

# CERTIFICATE III IN FITNESS

COURSE CODE: SIS30321

Issuance of this qualification is awarded by Djarragun College RTO30166



## QUALIFICATION DESCRIPTION

This qualification reflects the responsibilities of group and gym fitness instructors. Students are tasked with planning and executing group exercise sessions and crafting gym-based programs for individuals, with limited personalised instruction and ongoing client monitoring.

When conducting group sessions or interacting with clients, students will exercise discretion and judgment to address routine issues within the confines of clearly outlined organisational policies and procedures. Students will actively engage in delivering a variety of fitness programs and services to clients within their school community.

Upon completion, graduates will demonstrate competence in various essential skills, including conducting client health assessments, designing and implementing fitness programs, and leading group fitness sessions both indoors and outdoors, catering to diverse clients, including older adults. Additionally, this program encompasses the acquisition of a First Aid qualification and CPR certificate.

## ENTRY REQUIREMENTS

Enrolled College students may apply to enrol in a VET course from Year 10 onwards.

## DURATION AND LOCATION

This Certificate III course is delivered over 3 years on site at Djarragun College, in our purpose built sports training centre.

## DELIVERY MODES

The course will be delivered in the classroom, face-to-face, using a range of practical and theoretical teaching and assessment methods.

## FEES

There is no additional fee for enrolling in a VET course; there are two different College fee levels applicable for enrolling at the College. Any VET courses are covered within this fee.

## RTO OBLIGATION

The College guarantees that the student will be provided with every opportunity to complete the qualification. We do not guarantee employment upon completion of this qualification.

Students who are deemed competent in all units of competency will be awarded a Qualification, a Record of Results and full QCE points.

Students who achieve at least one unit of competency (but not the full qualification) will receive a Statement of Attainment and may receive some QCE points.



### SUPPORT SERVICES AVAILABLE

The College has invested heavily in support services to support student learning. We have a substantial support staff made up of Teaching Assistants, Learning Enhancement teachers and Youth Support Officers.

We also partner with Ngak Min Health to access services that are typically not available in schools.

### PATHWAYS

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

### QCE POINTS

This Certificate III level course will attract a maximum of 8 QCE points.

### COURSE UNITS

UNIT CODE	UNIT TITLE	CORE/ELECTIVE
HLTWHS001	Participate in workplace health and safety	CORE
HLTAID011	Provide First Aid	CORE
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	CORE
BSBOPS304	Deliver and monitor a service to customers	CORE
BSBPEF301	Organise personal work priorities	CORE
SISFFIT035	Plan group exercise sessions	CORE
SISFFIT036	Instruct group exercise sessions	CORE
SISFFIT032	Complete pre-exercise screening and service orientation	CORE
SISFFIT033	Complete client fitness assessments	CORE
SISFFIT052	Provide healthy eating information	CORE
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	CORE
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients	ELECTIVE
BSBOPS403	Apply business risk management processes	ELECTIVE
BSBSUS211	Participate in sustainable work practices	ELECTIVE
BSBXTW301	Work in a team	ELECTIVE
SISXEMR001	Respond to emergency situations	ALTERNATIVE ELECTIVE