

# SIS30315 CERTIFICATE III IN FITNESS

VET Subject

Your fitness career goals are within your reach with this entry-level qualification. This course is an essential minimum requirement to work at a gymnasium or as an exercise instructor.

The course will be delivered with the assistance (and under the auspices) of an external Registered Training Organisation, Binnacle Training, RTO Code: 31319 ([www.binnacletraining.com.au](http://www.binnacletraining.com.au)). Therefore the course will attract fees in addition to the School Resource Scheme.

The course fees are as follows:

COST	DESCRIPTION
\$210.00	Binnacle Training Fee - <i>Certificate II entry qualification</i>
\$80.00	Binnacle Training Fee - <i>Certificate III Gap Fee</i>
\$40.00	Provide First Aid Certificate
\$330	Total Cost

## Pathways

The Certificate III in Fitness is the minimum qualification required for employment as a Fitness Instructor. Upon completion of this course you can work in a gym conducting fitness appraisals, writing exercise programs, and teaching exercises.

## COURSE STRUCTURE OVERVIEW

Term 1	Sport, Fitness and Recreation Industry; Work Health and Safety in Sport & Fitness; Community Coaching General Principles
Term 2	Community Fitness programs; Policies and Procedures – WHS and Administrative Reporting; First Aid & CPR
Term 3	Anatomy and Physiology – Body Systems, Cardiorespiratory System, Terminology
Term 4	Client Screening and Health Assessments; Body Composition and Fitness Testing; Anatomy and Physiology – Musculoskeletal and Nervous Systems; Plan and Deliver Exercise Programs; Movement and Mobility <i>Finalisation of qualification: SIS20115 Certificate II in Sport and Recreation</i>
Term 5	Anatomy and Physiology – Digestive System & Energy Systems; Nutrition – Providing Healthy Eating Information.

<b>Term 6</b>	<b>Specific Populations; Training Older Clients; Client Conditions</b>
<b>Term 7</b>	<b>Training Other Specific Population Clients; Community Fitness Programs</b>
<b>Term 8</b>	<b>CPR refresher (optional)</b> <b><i>Finalisation of qualification: SIS30315 Certificate III in Fitness</i></b>

#### **OUTSIDE SUBJECT COMMITMENT – TERMS 5-7**

This program involves an ‘outside subject’ weekly component as follows:

- **MANDATORY:** A minimum of one session (60 minutes) – delivering a gentle exercise session to an older adult client (age 50+), undertaken at the school gym or an alternate fitness facility sourced by the school.
- **RECOMMENDED:** 60 minutes per week across a minimum of 5 consecutive weeks – delivering fitness programs and services to an adult client, undertaken at the school gym or an alternate fitness facility sourced by the school.

All other practical experiences have been timetabled within class time. Students will keep a Log Book of these practical experiences (minimum 40 hours)