instruct an endurance training program	25
CHCDIS1C	Orientation to disability work	55
TOTAL		665

Specialisation (OPTION 3)		
Aqua Trainer		
SRFAQA002B	Instruct water based fitness activities to moderate risk clients and those with specific fitness goals	40
Elective Units		
SRFCHA001A	Plan and deliver exercise for children and young adolescents	40
SRFPTI001B	Plan and deliver personal training	40
SRFETP001A	Plan and instruct an endurance training program	25
SRFOLD001B	Plan and deliver exercise for older adults	40
TOTAL		650

Specialisation (OPTION 4)		
Personal Trainer		
SRFPTI001B	Plan and deliver personal training	40
Elective Units		
SRFCHA001A	Plan and deliver exercise for children and young adolescents	40
SRFOLD001B	Plan and deliver exercise for older adults	40
SRFETP001A	Plan and instruct an endurance training program	25
SRSCOP023B	Design an Athlete's Diet	20
TOTAL		630

Training Program #3:

SRF50206 – Diploma of Fitness

Qualification Title	Diploma of Fitness
Qualification Code	SRF50206
Qualification Summary	Through this qualification you will have skills and knowledge to plan, deliver and monitor exercise interventions for moderate risk clients, working in close co operation with suitably credentialed allied health professionals. As a fitness specialist you will be skilled in working in a variety of environments relating to delivery of higher level fitness training, sports conditioning, health/fitness related activities and the functions of middle management.
Qualification Packaging Rules	The requirements for a Diploma of Fitness will comprise achievement of a total of twenty-eight (28) units of competency consisting of: <ul style="list-style-type: none"> • 9 Core Units • 15 Stream Units • 4 Elective Units from any Training Package within the Sport and Recreation Industry, (Community Recreation, Fitness, Outdoor Recreation, Sport) or from any other endorsed Training Package from any other industry. Any units selected must be relevant to the occupational outcome sought and should be appropriate to the Australian Qualifications Framework.

Unit Code	Unit Title	Nominal Hours
Core Units		
BSBADM502A	Manage meetings	50
SRXGCSS07A	Determine needs of client populations	15
SRXINU004A	Promote compliance with laws and legal principles	15
SRXINU005A	Manage culture and education to expand participation in a leisure and recreation service	10
SRXOGN002A	Manage projects	20
SRXOHS003B	Establish, maintain and evaluate the organisation's Occupational Health and Safety system	15
SRXRIK002A	Manage an organisation's risk	20
BSBFLM404A	Lead work teams	50
ICAITU126B	Use Advanced Features of Computer Applications	30
Stream Units		195
SRFAHN001A	Make referrals and work collaboratively with allied health professionals where appropriate	15
SRFAHN002A	Receive and respond to rehabilitation referrals from allied health professionals	15
SRFFIT016A	Apply information from postural appraisals to fitness programs for moderate risk clients	60
SRFFIT017A	Provide nutrition information to clients with specific requirements in accordance with recommended guidelines	60
SRFFIT018A	Apply advanced anatomy and physiology to fitness programs for moderate risk clients	80
SRFFSP001A	Provide body composition management programming for moderate risk clients	40
SRFFSP002A	Provide information about injury prevention and management to fitness clients	60
SRFFSP003A	Plan and deliver exercise to promote physical and psychological well-being in low to moderate risk clients	50
SRFFSP004A	Plan and deliver exercise for moderate risk children and young adolescents	40
SRFFSP005A	Plan and deliver exercise for people with a disability	60
SRFFSP006A	Plan and deliver exercise strategies for musculoskeletal rehabilitation	60
SRFFSP007A	Plan and deliver exercise for moderate risk clients with cardio-respiratory considerations	60
SRFFSP008A	Plan and deliver exercise for clients with moderate risk of metabolic syndrome	60

Unit Code	Unit Title	Nominal Hours
SRFFSP009A	Plan and deliver exercise for moderate risk clients with musculoskeletal needs	60
SRFFSP010A	Plan and deliver exercise for low to moderate risk clients with neurological impairment	60
TOTAL CORE AND STREAM		975

Elective Units (OPTION 1)		
SRSSTC006A	Plan and prepare a strength and conditioning program for a high performance athlete	30
SRSSTC005A	Teach or develop advance skills of strength and conditioning	50
HLTCOM6A	Make referrals to other health care professionals when appropriate	30
HLTCOM8A	Use specific/medical terminology in order to communicate with client/patients, fellow workers and health care professionals	40
TOTAL		1125

Elective Units (OPTION 2)		
BSBADM506A	Manage business document design and development	50
BSBMKG501A	Evaluate marketing opportunities	50
BSBMKG503A	Develop a marketing communications plan	50
BSBMGT504A	Manage budgets and financial plans	50
TOTAL		1175