



GLOBAL FITNESS
INSTITUTE™

SIS30315 Certificate III in Fitness



Contact us Today to Enrol !

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Nationally Accredited Registered Training Organisation (21793)



SIS30315 - Certificate III in Fitness

What content is covered in the training?

This qualification 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.

They work independently 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.

Individuals who specialise in Aqua Exercise Instruction deliver water-based exercise sessions designed for participation by a group of clients. Sessions may be freestyle, pre-choreographed or circuit style. They also have the skills to rescue a client in distress, and an appropriate level of pool deck fitness and endurance.

Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

Entry Requirements:

There is no minimum entry requirement.

Pathways:

After completing SIS30315 - Certificate III in Fitness students may wish to continue training in this industry by undertaking training in SIS40215 - Certificate IV in Fitness

Units of competency covered in the Certificate III in Fitness include:

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT002 Recognize and apply exercise considerations for specific populations
- SISFFIT003 Instruct fitness programs
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
- SISFFIT005 Provide healthy eating information
- SISFFIT014 Instruct exercise to older clients
- 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
- HLTAID003 Provide first aid
- HLTWHS001 Participate in workplace health and safety
- SISFFIT006 Conduct fitness appraisals
- SISFFIT007 Instruct group exercise sessions
- SISXCAI006 Facilitate groups
- SISXFAC002 Maintain sport, fitness and recreation facilities



How is the course trained and assessed?

Face to Face

All theory based delivery will occur within the designated classrooms of the RTO through structured training sessions from a qualified trainer / assessor employed by the RTO. At these training sessions a qualified trainer will provide the required skills and knowledge as per the unit content and will ensure the learning is imparted.

Online

Theory content can also be covered online via the GFI student portal, however attendance at class will generally result in better learning outcomes, and as such, is always highly encouraged.

Practical

As part of this course students will also be required to undertake practical activities related to the course content. These practical activities will be undertaken in a simulated / workplace environment within the classroom based delivery. This may involve accessing appropriate facilities to ensure simulation can be achieved.

The course also involves students completing some reading and written work outside the scheduled classroom delivery time.

How often do the courses run and what is their duration?

The duration of this course is:

Lectures and practical classes delivered over a 6 month period (24x4hrs), classes are scheduled weekly in addition to:

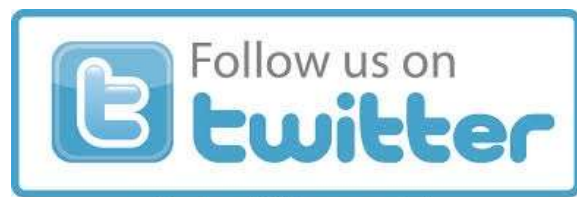
- 1 weekend practical workshop per month
- 1 level 2 First aid course.
- 20 hrs work placement

Course Fees

All current course fees can be found on our website : <http://globalfitness.edu.au/course-fees/>



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