

This is to certify that

Joelle Careedy

Has successfully met the required assessment standards for

SRF40206

Certificate IV in Fitness

S. Stanley

eFitAcademy
5/08/2010

RTO No. 22030

The qualification certified herein is recognized within the Australian
Qualifications Framework.

Issued under the authority of the Victorian Qualifications authority

Certificate Number: 00031



Victorian **Registration &**
Qualifications Authority

A summary of the employability skills developed through this qualification can be downloaded
from <http://employabilityskills.training.com.au>.

Certificate IV in Fitness SRF40206

Joelle Careedy

BSBCMN402A	Develop work priorities
BSBCMN403A	Establish business networks
ICAITU006C	Operate computing packages
SRFCHA001A	Plan and deliver exercise for children and young adolescents
SRFFIT007B	Undertake relevant exercise planning and programming
SRFFIT008B	Utilise a broad knowledge of exercise science in exercise planning, programming and
SRFFIT009B	Undertake postural appraisal of low risk clients
SRFFIT010B	Utilise a broad range of fitness equipment
SRFFIT011B	Provide exercise for fitness industry clients with special requirements
SRFFIT012B	Utilise an understanding of motivational psychology with fitness clients
SRFFIT013B	Provide information and exercise related to nutrition and body composition
SRFOLD001B	Plan and deliver exercise for older adults
SRFPTI001B	Plan and deliver personal training
SRXCAI008B	Plan and prepare an individualised long-term training program
SRXGCSO06A	Address client needs
SRXGCST05A	Coordinate client service activities
SRXINU003A	Analyse participation patterns in specific markets of the leisure and recreation
SRXINU004A	Promote compliance with laws and legal principles
SRXOGN001A	Conduct projects
SRXOHS002B	Implement and monitor the organisations occupational health and safety policies,
SRXRIK001A	Undertake risk analysis of activities

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This is to certify that

Joelle Careedy

Has successfully met the required assessment standards for

SRF30206

Certificate III in Fitness

S. Stanley

eFitAcademy
16/05/2010

RTO No. 22030

The qualification certified herein is recognized within the Australian
Qualifications Framework.

Issued under the authority of the Victorian Qualifications authority

Certificate Number: 00004



A summary of the employability skills developed through this qualification can be downloaded
from <http://employabilityskills.training.com.au>.

Certificate III in Fitness SRF30206

Joelle Careedy

BSBADM307A	Organise schedules
BSBCMN302A	Organise personal work priorities and development
BSBFLM303A	Contribute to effective workplace relationships
ICAITU006C	Operate computing packages
SRFFIT001B	Provide orientation to clients prior to undertaking a fitness program
SRFFIT003B	Undertake client induction and screening
SRFFIT004B	Develop basic fitness programs
SRFFIT005B	Apply basic exercise science to exercise instruction
SRFFIT006B	Use and maintain core fitness industry equipment
SRFFIT014A	Provide advice to clients on the application of basic anatomy and physiology to
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines
SRFGYM001B	Instruct fitness activity skills to a client using fitness equipment
SRFGYM002B	customise gym instructional skills to include specific areas of expertise
SRFSPP002A	Develop and apply an awareness of specific populations to exercise delivery
SRXCAI004B	Plan a session or program for participants
SRXEMR001A	Respond to emergency situations
SRXFAC003B	Implement facility maintenance programs
SRXFAD002A	Provide advanced first aid response
SRXGCSO04A	Meet client needs and expectations
SRXGCST03A	Process client complaints
SRXGRO003A	Provide leadership to groups
SRXINU002A	Apply sport and recreation law
SRXOHS001B	Follow defined Occupational Health and Safety policies and procedures
SRXRIK001A	Undertake risk analysis of activities

S. Stanley

eFitAcademy

RTO No. 22030

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Certificate Number: 00004



Victorian Registration &
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