

SUBJECT INFORMATION SHEET

SIS30315 Certificate III in Fitness (Outside Provider: College of Health and Fitness – RTO 30798)

Description: The Certificate III in Fitness is a two-year course designed to equip students with the knowledge and skills to perform the duties of a gym, group or aqua aerobics instructor. As well as a basic knowledge of Human Physiology and Kinesiology, students develop skills in program design and effective demonstration and safety for fitness training.

Units

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| 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 delivery |
| SISFFIT005 | Provide healthy eating information |
| SISFFIT014 | Instruct exercise to older clients recommended guidelines |
| 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 |
| HLTWS001 | Participate in workplace health and safety |
| SISFFIT006 | Conduct fitness appraisals |
| SISXCAI006 | Facilitate groups |
| SISFFIT011 | Instruct approved community fitness programs |
| BSBCM201 | Communicate in the workplace |
| HLTAID003 | Provide First Aid |

Pre-requisites: Nil

Future relevance: This course is designed to provide students with a qualification to work in a gym or as a personal trainer.

Assessment: Competency based, practical work and knowledge components.

Credit Points for QCE: 8

Cost: \$500 + First Aid Certificate fee

Further information: Contact Mrs Samantha Leo (RTO Coordinator) sleo@saac.qld.edu.au

Service agreement: The RTO guarantees that the student will be provided with every opportunity to complete the certificate as per the rights and obligations outlined in the enrolment process and information handbooks provided. Students successfully achieving all qualification requirements will be provided with a Qualification and record of results. Students who complete at least one unit (but not the full qualification) will receive a Statement of Attainment.



RTO: 30798