



SIS30315 Certificate III in Fitness

National ID: SIS30315 | State ID: AWN5

About this course

Do you want to get physical?

In one semester you can gain a **Certificate III in Fitness**, and work in the **fitness industry** straight away. The Certificate III teaches you the skills and knowledge required to be a **gym instructor** and **group exercise instructor**.

You will be able to assess **fitness levels**, design effective **training programs**, and deliver fun, high-energy, **group exercise sessions**. You will also learn about **anatomy, healthy eating**, and how to work with older adults and children.

Our graduates are highly regarded in the fitness industry for having depth of knowledge, and well practiced skills that can't be developed during a short course or online.

You will gain the knowledge and skills to:

- Apply **anatomy** and **physiology** principles to fitness
- Assess fitness levels
- Conduct **health screening**
- Plan and deliver **fitness, endurance, and group exercise programs**
- Provide **first aid**
- Understand **workplace safety** and **health**

Overview

This course will be offered with a blended, flexible delivery model to enable social distancing measures to be undertaken during the COVID-19 pandemic. This approach may include a mix of online and classroom based delivery, as well as practical and work experience placements. Lecturers will provide specific instructions to their student groups on how training will be undertaken.

Semester 2, 2020

Murdoch - Full Time-Classroom

 Duration: **1 Semester**

 When: **Semester 2, 2020**

 How: **Full Time**

Units

Core

National ID	Unit Title
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

National ID	Unit Title
SISXIND001	Work effectively in sport, fitness and recreation environments

Elective

National ID	Unit Title
BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT006	Conduct fitness appraisals
SISFFIT007	Instruct group exercise sessions
SISFFIT012	Instruct movement programs to children aged 5 to 12 years
SISXFAC002	Maintain sport, fitness and recreation facilities

Entrance requirements

School Leaver	Non-School Leaver	AQF
OLNA or NAPLAN 9 Band 8	C Grades in Year 10 English and Maths or equivalent	Certificate I or Certificate II

Study pathway

 [Certificate III in Fitness](#)

 [Certificate IV in Fitness](#)



[Diploma of Remedial Massage](#)



[Certificate III in Health Services Assistance](#)



[Certificate III in Health Services Assistance \(Assisting in Nursing Work in Acute Care\)](#)



[Certificate III in Sterilisation Services](#)



[Certificate IV in Preparation for Health and Nursing Studies](#)



[Diploma of Nursing](#)

Job opportunities



[Fitness instructor Physical Fitness Trainer Aerobics Instructor](#)

Please note this list should be used as a guide only as job titles and qualification requirements may vary between organisations.

SM TAFE actively promotes the employment availability of course graduates to key industry partners and organisations. We also seek expressions of interest from organisations for the placement of our students into work experience. We endeavour to assist students into a career pathway, but please be aware that neither employment nor work experience placement is guaranteed by us.

To access free career planning and job search assistance, visit the [Jobs and Skills Centres](#) page.

Fees and charges

Indicative fees and charges

[2020 general admission fees list](#)

[2020 apprenticeship/traineeship fees list](#)

Fees and charges published on our website are indicative. Your fees will depend on your eligibility for government funding or a concession rate, and the units you choose to study or seek to be recognised under Recognition of Prior Learning (RPL). Our Indicative fees lists show fees that are:

- Based on the full possible study plan of units, including the recommended electives
- Based on full time study in 2020
- Charged at the government funded rate for over 18 years of age students
- Based on unit electives designed to meet localised industry demand for skills
- Made up of course fees and resource fees, or RPL fees. Course fees are the cost of your tuition, while resource fees pay for consumables provided to you to aid your study (such as printing and paper). You may also be required to purchase text books or equipment that are not part of our tuition or resource fees.

Fees may vary between students and between educational providers. Other charges may apply.

Visit our [Fees and payment options](#) page for more information.

Call 1800 001 001 to get a more accurate fee indication based on your eligibility and study plan before applying.

VET Student Loans

Selected courses are VET Student Loan eligible courses.

A VET Student Loan creates a debt that must be repaid to the Commonwealth and is only available to students who are eligible.

To find out if you are eligible or to see the list of eligible courses visit our [Student Loans](#) page.

International students

Selected courses are available to International students for full time study only.

Fees, charges, available locations, applications and enrolment procedures for International students are different to those for students who have Australian permanent residency.

For more information or to find a course visit the [TAFE International WA](#) website.

Apprenticeships and traineeships

Fees for apprenticeships and traineeships are charged at a rate per nominal hour of study.

This means that your fees will vary depending on the units you study as part of your training plan.

Apprentices and trainees are liable to pay for their own fees but some industrial agreements (awards) dictate that employers are required to reimburse their apprentice upon receipt of satisfactory progress. An employer may also opt

to pay on behalf of the apprentice or trainee.

For more information visit our [Apprenticeships and traineeships](#) page.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) enrolments are charged at \$3.25 per nominal hour of study.

No concession fees apply to RPL enrolments. Refer to the institutional or apprenticeship/traineeship fee lists for an indicative RPL course fee.

Please note, fees are subject to change.