

SIS30310 CERTIFICATE III IN FITNESS

Competency Code Competency Title

Core (10 units of competency)

SISFFIT301A Provide fitness orientation and health screening
SISFFIT302A Provide quality service in the fitness industry
SISFFIT303A Develop and apply an awareness of specific populations to exercise delivery
SISFFIT305A Apply anatomy and physiology principles in a fitness context
SISFFIT306A Provide healthy eating information to clients in accordance with recommended guidelines
SISXFAC201A Maintain sport and recreation equipment for activities
SISXIND101A Work effectively in sport and recreation environments
SISXOHS101A Follow occupational health and safety policies
SISXRSK301A Undertake risk analysis of activities
HLTFA301B Apply first aid

Electives - General (2 units of competency)

SISFFIT311A Apply basic exercise science to exercise instruction
SISFFIT313A Deliver approved community fitness programs

Electives - Specialisation: Gym Instructor (3 units of competency)

SISFFIT304A Instruct and monitor fitness programs
SISFFIT307A Undertake client health assessment
SISFFIT308A Plan and deliver gym programs

WHERE WILL THE COURSE LEAD ?

The skills acquired in this course are consistent with the requirements for various roles in the fitness industry. You can count on a rewarding career! Roles you may work in as a Fitness Instructor include:

- Gymsnasiums
- Recreation centres
- Community programs
- Group fitness