



Summary of Qualification

A Certificate III in Fitness (SIS30321) is your entry-level fitness course into the fitness industry. After graduation, you will become a Fitness Instructor. Fitness Instructors perform various activities and functions within the fitness industry, focusing on groups or individuals undergoing fitness training. Fitness Instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where personalised instruction and ongoing client monitoring are limited. Fitness Instructors work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgment to solve routine issues within the parameters of clearly defined organisational policies and procedures.

Study Duration

Blended Online

Face-to-Face Tutorials

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

Career Opportunities

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

Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete the SIS40221 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 completing this qualification, students will be issued the SIS30321 Certificate III in Fitness qualification.

Units of Competency

Provide First Aid

HLTAID011 - Provide First Aid

Exercise Anatomy & Physiology

SISFFIT047 - Use anatomy and physiology knowledge to support safe and effective exercise

Screening & Customer Service

SISFFIT032 - Complete pre-exercise screening and services orientation

SISXIND009 - Respond to interpersonal conflict

SIRXSL001 - Sell to the retail customer

Healthy Nutrition & Service

SISFFIT052 - Provide healthy eating information

Conduct Fitness Assessments

SISFFIT033 - Complete client fitness assessments

Design & Deliver Sessions

HLTWHS001 - Participate in workplace health and safety

SISFFIT040 - Develop and instruct gym-based exercise programs for individual clients

Deliver Group Exercise

SISFFIT035 - Plan group exercise sessions

SISFFIT036 - Instruct group exercise sessions

Professional Development & Reflection

BSBPEF301 - Organise personal work priorities and development

BSBCFT311 - Apply critical thinking skills in a team environment

CHCPRP003 - Reflect on and improve own professional practice

Course Requirements

Entry Requirements

There are no entry requirements for the SIS30321 Certificate III in Fitness. However, applicants will be required to meet the course LLN requirements.

What will I learn

FIT College Certificate III in Fitness qualification combines a solid theoretical framework with hands-on practical experience across a range of areas such as anatomy and physiology, health screening, nutrition, session design, critical thinking, and motivation. Once you graduate, you will be ready to start working as a fully qualified fitness instructor, making you a highly valuable member of any gym staff both in Australia and overseas.



Training Package Options

SIS30321 Certificate III in Fitness
Flexible Online Delivery
Enjoy the freedom and flexibility of choosing when and where to study. Direct your learning with all your study materials online, allowing you to manage your workload and fit your studies around your lifestyle. Access your learning space 24 hours a day, seven days a week and be supported by high-quality educators who are devoted to your outcomes
Note - HLTAID011 Provide First Aid must be provided or completed with an external provider or on a FIT College Campus (see website).
Course Duration: 12 Months
Hours of Study: There are no set study hours when studying online with FIT College. But to give you an idea of how much time you'll need to allocate to your studies, we recommend allowing between 20-30 hours per week, depending on your experience.
Full-Time (Intensive) Workshop Deliveries
Flexible online coursework and Student Platform access are combined with 28 x 3-hour face-to-face workshops. Workshops are typically Monday to Thursday, 10:00 am to 1:00 pm for 7 weeks on predetermined start dates (see website). Delivery includes HLTAID011 Provide First Aid within structured workshops. Practical components will be completed both during workshops and in your own time.
Study Mode: Blended face-to-face 28 x 3-hour workshops over 7 weeks
Allowable Time: 12 months
Study Volume: Full-time (27 hours/week)
Part-Time (Intensive) Workshop Deliveries
Flexible online coursework and Student Platform access are combined with 28 x 3-hour face-to-face workshops. Workshops are typically Monday and Wednesday, or Tuesday and Thursday, evenings 6:00 pm - 9:00 pm for 14 weeks on predetermined start dates (see website). Delivery includes HLTAID011 Provide First Aid within structured workshops.
Study Mode: Blended face-to-face 28 x 3-hour workshops over 14 weeks
Allowable Time: 12 months
Study Volume: Full-time (27 hours/week)
Certificate III in Fitness SIS30321 Bridging Course
Entry to a SIS40221 Certificate IV in Fitness will require the completion of pre-requisites from SIS30321. This course option is only available to holders of an SIS 15 fitness training package. Entry to this qualification is open to individuals who hold the following units of competency or units that have been superseded by these units:
<ul style="list-style-type: none">• HLTAID011 Provide First Aid.• SISFFIT001 Provide health screening and fitness orientation• HLTWHS001 Participate in workplace health and safety• SISFFIT032 Complete pre-exercise screening and service orientation• SISFFIT033 Complete client fitness assessments• SISFFIT035 Plan group exercise sessions• SISFFIT036 Instruct group exercise sessions• SISFFIT040 Develop and instruct gym-based exercise programs for individual clients• SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise• SISFFIT052 Provide healthy eating information
Study Mode: Flexible online
Allowable Time: 3 months
Recommended Study Volume: 10-20 hours/week
Course Duration: 12 months
Additional Entry Requirements: Previous training package qualification and currency evidence for RPL & Credit Transfer assessment. Current HLTAID011 Provide First Aid Certificate



Training Package Options

SIS30321 Certificate III in Fitness & SIS40221 Certificate IV in Fitness HPE Teacher Training Package Upskill

HPE Teachers will have an opportunity to upskill into Certificate III and IV in Fitness by enrolling on this course. Applicants will be required to provide evidence to FIT College to assess their eligibility to participate in this course. Based on the assessment, applicants may be required to complete gap training online before attending a four (4) day workshop in the following locations three (3) times per year. Extra fees apply for required gap training.

- Cairns
- Townsville
- Rockhampton
- North Brisbane - Carseldine
- Sunshine Coast - Maroochydore

Applicants are welcome to enrol anytime (cut-off periods apply). However, where gap training must be completed, it needs to be discussed with the trainer and assessor to ensure the timeframe will be adequate for the upcoming course, as gap training must be completed before workshop dates.

Workshop Dates: May, August, and December

Study Mode: Flexible online (gap training)
Face to Face Accelerated Workshop 4 x 8 hours

Allowable Time: 3 months

Recommended Study Volume for Gap Training: 20 hours/week

Entry Requirements: To be eligible for enrolment in this course, they must have completed a university TITLED degree in *Physical Education, Sport & Exercise Science, Clinical Exercise Science, or Human Movement* (or similar) from an Australian University and hold a current HLTAID011 Provide First Aid Certificate

SIS30321 Certificate III in Fitness School-based Trainee

Online course work is combined with industry and practical work, completed as outlined in the school-based trainee (SBT) training plan. The FIT College Student Platform provides complete access to hundreds of resources that support online learning, including on-demand lectures and workshops, exercise videos, 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 must complete 375 hours (per 12 months) of paid work in locations such as gyms, fitness facilities, pools, community facilities, and outdoor environments. Until completion of the qualification, work may involve assisting with membership, facility maintenance, administration, and promotion. HLTAID011 Provide first aid is not included in the course. All SBTs will need to source a local provider or attend a first aid course at a FIT College Campus.

Study Mode: Blended face-to-face (additional fees apply)
Flexible online

Allowable Time: 3 years

Study Volume: Full-time (20 hours/week)

Course Requirements: Trainees are required to complete 375 hours (per 12 months) of paid work



Training Package Options

SIS30321 Certificate III in Fitness & SIS40221 Certificate IV in Fitness International Gym Instructor & Personal Trainer (ESOS)

The course requires 26 hours of study per week. Each year includes eight terms of 10 weeks with a one-week 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 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 workshops, and two 4-hour practical sessions. 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. HLTAID010 Provide First Aid is delivered as part of the course.

Study Mode: Students will complete the fitness course over two years. The schedule includes four terms of ten weeks per year. Therefore, you can expect about 26 hours per week of study time, with 20 hours of scheduled contact time and six hours per week of private study.

The 20 hours of scheduled contact will include:

- 1 x 4-hour lecture: Core theoretical content
- 2 x 4-hour workshops: Application of core theoretical material
- 2 x 4-hour practicals: Application of core theoretical content to the practical environment

Allowable Time: 24 months

Study Volume: Full-Time (26 hours/week)

Additional Entry Requirements: A valid study visa

Assessment

Every qualification, unit of competency or skill set completed at FIT College will require students to undergo a number of written and/or practical assessment tasks. The assessment tasks are designed to confirm that the student can meet all elements and performance criteria indicated in the curriculum. By completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace.

Additional Course Requirements

- 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 and record videos
- Access to a gym or fitness facility
- Friends, family members or work colleagues to act as clients

Support Services

FIT College, students are our number one priority. We offer the best possible training and support from passionate Educators and industry professionals, which include:

- 7 am-7 pm Education Phone Support
- 24/7 Communication Log Support
- Face-to-face & Virtual Student Support Sessions

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

Head Office Location: Suite 8 / 102 Wisers Road, Maroochydore, QLD, 4558, Australia.