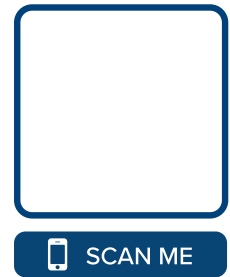


# CERTIFICATE III IN FITNESS



## COURSE DESCRIPTION

This course has been designed to prepare students to gain their qualification as a Group and Gym Fitness Instructor, through an interesting combination of practical activities and theory. Due to theoretical demands of the course and the level of maturity required to work in the industry as a fitness professional, it is highly recommended that students undertake this course as part of their Year 11 or Year 12 studies.

## SACE STAGE – 2 MAXIMUM SACE CREDITS - 100

## UNIT COMPETENCIES

### CORE

<b>SISFFIT032</b>	Complete pre-exercise screening and service orientation (20 nominal hours)
<b>BSBOPS304</b>	Deliver And Monitor A Service To Customers (35 nominal hours)
<b>SISFFIT033</b>	Complete client fitness assessments (30 nominal hours)
<b>SISFFIT047</b>	Use anatomy and physiology knowledge to support safe and effective exercise (100 nominal hours)
<b>SISFFIT052</b>	Provide healthy eating information (55 nominal hours)
<b>BSBPEF301</b>	Organise Personal Work Priorities (30 nominal hours)
<b>SISFFIT035</b>	Plan group exercise sessions (60 nominal hours)
<b>SISFFIT036</b>	Instruct group exercise sessions (80 nominal hours)
<b>SISFFIT040</b>	Develop and instruct gym-based exercise programs for individual clients (50 nominal hours)
<b>HLTWHS001</b>	Participate in workplace health and safety (20 nominal hours)
<b>HLTAID011</b>	Provide First Aid (18 nominal hours)

### ELECTIVE

<b>BSBOPS403</b>	Apply Business Risk Management Processes (50 nominal hours)
<b>BSBXTW301</b>	Work In A Team (40 nominal hours)
<b>HLTWHS005</b>	Conduct Manual Tasks Safely (40 nominal hours)
<b>SISFFIT037</b>	Develop and instruct group movement programs for children (80 nominal hours)

*Nominal hours are used for SACE purposes only and are not reflective of actual delivery hours.*