

Training Package

SRF04 Fitness Industry

Qualifications

SRF40204 Certificate IV in Fitness



Competencies

SRFFIT007B Undertake relevant exercise planning and programming

SRFFIT009B Undertake postural appraisal of low risk clients

SRFFIT011B Provide exercise for fitness industry clients with special requirements

SRFFIT013B Provide information and exercise related to nutrition and body composition

SRFPPT001B Plan and deliver personal training

Description

'Fitness Online' is an innovative and engaging Toolbox that develops industry skills for Fitness Instructors and Personal trainers. The Toolbox provides the learner with the opportunity to work through a number of client scenarios that are presented in a dynamic approach that enhances the development of skills for the fitness industry. The series of scenarios will enable the learner to experience the real context of working in the fitness industry. They will be exposed to the decision making required in the areas of fitness assessment and exercise programming, planning and monitoring for a wide range of client groups. Each scenario is supported by a rich variety of underpinning resources presented in the form of medical and work place support personnel and information on industry standard practices.

Toolbox Website

For further information, online previews, support and purchasing, visit:
<http://www.flexiblelearning.net.au/toolbox>