

This is to certify that

Synergy Central

Justin Winsch

Has fulfilled the requirements for

SIS40210

Certificate IV in Fitness



Certification no: **SC2015JAN0023**
Date: **13 January 2015**


John Suttle
Sole Director

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Statement of Results

Synergy Central

Justin Winsch

Has achieved competency in the following units of competency in completion of

SIS40210 Certificate IV in Fitness

CORE UNITS (10)

BSBSMB401A Establish legal and risk management requirements of small business
BSBSMB403A Market the small business
BSBSMB404A Undertake small business planning
SISFFIT415A Work collaboratively with medical and allied health professionals
SISFFIT416A Apply motivational psychology to provide guidance on exercise behaviour and change to meet health and fitness goals
SISFFIT417A Undertake long term exercise programming
SISFFIT418A Undertake appraisals of functional movement
SISFFIT419A Apply exercise science principles to planning exercise
SISFFIT420A Plan and deliver exercise programs to support desired body composition outcomes
SISFFIT421A Plan and deliver personal training

ELECTIVES (5)

SISFFIT314A Plan and deliver exercise to older clients with managed conditions
SISSSPT302A Provide initial management of sports injuries
SISSSPT305A Support sports injury management
SISSSTC301A Instruct strength and conditioning techniques
SISSSTC402A Develop strength and conditioning programs

Dated 13 January 2015
Relates to certificate SC2015JAN0023