

Kirwan State High School is partnered with external RTO: Binnacle Training

External RTO number: 31319



SIS30321 - Certificate III in Fitness

Qualification 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.

Refer to training.gov.au for specific information about the qualification.

Entry requirements

There are no entry requirements for this qualification.

Duration and location

This is a one-year course delivered in Years 12 on site at Kirwan State High School in partnership with Binnacle Training.

Course units

To attain a SIS30321 - Certificate III in Fitness, 15 units of competency must be achieved.

| Unit code | Title |
|------------|---|
| 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 |
| BSBSUS211 | Participate in sustainable work practices |
| SISXCCS004 | Provide quality service |
| SISXEMR003 | Respond to emergency situations |
| SISXIND011 | Maintain sport, fitness and recreation industry knowledge |

Obligation

Employment is not guaranteed upon completion of this qualification. Student enrolment, complaints and appeals are managed by Binnacle Training.

Students who are deemed competent in all 15 units of competency will be awarded a Qualification and a Record of Results by Binnacle Training. Students who achieve at least one unit of competency (but not the full qualification) will receive a Statement of Attainment issued by Binnacle Training.

Delivery modes

A range of delivery modes will be used during the teaching and learning of this qualification. These include:

- face-to-face instruction
- guided learning
- online training.

Fees

All fees are published on Kirwan State High Schools VET subject selection form

Assessment

Assessment is competency based. Assessment techniques include:

- observation
- folios of work
- questioning
- projects
- written and practical tasks.

Work placement

Students are provided with the opportunity to do structured workplace learning where they will work in a real Fitness environment.

Pathways

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

See other qualifications at training.gov.au.