my industry training

Certificate III in Fitness

SIS30321

COURSE OUTLINE

- LEARN
- BUILD KNOWLEDGE
- DEVELOP SKILLS
- PURSUE CAREER OPPORTUNITIES







www.myindustrytraining.com.au

COURSE OUTLINE: SIS30321 - Certificate III in Fitness

Dear Student, Parent/Guardian,

Welcome to My Industry Training!

Thank you for choosing to undertake your training with us. This course outline provides important information about your qualification, including what you will learn, how your training will be delivered and assessed and the opportunities available upon completion.

Please read this course outline and the Student Handbook before commencing your training, as both documents contain important information to support your learning journey.

01 / DISCOVER YOUR COURSE

What will you learn?

SIS30321 Certificate III in Fitness introduces students to the fitness industry and provides the opportunity to develop practical skills used in gym and group fitness environments.

Throughout the course, students will learn how to conduct client fitness assessments, plan and instruct exercise sessions, develop gym-based programs and support clients in achieving their fitness goals.

Students will also develop essential knowledge in anatomy and physiology, healthy eating, workplace safety and effective communication.

This qualification provides a foundation for employment as a gym or group fitness instructor and further opportunities within the fitness industry.

02 / YOUR OUTCOMES

What can you achieve?

On successful completion of the course, students can achieve:

- **Nationally Recognised Qualification:** SIS30321 Certificate III in Fitness.
- **8 QCE Points:** Contribute eight (8) credits towards the Queensland Certificate of Education.
- **Practical Fitness skills:** Develop skills in fitness assessments, exercise instruction and gym-based programming.
- **Future Career Pathways:** Opportunities for employment and further industry training.

PLEASE NOTE: *QCE credits, funding and other outcomes must be checked against the current requirements for each course and student.*

03 / HOW YOU WILL LEARN

A mix of hands-on and theory-based learning

Students complete a combination of theoretical learning and practical fitness activities throughout the course.

Training is designed to develop industry-relevant skills in a supportive environment, with practical activities involving fitness assessments, exercise instruction, gym equipment and client support.

01: LEARN – Develop your knowledge

Learn about anatomy, exercise principles, client assessments, workplace safety and the responsibilities of fitness instructors.

02: PRACTISE – Build your practical skills

Develop hands-on skills through fitness assessments, exercise demonstrations, group sessions and gym-based activities.

03: COMPLETE – Demonstrate your competency

Complete practical and theory-based assessments to demonstrate the skills and knowledge required for each unit of competency.

04: PROGRESS – Work towards your qualification

Successfully complete all required units of competency to achieve your nationally recognised qualification and explore future fitness pathways.

04 / ASSESSMENT

How assessment works

Students will complete a combination of practical and theory-based assessments throughout the course.

Practical assessments involve conducting fitness assessments, instructing exercise sessions and developing gym-based programs in a fitness environment. Theory activities assess students' understanding of anatomy, exercise principles, client safety and workplace requirements.

Students must demonstrate the required practical skills through supervised activities in a suitable gym or fitness environment.

All assessments are completed with trainer guidance and support.

Units of competency

SIS30321 Certificate III in Fitness consists of 15 units of competency, including 11 core units and 4 elective units.

- **BSBOPS304** Deliver and monitor a service to customers
- **BSBPEF301** Organise personal work priorities
- **HLTAID011** Provide First Aid
- **HLTWHS001** Participate in workplace health and safety
- **SISFFIT032** Complete pre-exercise screening and service orientation
- **SISFFIT033** Complete client fitness assessments
- **SISFFIT035** Plan group exercise sessions
- **SISFFIT036** Instruct group exercise sessions
- **SISFFIT040** Develop and instruct gym-based exercise programs for individual clients
- **SISFFIT047** Use anatomy and physiology knowledge to support safe and effective exercise
- **SISFFIT052** Provide healthy eating information
- **BSBESB406** Establish operational strategies and procedures for new business ventures
- **SISXCAI002** Maintain sport, fitness and recreation facilities
- **HLTAID009** Provide cardiopulmonary resuscitation (CPR)
- **HLTAID010** Provide basic emergency life support

Course Cost

$650 **Fee-for-service price per student**

ENTRY REQUIREMENTS
Basic English skills, internet access, a valid USI and appropriate identification.

WHAT TO BRING
A registered trainer will provide all required equipment & PPE.

STUDENT SUPPORT
Additional support is available. Contact our team to discuss your individual needs.

YOUR ENROLMENT CHECKLIST

- **Read** this course outline and the Student Handbook
- **Check** course suitability and funding eligibility
- **Complete** the enrolment form providing all required information
- **Ensure** you have a valid Unique Student Identifier (USI)
- **Confirm** your practical training or work experience arrangements.
- **Contact** our team if you need additional learning support