

SIS30315 Certificate III in Fitness

National ID: SIS30315 | State ID: AWN5

About this course

Take the first step in your fitness career.

The Certificate III in Fitness provides participants with the skills to work as a fitness instructor, planning and conducting fitness programs and group exercise regimes. Participants will learn about the role of fitness instructors and gain an overview of work in the industry.

Participants will learn how to:

- Recognise and apply exercise considerations for specific groups or individuals
- Incorporate anatomy and physiology principles into fitness programming
- Provide health screening and fitness orientation
- Provide healthy eating information
- Maintain equipment for activities
- Analyse risks and respond to emergency situations

As part of this qualification, participants are required to undertake a supervised work placement where there will be able to apply the skills and knowledge learned.

Overview

Available all year, 2020

Qualification details

-  Duration: **1 Year**
-  Where: **Broome Campus**
-  When: **Available all year**
-  How: **Distance learning + workplace**
Full-time
Part-time

Units

This is a suggested study plan. North Regional TAFE offers a variety of alternative units, and packaging rules apply to these selections. Your unit options will be discussed with you prior to enrolment.

Core

National ID	Unit Title
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
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISXCCS001	Provide quality service

National ID	Unit Title
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments


Elective

National ID	Unit Title
BSBRK401	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
SISFFIT011	Instruct approved community fitness programs
SISFFIT012	Instruct movement programs to children aged 5 to 12 years

Study pathway

 [Certificate IV in Fitness](#)

Job opportunities

 [Fitness instructor](#)

Fees and charges

[Click here to view North Regional TAFE's 2020 indicative fees.](#) These fees are indicative for local students enrolling full-time in Government-funded courses. Fees are calculated based on individual circumstances at the time of enrolment. Concessions for eligible certificate I - IV level courses, annual fee caps and other charges may apply.

For more information, please click [here](#).

VET Student Loans

VET Student Loans is an income contingent loan support available to eligible students studying a diploma level or above qualification. For more information, please click [here](#).

Please note, fees are subject to change.