

SIS30315 Certificate III in Fitness



DESCRIPTION

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.

No occupational licensing, certification or specific legislative requirements apply to this qualification at the time of publication.

ELIGIBILITY/ENTRY REQUIREMENTS

To gain entry into, SIS30315 Certificate III in Fitness candidates require:

- To be 18 years or older.
- Prior to enrolling in SIS30315 Certificate III in Fitness, students will be required to attend an Enrolment Session with the Course Coordinator who will explain the course structure, requirements and expectations.
- To complete a learner support indicator to determine any learner support requirements.

External (self-paced) students will need to gain access to a 'Fitness Mentor' who holds the Fitness Qualification being completed, and who is willing to supervise the student for the duration of their studies. Students will be provided with a Fitness Supervisors Contract Form that outlines the requirements for supervision that will need to be signed by both the supervisor and student, and returned to the course coordinator with a copy of the supervisor's qualifications to be kept on file

DELIVERY DETAILS

Location (s)	Duration	Study mode
Palmerston Campus	Six (6) months full-time 12 months part-time	This program is delivered face-to-face or external

This course information flyer is not relevant to International student visa holders.

International student visa holders should visit - www.cdu.edu.au/international/future-students/courses
CRICOS Provider No. 00300K (NT/VIC) | 03286A (NSW) | RTO Provider No. 0373 | ABN 54 093 513 649

2020 FEES

This course has a total of 733 hours, and thus the qualification cost is:

NT Domestic Subsidised Fees: \$2,492.20

Domestic Full Fees: \$12,461.00

Please note: A limited number of NT Government subsidy places are available for eligible NT domestic students so contact us now to secure your place for 2020.

Fees are subject to change annually. Indicative government-subsidised and full course fees are shown on this document. For further clarification and information on fees, payment options, instalment plans and refunds contact CDU on 1800 061 963 or refer to <https://www.cdu.edu.au/cdu-vet/student-guide/fees>

ASSESSMENT

Assessments vary with each unit. You will be provided with an assessment guide.

RECOGNITION OF PRIOR LEARNING (RPL)

Students can apply for RPL during pre-enrolment or after enrolment. Students are provided with an RPL Self-Assessment before application and followed through with and an initial interview with an assessor.

RESOURCES

Students enrolling in this course will be required to obtain a six (6) month membership with Snap Fitness Yarrowonga (costing \$150.00) as part of the enrolment process, unless they have use of a different facility. As a requirement of Snap Fitness, students must hold a Working with Children Card (Ochre Card). A volunteer Ochre Card can be obtained from SAFE NT for a cost of \$5.00.

Please see website below for further information and an application form:

<http://www.workingwithchildren.nt.gov.au/application.html>

Students are also required to purchase:

- a shirt to wear when undertaking practical placement or attending community events (\$35.00)
- text book "The essential guide to fitness for the fitness instructor – Rosemary Marchese" which may be purchased from the CDU bookshop or online at a number of bookshops (approximately \$93.00)
- a fitness assessment kit which can be purchased through NT Sports Agencies (approximately \$193.00)

STUDY AND CAREER PATHWAYS

Further training pathways from this qualification include but are not limited to SIS40215 Certificate IV in Fitness.

Possible occupations relevant to this qualification include:

- Gym Instructor
- Group Fitness Instructor

QUALIFICATION CONTENT

To achieve SIS30315 Certificate III in Fitness a total of 16 units of competency must be completed comprising nine (9) core and seven (7) elective units as detailed in the packaging rules and listed below. The electives offered may vary between campuses.

CORE UNITS

SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness program
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

ELECTIVE UNITS

BSBRK401	Identify risk and apply risk management process
HLTDAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT006	Conduct fitness appraisals
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT024	Instruct endurance programs

WITHDRAWING FROM A QUALIFICATION

You may withdraw from this qualification and receive, where relevant, a Statement of Attainment for all units of competency you have successfully completed.

SUPPORT SERVICES

The University supplies support for students in many areas, including Accommodation, Careers and Employment, Counselling, Disability Service, Equal Opportunity, Discrimination and Harassment advice, Australian Indigenous Student Support Services, Information Technology Services, International Student Support Services, Library Services, and Learner Support Services.

More information is available at - www.cdu.edu.au/study/student-life/student-support

CONTACT DETAILS

SCHOOL OF TOURISM, HOSPITALITY AND SERVICE INDUSTRIES

Tourism, Hospitality and Recreation

T. 08 8946 7525

E. VET.THR@cdu.edu.au

W. <http://www.cdu.edu.au/cdu-vet>

Refer to the **VET Student Guide** www.cdu.edu.au/cdu-vet/student-guide for information regarding the enrolment process, student support services, student rights and responsibilities, previous studies recognition and the A-Z of other information.