

# SIS30321 CERTIFICATE III IN FITNESS

CRICOS 120448C

## Course Overview

This qualification prepares individuals to work as group and gym fitness instructors. You will develop the skills to plan and deliver group exercise sessions and create gym-based programs for individuals, where personalised instruction and ongoing client monitoring are limited.
You will work in predictable environments under general supervision, using discretion and judgement to address routine issues within established organisational policies and procedures.
This qualification provides a pathway to employment in fitness facilities, gyms, and leisure or community centres. Skills are applied in accordance with Commonwealth and State or Territory legislation, Australian standards, and industry codes of practice.
There are no entry requirements for this qualification.

## Course Features

- 15 units in total (11 core + 4 electives)
- 4 terms per year – flexible intakes
- 1 year duration (40 learning weeks + 12 weeks holiday)
- 20 hours/week face-to-face plus online and self learning

## Course Units

### Core Units x 11

- BSBOPS304 Deliver and monitor a service to customers
- BSBPEF301 Organise personal work priorities
- HLTAID011 Provide First Aid
- HLTWHS001 Participate in workplace health and safety
- SISFFIT032 Complete pre-exercise screening and service orientation
- SISFFIT033 Complete client fitness assessments
- SISFFIT035 Plan group exercise sessions
- SISFFIT036 Instruct group exercise sessions
- SISFFIT040 Develop and instruct gym-based exercise programs for individual clients
- SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise
- SISFFIT052 Provide healthy eating information

### Elective Units x 4

- BSBWHS332X Apply infection prevention and control procedures to own work activities
- CHCDIV001 Work with diverse people
- SISFFIT034 Assess client movement and provide exercise advice
- SISXFAC006 Maintain activity equipment

## Career Opportunities

