



## SIS30315 CERTIFICATE III IN FITNESS

CRICOS CODE: 094027M

### COURSE OVERVIEW

This qualification 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, aqua or gym programs.

They work independently with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Individuals who specialise in Aqua Exercise Instruction deliver water-based exercise sessions designed for participation by a group of clients. Sessions may be freestyle, pre-choreographed or circuit style. They also have the skills to rescue a client in distress, and an appropriate level of pool deck fitness and endurance.

Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

### JOB OPPORTUNITIES

Job roles and titles vary across different industry sectors.

Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

### ENTRY REQUIREMENTS

- International students must be 18 years of age or over.
- Students are required to successfully complete the Language Literacy and Numeracy test and achieve Level 3 in the Australian Core Skills Framework across reading, writing, learning, oral communication and numeracy skill. Prospective students who provides an AQF Certificate III or above in any discipline will be deemed as meeting the English language entry requirements. Prospective International students who provide an IELTS of 5.5 or its equivalent will be deemed as meeting the English language entry requirements.
- Satisfactorily complete a pre-training review interview to determine student's suitability for the chosen course.

### INTAKES

Please contact ASA for course intake information.

### FEES

AUD \$10,000

### COURSE DURATION

Training will be delivered 2.5 days per week for 20 hours over a period of 52 weeks.

### DELIVERY MODES

For prospective international students, the course will be delivered face-to-face.

### STUDY PATHWAYS

This qualification has pathways for further study in:

- SIS40215 Certificate IV in Fitness
- SIS50215 Diploma of Fitness



STAY IN THE GAME

# MAKE SPORT YOUR CAREER



## COURSE OUTLINE (UNITS OF COMPETENCY)

### TOTAL NUMBER OF UNITS = 16

- 9 core units
- 7 elective units

#### CORE UNITS

SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments

Please select one of the following elective streams

#### GROUP EXERCISE INSTRUCTOR

BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISXCAI006	Facilitate groups
SISXFAC002	Maintain sport, fitness and recreation facilities

#### GYM INSTRUCTOR

BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT006	Conduct fitness appraisals
SISXCAI006	Facilitate groups
SISXFAC002	Maintain sport, fitness and recreation facilities
SISFFIT007	Instruct group exercise sessions

#### ASSESSMENT ARRANGEMENT

To be assessed as competent, learners need to provide satisfactory evidence to all the assessment requirements relating to their knowledge and skills relevant to the unit of competence. Assessment methods may include:

- Written activities
- Practical / role plays
- Observations

#### HOW TO ENROL

Applying to ASA is easy. You can submit your enrolment application at any time by email to [info@asaonline.edu.au](mailto:info@asaonline.edu.au). Call the Gold Coast Campus on **+61 1300 656 693** or Sydney Campus on **+61 1300 082 832**.

Once we receive your enrolment form, we will send you a Letter of Offer including all the enrolment conditions. When you accept it and return a signed copy along with payment, we will secure your place in your chosen course.

Recognition of Prior Learning (RPL) and Credit Transfer is offered at the time of enrolment. For additional information relating to RPL or Credit Transfer for this course, please contact us.

**Enrol Now**



#### Gold Coast (QLD)

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#### Sydney (NSW)

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