Certificate III Fitness
Vocational Education

Vocational Units of Competency

SIS30313 Certificate III Fitness
- SISXFAC207 Maintain sport, fitness and recreation equipment for activities
- SISXOHS101A Follow occupational health and safety policies
- SISXRSK301A Undertake risk analysis of activities
- SISFFIT306A Provide healthy eating information to clients
- SISFFIT305A Anatomy and Physiology
- SISFFIT301A Provide fitness orientation and health screening
- SISFFIT302A Provide quality service in the fitness industry
- SISFFIT307A Undertake client health assessment
- SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery
- SISFFIT304A Instruct and monitor fitness programs
- SISFFIT308A Plan and deliver gym programs (Circuit training)
- SISFFIT309A Plan and deliver group exercise sessions
- SISXRSK301A Undertake risk analysis of activities
- SISXIND101A Work effectively in sport and recreation environments
- HLTAID003 Provide First Aid

This subject can articulate job roles such as: gym instructor or group exercise instructor.

Pathways from this qualification: Students could progress to a wide range of other qualifications in the Fitness industries such as Certificate IV in Fitness, Exercise Scientist. They can also gain entry into limited range of University degrees depending on the pre-requisite entry requirements.

Assessment Requirements
This program is delivered through projects, tasks and activities in our onsite College Gym. Evidence will be progressively gathered over time in a range of gym and fitness relevant context rather than a single assessment event. Evidence gathering will be by observation of relevant tasks with questioning on underpinning knowledge and where applicable, supervisor’s reports and reviews of work samples. To be awarded this qualification – students must achieve competence in all twelve modules. Successful completion of this will gain 8 credit points towards their Senior Certificate.

Pre-Requisites: None

Resources
Gym (includes indoor basketball court as well as the following equipment: strength and conditioning machine, cardio and fitness machine, first aid and health screening).