

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 one-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

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