

## SIS30315 CERTIFICATE III IN FITNESS

### 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.

### Entry Requirements

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

### Qualification Outcome

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

### Career Opportunities

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

### Study Duration

#### Blended Online

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

#### Face to Face Tutorials

Additional fees apply:

- Accelerated: 7 weeks (4 tutorials/week, 3 hours per tutorial)
- Extended: 14 weeks (2 tutorials/week, 3 hours per tutorial)

*All study options are 'full-time' with a minimum of 20 hours of study per week for the duration of the 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
- BSBRSK401 Identify risk and apply risk management processes
- HLTWHS001 Participate in workplace health and safety
- ICTWEB201 Use social media tools for collaboration and engagements

#### First Aid

- HLTAID003 Provide first aid

#### Healthy Eating Information

- SISFFIT005 Provide healthy eating information

#### Introduction to Anatomy and Physiology

- SISFFIT004 Incorporate anatomy & physiology principles into fitness programming

#### Health and Fitness Orientation

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT006 Conduct fitness appraisals

#### Programming for Fitness Instruction

- SISFFIT003 Instruct fitness programs

#### 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

### Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete the 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.

### 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](http://www.fitcollege.edu.au)

General Enquiries: [info@fitcollege.edu.au](mailto:info@fitcollege.edu.au)

Account Enquiries: [admin@fitcollege.edu.au](mailto: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.

### 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/](http://www.fitcollege.edu.au/Study/AboutUs-446/RPL-478/).

### Nationally Recognised

This qualification is provided as Nationally Recognised Training.