



SIS30315 Certificate III in Fitness

National ID: SIS30315 | State ID: AWN5

About this course

Does your dream career involve a lot of exercise?

When you complete the Certificate III in Fitness you'll be on your way to a career as an exercise or gym instructor.

You will gain the knowledge and skills to apply anatomy and physiology principles to fitness, assessing fitness levels, health screening, plan and deliver fitness, endurance, and group exercise programs, provide first aid, and workplace safety and health.

Overview

Semester 1, 2019

Thornlie Campus - Full Time-Classroom



Duration: **1 Semester**



When: **Semester 1, 2019**



How: **Full Time**

Units

Core

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

Elective

Unit Title	National ID
Identify risk and apply risk management processes	BSBRK401
Provide first aid	HLTAID003
Participate in workplace health and safety	HLTWHS001
Conduct fitness appraisals	SISFFIT006
Instruct group exercise sessions	SISFFIT007
Maintain sport, fitness and recreation facilities	SISXFAC002
Educate user groups	SISXRES002

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

Job opportunities

- When you complete the Certificate III in Fitness you'll be on your way to a career as an exercise or gym instructor.

For information about jobs and pathways, please see <http://joboutlook.gov.au/>

Further study opportunities:

- SIS40215 Certificate IV in Fitness, State ID AWN7

Fees and charges

Indicative fees and charges

[2019 general admission fees list](#)

[2019 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 2019
- 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.