



FITNESS CERTIFICATE III IN FITNESS

| SIS30315 |

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.

Educational Pathways

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

Get in Touch

Websites URL: www.fitcollege.edu.au

General Enquiries: info@fitcollege.edu.au

Account Enquiries: admin@fitcollege.edu.au

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

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
ICTWEB201	Use social media tools for collaboration and engagements

First Aid

HLTAID003	Provide first aid
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Healthy Eating Information

SISFFIT005	Provide healthy eating information
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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

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.

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.