

CERTIFICATE III IN FITNESS

Vocational Education & Training CODE: ZFA

THIS COURSE IS BEING DELIVERED IN PARTNERSHIP WITH FITEDUCATION, RTO 32155

UPON COMPLETION OF THIS COURSE, CERTIFICATION WILL BE ISSUED BY FIT EDUCATION

QUALIFICATION: SIS30315 CERTIFICATE III IN FITNESS

COURSE OVERVIEW

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. Students are expected to successfully complete all units of competency listed below during the one year course of study to be awarded the Certificate III in Fitness. Upon successful completion of this course, students will be competent in a range of essential skills – such as undertaking client health assessments, planning and delivering fitness programs, and conducting group fitness sessions in community and commercial fitness settings.

DURATION

One year

COURSE UNITS

To attain a Certificate III in Fitness, 16 units of competency must be achieved.

UNIT CODE	UNIT NAME
SISXFAC001	Maintain sport, fitness and recreation equipment for activities
HLTWHS001	Participate in workplace health and safety
SISFFIT004	Incorporating anatomy and physiology principles into fitness
SISFFIT001	Provide health screening and fitness orientation
SISFFIT006	Conduct fitness appraisals
SISXIND001	Work effectively in sport and recreation environments
SISXCCS001	Provide quality service
SISFFIT005	Provide healthy eating information
SISFFIT003	Instruct fitness programs
SISSTC301A	Instruct strength and conditioning techniques
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT014	Instruct exercise to older clients
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
BSBRK401	Identify and apply risk management programs
HLTAID003	Provide first aid

ASSESSMENT TECHNIQUES

Assessment will be delivered using a variety of techniques, including:

- Practical assessment
- Written tasks
- Exams
- Teacher observation
- Teacher questioning

SPECIAL REQUIREMENTS

Students should have a high level of knowledge of sport and a high level of ability in playing sport and/or a significant interest in playing or administration of sport.

CAREER OPPORTUNITIES & PATHWAYS

The Certificate III in Fitness is an entry-level program that leads to expertise in sport and recreation. Graduates would be highly suited to entry-level positions such as Fitness Instructor, Fitness Trainer, Fitness Specialist, PCYC/Gym Instructors and Coaching & Sports Trainees. This course also provides a pathway to careers in sport and health science at University by establishing a track record in tertiary education.

TAFE: Certificate IV and Diploma in related industry areas including Sport and Recreation, Community Recreation, Fitness, Sport Development, Sport Coaching, Sport Trainer.

Universities: Degrees: Exercise Science, Science, Physiotherapy.

Subject fees for students who undertake a VET Certificate in partnership with an external provider will not be refunded once the transfer of funds has occurred from the College to the external provider, and are subject to each organisation's refund policy and procedure.

Disclaimer: "The College must have certain teachers and equipment to run this course. If the school loses access to these resources, the school will attempt to provide students with alternative opportunities to complete the course and the related qualifications. The school retains the right to cancel the vocational component of the course if it is unable to meet requirements."