



Summary of Qualification

The SIS30315 Certificate III in Fitness reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for group, aqua or gym programs. This qualification will provide students with the ability to work with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Study Duration

Blended Online

Students have 12 months to complete the SIS30315 Certificate III in Fitness (self-paced study).

Face-to-Face Tutorials

Additional fees apply.
See Training Package options for further information.

Career Opportunities

- Gym instructor
- Circuit instructor
- Group fitness instructor
- Outdoor group instructor

Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete the SIS40215 Certificate IV in Fitness.

Course Payment

Students can pay for their course in full or through a direct debit payment plan. Payment plans are interest free. Domestic students under the age of 18 require a parent/guardian to accept financial liability on behalf of the student.

Government Funding

Students may be eligible for government funding for this qualification. For further information on government funding, please visit the FIT College website.

Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. For further information, please visit www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/

Nationally Recognised

This qualification is provided as Nationally Recognised Training.

Qualification Outcome

Upon successful completion of this qualification, students will be issued with the SIS30315 Certificate III in Fitness qualification.

Units of Competency

Industry Scope and Service

SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments
BSBRK401	Identify risk and apply risk management processes
HLTWHS001	Participate in workplace health and safety

Provide First Aid

HLTAID003	Provide first aid
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Healthy Eating Information

SISFFIT005	Provide healthy eating information
HLTHPS010	Interpret and use information about nutrition and diet

Introduction to Anatomy and Physiology

SISFFIT004	Incorporate anatomy & physiology principles into fitness programming
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Health and Fitness Orientation

SISFFIT001	Provide health screening and fitness orientation
SISFFIT006	Conduct fitness appraisals

Programming for Fitness Instruction

SISFFIT003	Instruct fitness programs
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Instruct Group Sessions

SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs

Older and Specific Populations

SISFFIT014	Instruct exercise to older adults
SISFFIT002	Recognise and apply exercise considerations for specific populations

Course Requirements

Entry Requirements

There are no entry requirements for the SIS30315 Certificate III in Fitness.

Required General Resources

- Access to a computer or device that can connect to the internet
- Internet access with a broadband plan suitable for online study
- Smartphone, camera, video camera, or device that can take pictures & record videos

Required Topic Resources

Industry Scope & Service

- Access to a fitness facility

Provide First Aid

- Included in Face-to-Face Study
- Online students will need to source HLTAID003 Provide First Aid from an independent supplier and provide Certificate as competency in this topic

Healthy Eating Information

- Three clients

Introduction to Anatomy & Physiology

- Barbell or broomstick
- Dumbbells or small weights

Health & Fitness Orientation

- Flexible tape measure
- Bodyweight scales
- Blood pressure testing unit
- Four clients
- Access to Bench press, Leg Press, Pull up bar OR Lat pulldown machine



Programming for Fitness Instruction

- Access to a fitness facility or range of equipment:
 - Conditioning equipment - bike, rower, treadmill etc
 - Balance devices - foam pad, wobble board, foam block, Bosu ball
 - Resistance machines - pin weight and plate loaded machines
 - Free weight equipment - Bar, plates, DB, bands

Older & Specific Populations

- Access to a fitness facility or range of equipment

Instruct Group Sessions

- Access to an outdoor area where activity can be performed
- Music playback device - smartphone, Bluetooth speaker etc
- Access to a range of equipment:
 - Step, ledge, park bench
 - Small weights - water bottles, DB, etc

Training Package Options

SIS30315 Certificate III in Fitness	
Flexible Online Delivery	
Online course work is combined with industry and practical work done flexibly and self-paced. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. Online students can purchase a delivery upgrade to the Face-to-Face tutorial sessions during their enrolment. HLTAID003 Provide First Aid must be provided or completed with an external provider. FIT College run HLTAID003 Provide First Aid courses at campus locations regularly.	
Study Mode	Flexible Online
Allowable Time	12 Months
Study Volume	Full-time (27 hrs/week)
Full-Time (Accelerated) Delivery	
Flexible online course work and Cloud Campus access are combined with 28 x 3 hour Face-to-Face tutorials. Tutorials are typically Monday to Thursday, 10 am -1 pm for 7 weeks on predetermined start dates (see website). Delivery includes HLTAID003 Provide First Aid within structured tutorials.	
Study Mode	Blended Face-to-Face Tutorials: 28 x 3 hours over 7 weeks
Allowable Time	12 Months
Study Volume	Full-time (27 hrs/week)
Part-Time (Extended) Delivery	
Flexible online course work and Cloud Campus access are combined with 28 x 3hr Face-to-Face tutorials. Tutorials are typically Monday and Wednesday, or Tuesday and Thursday, evenings 6 pm - 9 pm for 14 weeks on predetermined start dates (see website). Delivery includes HLTAID003 Provide First Aid within structured tutorials.	
Study Mode	Blended Face-to-Face Tutorials: 28 x 3 hours over 14 weeks
Allowable Time	12 Months
Study Volume	Full-time (27 hrs/week)

Certificate III in Fitness SIS30315 Training Package Upgrade	
Flexible online course work and Cloud Campus access are combined with industry and practical work done flexibly and self-paced. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. Depending on the training package version of the Certificate III in Fitness the student holds, there will be some Credit Transfer and potential RPL applied to reduce the total amount of work towards the upgrade. HLTAID003 Provide First Aid must be provided or completed with an external provider. FIT College run HLTAID003 Provide First Aid courses at campus locations regularly.	
Study Mode	Flexible Online
Allowable Time	12 Months
Study Volume	Full-time (27 hrs/week)
Additional Entry Requirements	Previous training package qualification and currency evidence for RPL & Credit Transfer assessment.



Training Package Options

SIS30315 Certificate III in Fitness Pre-Requisite Entry Units Upgrade

Flexible online course work and Cloud Campus access are combined with industry and practical work done flexibly and self-paced. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. Depending on the training package version of the Certificate III in Fitness the student holds, there will be some Credit Transfer and potential RPL applied to reduce the total amount of work towards the upgrade. Students must hold, or complete HLTAID003 Provide First Aid as part of the required entry standards to this upgrade course. FIT College run HLTAID003 Provide First Aid courses at campus locations regularly.

Pre-requisite units from the SIS30315 Certificate III in Fitness training package which is required for entry into the SIS40215 Certificate IV in Fitness are assessed. This course option is only available to holders of a previous SRF or SIS fitness training package. Academic Transcript of completed units awarded:

- SISXCCS001 Provide quality service
- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognise and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT006 Conduct fitness appraisals
- SISFFIT014 Instruct exercise to older clients

Study Mode	Flexible Online
Allowable Time	3 Months
Study Volume	Full-time (34 hrs/week)
Additional Entry Requirements	Previous training package qualification and currency evidence for RPL & Credit Transfer assessment. Current HLTAID003 Provide First Aid Certificate

SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness HPE Teacher Training Package Upskill

Flexible online course work and Cloud Campus access are combined with an intensive five-day workshop. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. Depending on the courses completed as part of the HPE teachers undergraduate degree, there will be some Credit Transfer and potential RPL applied to reduce the total amount of work in the upskill of qualifications. Credit Transfers and RPL will be assessed as part of enrolment and feedback provided. Teachers must hold, or complete HLTAID003 Provide First Aid as part of the required entry standards to this upskill course. FIT College run HLTAID003 Provide First Aid courses at campus locations regularly. The five-day intensive workshop includes 5 x 8 hour Face-to-Face tutorials. Tutorials are typically Monday to Friday on predetermined dates and times. Depending on the RPL achieved from teaching degree and experience, further work may be required to be completed through the flexible online course work.

Study Mode	Blended Face-to-Face Tutorials: 5 x 8 hours over 1 week
Allowable Time	3 Months
Study Volume	Part-time (18 hrs/week)
Additional Entry Requirements	Tertiary qualification in Sport & Exercise Science or similar teaching experience and currency evidence for RPL & Credit Transfer assessment. See SIS40215 Certificate IV in Fitness Course guide for further requirements.

SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness ASCA Pro Scheme

Online course work is combined with industry, practical work, and RPL to complete the upskilling delivery model. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. This course is for ASCA Professional Coaching Scheme members accredited at the Professional Level of membership wishing to upskill their Coaching Accreditation.

Study Mode	Flexible Online
Allowable Time	3 Months
Study Volume	Part-time (7hrs/week)
Additional Entry Requirements	Must be an ASCA Professional Coaching Scheme member.



Training Package Options

SIS30315 Certificate III in Fitness School-based Trainee	
<p>Online course work is combined with industry and practical work, completed as outlined in the school-based trainee (SBT) training plan. The FIT College Cloud Campus provides full access to hundreds of resources that support online learning, including On Demand lectures and tutorials, exercise videos, E-Readers and tutorial videos on key topics of interest. SBTs can pay additional fees to receive 18 x 1 hour face-to-face support. SBTs undertaking this traineeship are required to complete 375 hours (per 12 months) paid work in locations such as gyms, fitness facilities, pools, community facilities and in outdoor environments. Until completion of the qualification, work may involve assisting with membership, facility maintenance, administration and promotion. HLTAID003 Provide first aid is not included in the course. All SBTs will need to source a local provider or attend a First Aid delivery at a FIT College campus. Please note, this may affect your course progress due to the 2-topic progress sequence.</p>	
Study Mode	Blended Face-to-Face *additional fees apply Flexible Online
Allowable Time	18 Months
Study Volume	Full-time (20 hrs/week)

SIS30315 Certificate III in Fitness & SIS40215 Certificate IV in Fitness International Gym Instructor & Personal Trainer (ESOS)	
<p>The course requires 26 hours of study per week. Each year includes eight terms of 10 weeks with a one-week scheduled exam block after each term. Holidays will be structured with a 1- or 2-week break between terms and a 4-week break at the end of the fourth term. Students must attend 20 hours scheduled hours on campus and complete six hours of online and directed study each week of the term. The 20 hours of scheduled contact includes: one 4-hour lecture, two 4-hour tutorials, and two 4-hour practicals. The 6 hours of directed study requires students to complete various self-study tasks according to each topic's student study guide and undertake one hour per week of vocational placement working with clients. HLTAID003 Provide First Aid is delivered as part of the course.</p>	
Study Mode	20 hours Face-to-Face, 6 hours directed and online Lecture: 1 x 4 hour per week Tutorial: 2 x 4 hour per week Practical: 2 x 4 hour per week
Allowable Time	24 Months
Study Volume	Full-time (26 hrs/week)
Additional Entry Requirements	Working with Children positive letter of notification HLTAID003 Provide First Aid to complete SIS40215 Certificate IV in Fitness Pre-requisite units from SIS30315 Certificate III in Fitness to complete SIS40215 Certificate IV in Fitness

Assessment

Every qualification, unit of competency or skill set that is completed at FIT College will require students to undergo a number of assessment tasks, both written and/or practical. The assessment tasks are designed to confirm that the student can competently meet all elements and performance criteria as indicated in the curriculum. By successfully completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace. All courses are limited to a 2-topic progress sequence. Students will only have access to study 2 topics at one time.

Support Services

Here at FIT College, students are our number one priority. We offer 7am-7pm Education Phone Support, 24/7 Communication Log Support, Face to Face Student Support Sessions at each campus, as well as integral account services provided by our Student Services Team.

Get in Touch

Websites URL: www.fitcollege.edu.au

General Enquiries: info@fitcollege.edu.au

Account Enquiries: admin@fitcollege.edu.au

Phone: 1300 887 017 or +61 7 5409 7070

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