

Course Details - SIS30315 Certificate III in Fitness (On Line Course)

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| MSP Title | Certificate III in Fitness on line | | |
| Qualification | SIS30315 Certificate III in Fitness | | |
| RTO | Foundation Education (National Code 22557) | | |
| Host Organisation | On Line Course | | |
| Course Length | 2 semesters (1 year) | | |
| Course Description | This course provides students with the opportunity to gain their qualification as a Group Fitness Instructor. Students will be required to complete a minimum of 30 hours of work placement in a gym, where they will be paired up with a mentor to help further develop the skills and knowledge required in this industry. Students will need to gain their Senior First Aid qualification separately in order to gain the full Certificate III qualification. It is highly recommended that applicants will be or have studied at least Year 11 PE whilst completing the course. | | |
| Pathways | Completion of Certificate III qualifies students to begin working as a Group Fitness Instructor in a gym immediately. Students may choose to go on to further study in Certificate IV or Diploma of Fitness, or various specialisation courses with TAFE SA or the AIF with future employment in Personal Fitness Training, Rehabilitation Specialist, Sports Administrative and Sales. | | |
| Entry Requirements | Currently studying or have completed Year 11 PE | | |
| Other Requirements | Individual students will need to organise completion of the Apply First Aid certificate separate to the course in order to gain the full Certificate III qualification, they will also require DCSI clearances before undertaking the required work placement of more than 30 hours in a gym. | | |
| Delivery Location(s) | On Line Course | | |
| Dates and Times | To be confirmed Students will study on line from their home school. | | |
| Work Placement | 5 days 30 hours required to be completed. | | |
| SACE Details | SACE Stage 2, 95 SACE credits | | |
| Units Of Competency | Core | SISFFIT001 | Provide Health Screening and Fitness Orientation (15 nominal hours) |
| | | SISFFIT002 | Recognise and apply exercise considerations for specific population (100 nominal hours) |
| | | SISFFIT003 | Instruct Fitness Programs (50 nominal hours) |
| | | SISFFIT004 | Incorporate Anatomy and Physiology principles into fitness programming (95 nominal hours) |
| | | SISFFIT005 | Provide healthy eating information (55 nominal hours) |
| | | SISFFIT014 | Instruct exercise to older clients (70 nominal hours) |
| | | SISXCCS001 | Provide Quality Service (25 nominal hours) |
| | | SISXFAC001 | Maintain Equipment for Activities (5 nominal hours) |
| | | SISXIND001 | Work effectively in sport, fitness and recreation environments (25 nominal hours) |
| | Elective | BSBRISK401 | Identify risk and apply risk management processes (Group C - Gym Instructor) (50 nominal hours) |
| | | HLTWHS001 | Participate in work health and safety (Group C- Gym Instructor) (20 nominal hours) |
| | | SISFFIT006 | Conduct Fitness Appraisals (Group C - Fitness Instructor) (30 nominal hours) |
| | | SISFFIT007 | Instruct Group Sessions (Group D - general elective) (40 nominal hours) |
| | | SISFFIT011 | Instruct approved community fitness programs (Group D- general elective) (40 nominal hours) |
| | | SISFFIT009 | Deliver pre-choreographed or prescribed community fitness (Group D- general elective) (40 nominal hours) |
| | | HLTAID003 | Provide First Aid (18 nominal hours) |
| | Nominal hours are used for SACE purposes and are not reflective of actual delivery hours | | |
| Training Cost | \$700.00 GST exempt These fees may vary in 2020 Non-member schools - an additional 15% admin levy up to a maximum of \$250.00 | | |
| Other Costs | \$150.00 including GST Students will need to complete the "Provide First Aid" course and DCSI criminal screening check, This needs to be sourced independently and is not delivered as part of the course. | | |
| Number Of Students | Minimum 14 Maximum 20 | | |
| Selection Process | Interview may be required. | | |
| Contact Person | Ms Roxanne Rowland, Email Roxanne.Rowland958@schools.sa.edu.au | | |