

SRS40406 - Cert IV in Sport (Athlete support services) - Strength & Conditioning

Core Units
BSBCMN402A Develop work priorities
ICAITU006C Operate computing packages
SRXGCSO06A Address client needs
SRXGCST05A Coordinate client service activities
SRXINU003A Analyze participation patterns in specific markets of the leisure and recreation industry
SRXINU004A Promote compliance with laws and legal principles
SRXOGN001A Conduct projects
SRXOHS002B Implement and monitor the organization's Occupational Health and Safety policies, procedures and programs
SRXRIK001A Undertake risk analysis of activities
Stream Units
HLTCOM6A Make referrals to other health care professionals when appropriate
HLTCOM8A Use practise specific/medical terminology in order to communicate with clients/fellow workers and health care professionals
Specialization Units (Strength & Conditioning)
SRSSTC001A Teach or develop the basic skills of strength & conditioning
SRSSTC002A Plan and prepare a strength and conditioning program for a competitive athlete
SRSSTC003A Operate in accord with accepted strength and conditioning industry health and safety practices
SRSSTC004A Operate and maintain strength and conditioning facilities and equipment
Elective (5 units)* (examples only)
SRSSPT005A Conduct basic warm up, stretching and cool down programs
SRFFIT101B Utilise a broad range of fitness equipment
SRFFIT007B Undertake relevant exercise planning and programming
SRFFIT008B Utilise a broad knowledge of exercise science in exercise planning, programming and instruction
SRFGYM002B Customise gym instructional skills to include specific areas of expertise current in the fitness industry