

CERTIFICATE III IN FITNESS SIS30315



Units of Competency

Working in the Fitness Industry

- SISXCCS001 Provide quality service
- SISXFAC001 Maintain equipment for activities
- SISXIND001 Work effectively in sport, fitness and recreation environments
- BSBRK401 Identify risk and apply risk management processes
- HLTWHS001 Participate in workplace health and safety

Introduction to Anatomy and Physiology

- SISFFIT004 Incorporate anatomy & physiology principles into fitness programming

Healthy Eating Information

- SISFFIT005 Provide healthy eating information

Health and Fitness Orientation

- SISFFIT001 Provide health screening and fitness orientation
- SISFFIT006 Conduct fitness appraisals

Programming for Fitness Instruction

- SISFFIT003 Instruct fitness programs

Instruct Group Sessions

- SISFFIT007 Instruct group exercise sessions
- SISFFIT011 Instruct approved community fitness programs
- SISXCAI006 Facilitate Groups

Older and Specific Population

- SISFFIT014 Instruct exercise to older adults
- SISFFIT002 Recognise and apply exercise considerations for specific populations

- First Aid- HLTAID003 Provide First Aid (Not provided by Move Academy)

Summary of Qualification

The SIS30315 Certificate III in Fitness reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for group, or gym programs.

Entry Requirements

Have completed Australian Year 10 or equivalent; or certificate level II, or CV experience to show you have the required competencies to complete the skills of the program. You must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Qualification Outcome

Upon successful completion of this qualification, students will be issued with the SIS30315 Certificate III in Fitness qualification

Study Duration

Online Study - Students have 12 months in order to complete the qualification (self-paced study)

Educational Pathways

Following the successful completion of this qualification, students may choose to further their learning pathway and complete the Certificate IV in fitness.

Assessment

Every qualification, unit of competency or skill set that is completed with Move Academy will require students to undergo a number of assessment tasks, both written and/or practical. The assessment tasks are designed to confirm that the student can competently meet all elements and performance criteria as indicated in the curriculum. By successfully completing each assessment task to the standard indicated, students are ready and eligible to perform those elements in the workplace.

Course Payment

There are different options for payment of the program including payment plans. Payment plans are interest free. Please speak with us for full details.

Recognised Prior Learning

Achieve the qualification faster by using previous credit and experience. For further information, please contact us

This qualification is provided as Nationally Recognised Training. Move Academy RTO code 41087



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