SIS30313 Certificate III in Fitness

Contact us Today to Enrol!
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What content is covered in the training?
The SIS30313 Certificate III in Fitness provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. Qualification outcomes will depend on the elective grouping chosen and may include providing exercise instruction for group, aqua or gym programs. Work may be undertaken in locations such as gyms, fitness facilities, pools, community facilities and in outdoor environments.
Job roles include exercise instructor in gym instruction and/or group exercise

Entry Requirements:
There is no minimum entry requirement.

Pathways:
After completing SIS30313 Certificate III in Fitness students may wish to continue training in this industry by undertaking training in SIS40210 - Certificate IV in Fitness.

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

- SISFFIT301A Provide fitness orientation and health screening
- SISFFIT302A Provide quality service in the fitness industry
- SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery
- SISFFIT305A Apply anatomy and physiology principles in a fitness context
- SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines
- SISXFAC207 Maintain sport, fitness and recreation equipment for activities
- SISXIND101A Work effectively in sport and recreation environments
- SISXOHS101A Follow occupational health and safety policies
- SISXRSK301A Undertake risk analysis of activities
- HLTAID003 Apply first aid
- SISFFIT304A Instruct and monitor fitness programs
- SISFFIT307A Undertake client health assessment
- SISFFIT308A Plan and deliver gym programs
- SISSSTC301A Instruct strength and conditioning techniques
- SISSSPT302A Provide initial management of sport injuries

Optional-
Group Exercise elective can be added to your course at an addition cost.
- SISFFIT309A Plan and deliver group exercise sessions

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?
Normal office operating times of the RTO are 9am-5pm. All training and assessment will be scheduled within the following hours of operation: Monday – Sunday (8am -10pm).

The duration of this course is:
Lectures and practical classes delivered over a 12 week period, classes are scheduled weekly.

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