



# **BECOME A *FITNESS INSTRUCTOR* WITH A CERTIFICATE III IN FITNESS**

## **SIS30315**

### **Total tuition cost**

\$1,971  
(10% discount on the usual \$2,190 fee)

### **Duration**

13 weeks (commencing 18 August 2018)

#### **Weeks 1-3 –**

Guided online study and assessment

#### **Weeks 4-11 – Saturday's 9.00am-4.00pm**

Practical sessions at state of the art Spring Hill SNAP facility

#### **Weeks 12-13 –**

Guided online study and assessment

All practical requirements covered within this, no need to do the internship or additional practical assessments.



## ***YOUR FIRST STEP TOWARDS A REWARDING CAREER IN FITNESS***

Plant your foot firmly on the gym floor with the Certificate III in Fitness (SIS30315), your pathway into the fitness industry. If your goal is to become a Personal Trainer, your journey starts with the Certificate III in Fitness (SIS30315) before progressing to the Certificate IV in Fitness (SIS40215), the minimum qualifications required to become a Personal Trainer.

### **Do you want to...**

- Give general advice in a gym environment
- Learn more about your own training
- Work as a gym instructor leading small group sessions
- Work on a gym floor
- Work as a group exercise instructor
- Conduct screenings of new members/clients and assess their fitness
- Teach the correct exercise techniques for all aspects of fitness and use an array of exercise equipment to achieve results.

Then the Certificate III in Fitness (SIS30315) is your next move.

### **Why FIAFitnation?**

- Flexibility of online study with quality of face-to-face practical sessions
- Dedicated tutor support from Brisbane based Senior Trainer and Assessor via email and phone Monday to Friday
- You'll get a structured and individualised study plan
- The course covers all practical requirements so no additional internships or practical assessments are required

## Entry Requirements

- Have completed Australian Year 10 or equivalent; OR
- Achieve an Exit Level 2 score and working at level 3 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process.
- In line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification. If you are under 18, please get in touch with us to discuss your study options.

Please refer to our admission policy for further details.

## Delivery Mode

At FIAFitnation, we will support you by creating a tailored study plan to suit your lifestyle.

### Blended Learning

Get the flexibility of online study without sacrificing practical gym experience. Complete your Certificate III in Fitness in 13 weeks.

#### Provide First Aid

Students will be required to complete HLTAID003 Provide first aid with an external provider. FIAFitnation can provide recommendations on course providers if required.

Throughout your study, you will have access to a dedicated online trainer to assist with any course queries via phone, email or in person by appointment. You will have access to FIAFitnation's industry leading online platform, allowing you to review lecture slides, complete reading and submit theory assessments.

#### Location

SNAP Fitness – 375 Turbot Street, Spring Hill QLD 4000

## Career Opportunities

- Gym floor instructor
- Gym instructor
- Group exercise instructor
- Older adult instructor

## Course Outline

The Certificate III in Fitness (SIS30315) is the entry level course for the fitness industry, covering 5 units of study, plus a first aid qualification:

Anatomy and Physiology for Fitness	<b>AFP310</b>
Healthy Eating Guidelines	<b>HEG311</b>
Fitness Screening & WHS	<b>FSW312</b>
Exercise Instruction and Programming	<b>EIP313</b>
Programming for Specific Populations	<b>PSP314</b>

## Course Competencies

There are 16 Units Of Competency: 9 core and 7 elective.

Incorporate anatomy and physiology principles into fitness programming	<b>SISFFIT004</b>
Provide healthy eating information	<b>SISFFIT005</b>
Provide health screening and fitness orientation	<b>SISFFIT001</b>
Conduct fitness appraisals	<b>SISFFIT006</b>
Provide quality service	<b>SISXCCS001</b>
Work effectively in sport, fitness and recreation environments	<b>SISXIND001</b>
Identify risk and apply risk management processes	<b>BSBRSK401</b>
Participate in workplace health and safety	<b>HLTWHS001</b>
Instruct fitness programs	<b>SISFFIT003</b>
Instruct group exercise sessions	<b>SISFFIT007</b>
Instruct approved community fitness programs.	<b>SISFFIT011</b>
Maintain equipment for activities	<b>SISXFAC001</b>
Facilitate inclusion for people with a disability	<b>SISXDIS001</b>
Instruct exercise to older clients	<b>SISFFIT014</b>
Recognise and apply exercise considerations for specific populations	<b>SISFFIT002</b>
Provide first aid	<b>HLTAID003</b>

\* At an additional cost HLTAID003 Provide first aid is a requirement to complete the SIS30315 Certificate III in Fitness. It is provided by Re:VIVA First Aid and Resuscitation Training Pty Ltd or Vital First Aid and Training Services, depending on your campus location.

## Assessments

Students will be required to complete a series of online assessment for each unit of study. These assessments come in the form of multiple choice, short answer assessments and case studies.

In addition to this, students must also complete 30 hours of workplace activity. By choosing to study the blended model, you will complete all of these hours during your class time. Throughout your course, you will be involved in role play of various trainer-client interactions in screening, gym inductions and group exercise delivery.

Students must also complete HLTAID003 Provide First Aid.