SIS30321 Certificate III in Fitness

DESCRIPTION

This qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited.

They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgment to solve routine issues within the parameters of clearly defined organisational policies and procedures.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

ELIGIBILITY/ENTRY REQUIREMENTS

To ensure you have the skills and support needed to study this course, all applicants are required to complete a Language, Literacy, Numeracy and Digital Literacy (LLND) evaluation.

To gain entry into SIS30321 Certificate III in Fitness, candidates require:

- To have access to a Fitness facility supervised by qualified trainers (paid or volunteer).
- To hold or must be eligible for a Working with Children Check

DELIVERY DETAILS

Location(s)	Casuarina, Online
Duration*	9 months full time, 18 months part time
Study mode ^^	Blended, on-campus, online, workplace assessment
Start Date/s ^	Term 1: 27/1/2027 - 01/04/2027, Term 2: 12/04/2027 - 17/06/2027 Term 3: 12/07/2027 - 16/09/2027 Term 4: 05/10/2027 -26/11/2027 Students can enrol at any time after the identified start date and will commence at the start of the next available unit. A specific commencement date will be determined in consultation with the delivery team.

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Attendance	Classes: Tuesday 9:00 am - 3:00 pm, Friday 9:00 am - 3:00 pm Tutorial/Drop-in Session: Tuesday 3.00 pm to 5.00 pm

** Duration may vary depending on how long a student takes to reach the required competency level.*
^ Course timetable will be provided on application for the course.
^^Information relating to study modes can be found in the 2027 TAFE Student Guide

FEES

Fee Type	2027 Course Fees
NT Government Supported*	Free
Full Fee	$11,275.20

*This course is supported by the NT Government for domestic eligible students who are NT residents. A limited number of NT Government supported places are available, so secure your place now.

Fees shown are indicative and subject to change annually. Actual course fees may vary depending on the units chosen. For International non-student visa-holders; study eligibility needs to be verified before enrolment. Fees may vary depending on the visa type. The course fee rates will vary for commercial contract arrangements.

For further clarification and information on fees, fee exemptions, payment options, instalment plans, and refunds, contact CDU on 1800 061 963 or refer to TAFE Fees and Payments

ASSESSMENT

Skills and knowledge assessments are an essential step in progressing through your course. You may be assessed in a number of ways including written assessment, questioning , portfolios, work samples, direct observation, practical assessments and third-party feedback.

Throughout your course you will receive information about assessments including how, when and where assessments will be conducted.

RECOGNITION OF PRIOR LEARNING (RPL)

RPL is a process that determines whether the skills, knowledge and experience you've gained through your previous study, work or life experience can count towards a vocational training qualification at CDU. For more information, VET RPL.

CREDIT TRANSFER (CT)

Charles Darwin University as a Registered Training Organisation recognises the Australian Qualifications Framework qualifications and Statement of Attainments issued by any other Australian Registered Training Organisation (RTO).

Students are encouraged to submit any requests for credit from previous studies at the time of enrolment, to ensure they are not enrolling in units they may not need to undertake.

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RESOURCES

Students will have 24/7 access to assessments and learning resources on Learnline, CDU's online learning platform. Before you can start using Learnline, you'll need to make sure that your computer has the correct setup. For more details: https://www.cdu.edu.au/current-students/services/learnline
Students are required to purchase a uniform shirt to wear when undertaking practical placement and attending community events.

Additional costs to students include:

- Working with Children Clearance – Standard Fee (Employment) $87.00
- Working with Children Clearance – Concession Fee (Volunteer) $8.00

STUDY AND CAREER PATHWAYS

Further training pathways from this qualification include but are not limited to SIS40221 Certificate IV in Fitness.

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

Possible occupations relevant to this qualification include:

- Aqua instructor
- Group fitness instructor
- Gym instructor
- Exercise instructor.

QUALIFICATION CONTENT

To achieve SIS30321 Certificate III in Fitness, a total of fifteen (15) units of competency must be completed comprising eleven (11) Core and four (4) elective units as detailed in the packaging rules and listed below. The electives offered may vary between campuses.

CORE 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

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ELECTIVE UNITS

SISCCRO001	Plan and conduct recreation programs for older persons
SISFFIT037	Develop and instruct group movement programs for children
SISFFIT044	Develop and instruct personalised exercise programs for older clients (unnamed)
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients (unnamed)

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 provides support for students in many areas, including Accommodation, Careers and Employability, Counselling, Disability Services, Financial Support Services, Student Advocacy, Indigenous Tutorial Support Services, International Student Support Services, Library Services, and VET Learner Support Services.

More information is available at Student Support - Life, Health and Wellbeing

CONTACT DETAILS

Tourism, Recreation and Beauty Services

E. TAFE@cdu.edu.au
T. 08 8946 7800 (PAL) 08 8959 5461 (ASP)
W. https://www.cdu.edu.au/tafe

For further information regarding student life at CDU, please refer to https://www.cdu.edu.au/study/student-life.

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