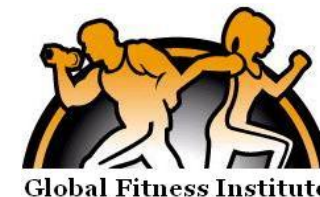


# Global Fitness Institute Training Plan



Thank you for choosing Global Fitness Institute as your course provider. We wish you all the best with your studies.  
Please do not hesitate to contact us for any queries regarding your coursework.

## Training Plan

### Certificate IV in FITNESS with Pre Requisites (SIS40210)

**Student Name: Tanya RONEBERG**

**Enrolment Date: 06/05/2013**

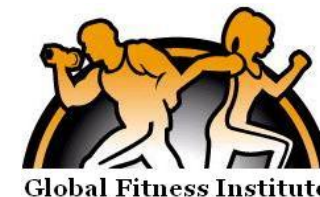
**Training Method: mixed mode**

Unit code	Unit Title	Unit Status	Nominal Hours	Trainer	Proposed Training Start Date	Actual Training Start Date	Proposed Assessment Date	Actual Assessment Date	Assessment method	Assessment outcome (C, NYC, CT, RPL)
				Michael Muleta						
<u>Pre requisites</u>										
SISFFIT301A	Provide fitness orientation and health screening	Core	15		06/05/2013	07/05/2013	<u>(1 week)</u> <u>17/05/2013</u>			
SISFFIT305A	Apply anatomy and physiology principles in a fitness context	Core	70		17/05/2013		<u>(1 week)</u> <u>24/05/2013</u>			
SISFFIT302A	Provide quality service in the fitness industry	Core	30		24/05/2013		<u>(1 week)</u> <u>31/05/2013</u>			
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery	Core	35		31/05/2013		<u>(1 week)</u> <u>07/06/2013</u>			

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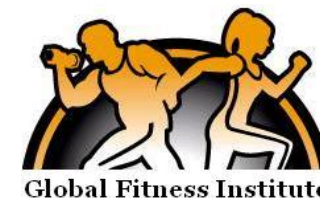


SISFFIT304A	Instruct and monitor fitness programs	Elective	45		07/06/2013		<u>(1 week)</u> <u>14/06/2013</u>			
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines	Core	50		14/06/2013		<u>(1 week)</u> <u>21/06/2013</u>			
SISFFIT307A	Undertake client health assessment	Elective	25		21/06/2013		<u>(1 week)</u> <u>28/06/2013</u>			
SISFFIT308A	Plan and deliver gym programs	Elective	55		28/06/2013		<u>(1 week)</u> <u>05/07/2013</u>			
SISXOHS101A	Follow occupational health and safety policies	Core	10		05/07/2013		<u>(1 week)</u> <u>12/07/2013</u>			
SISXRSK301A	Undertake risk analysis of activities	Core	20		12/07/2013		<u>(1 week)</u> <u>19/07/2013</u>			
<u>Certificate IV</u>										
SISFFIT419A	Apply exercise science principles to planning and exercise	Core	55		19/07/2013		<u>(1 week)</u> <u>26/07/2013</u>			
SISSTC402A	Develop strength and conditioning programs	Elective	30		26/07/2013		<u>(1 week)</u> <u>02/08/2013</u>			
SISFFIT417A	Undertake long term exercise programming	Core	40		02/08/2013		<u>(1 week)</u> <u>09/08/2013</u>			
SISFFIT421A	Plan and deliver personal training	Core	70		09/08/2013		<u>(1 week)</u> <u>16/08/2013</u>			
SISFFIT420A	Plan and deliver exercise programs to support desired body composition outcomes	Core	40		16/08/2013		<u>(1 week)</u> <u>23/08/2013</u>			
SISFFIT416A	Apply motivational psychology to provide	Core	40		23/08/2013		<u>(1 week)</u> <u>30/08/2013</u>			

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	guidance on exercise behaviour and change to meet health and fitness goals									
CHCIC301E	Interact effectively with children	Elective	70		30/08/2013		<u>(1 week)</u> <u>06/09/2013</u>			
SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents	Elective	90		06/09/2013		<u>(1 week)</u> <u>13/09/2013</u>			
ICAU2006B	Operate computing packages	Elective	60		13/09/2013		<u>(1 week)</u> <u>20/09/2013</u>			
SISFFIT415A	Work collaboratively with medical and allied health professionals	Core	30		20/09/2013		<u>(1 week)</u> <u>27/09/2013</u>			
SISFFIT418A	Undertake appraisals of functional movement	Core	30		27/09/2013		<u>(1 week)</u> <u>04/10/2013</u>			
SISFFIT314A	Plan and deliver exercise to older clients with managed conditions	Elective	40		04/10/2013		<u>(1 week)</u> <u>11/10/2013</u>			
BSBSMB403A	Market the small business	Core	50		11/10/2013		<u>(1 week)</u> <u>18/10/2013</u>			
BSBSMB404A	Undertake small business planning	Core	50		18/10/2013		<u>(1 week)</u> <u>25/10/2013</u>			
BSBSMB401A	Establish legal and risk management requirements of small business	Core	60		25/10/2013		<u>01/11/2013</u>			
HLTFA301B	Apply First Aid		18							

**KEY:**

<b>Assessment codes:</b>	C = Competent	NC = Not Competent	N/A = not applicable (CT, RPL, RCC)
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## Global Fitness Institute Training Plan



<b>Assessment method:</b>	A – online assessment tool	B – written assessment (workbook)	C – practical demonstration
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\*=Pre-Requisite

RPL/RCC received = 0

- Please keep a copy of this plan for your own records, to keep track of submissions for your course
- Please note that qualifications will not be issued until all required pre-requisite modules are satisfactorily completed.
- **Please sign and return a copy of this plan to:**  
**Global Fitness Institute**  
**PO Box 852**  
**Melton, VIC 3337**
- All completed work can be returned to the above address or alternatively can be emailed to: **admin@global-fitness.com.au**
- Submitted units are deemed competent only when all required assessment tasks have been satisfactorily completed.
- Assessment tasks can be found in the workbooks issued to students, made up of questions, short essays, case studies, practical demonstrations where applicable, online learning and observation during work placement hours.
- Global Fitness Institute does not accept partial completion of any units.

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**RTO Representative:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Regards,  
Administration  
Global Fitness Institute  
Phone 1 300 662 368

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