



## SIS30315 Certificate III in Fitness

The Fitness Industry in Australia is recognised as a skills shortage occupation and the peak industry body, Fitness Australia, recognises this through the adoption of the Nationally Recognised Training being applied to people wishing to work in the Fitness Industry. Please see <http://www.fitness.org.au> for more details.

The employment opportunities available in the industry as part of Fitness Australia's standards are:

**Group Exercise Instructor** This requires the attainment of the SIS30315 Certificate III in Fitness including the specialist Units of Competency:

BSBRSK401 Identify risk and apply risk management processes  
HLTAID003 Provide first aid  
HLTWHS001 Participate in workplace health and safety  
SISFFIT007 Instruct group exercise sessions  
SISFFIT011 Instruct approved community fitness programs

**Gym Instructor.** This requires the attainment of the SIS30315 Certificate III in Fitness including the specialist Units of Competency:

BSBRSK401 Identify risk and apply risk management processes  
HLTAID003 Provide first aid  
HLTWHS001 Participate in workplace health and safety  
SISFFIT006 Conduct fitness appraisals

Typically people with these qualifications and specialisations will work in locations such as gyms, fitness facilities, leisure centres, community facilities and in outdoor environments.

To attain the full qualifications Learners are required to complete ten 9 core units and 7 elective units.

Fix Australia has consulted with industry and developed a program that meets the needs of Industry, the Training Package and Fitness Australia's standards.



**Successful completion of the SIS30315 Certificate III in Fitness** requires you to complete 16 units of competency. These units are grouped together into 7 different modules. There is also the additional requirement to complete a first aid which is completed separately.

Each module requires you to complete written question and answers, projects, and a variety of practical activities whilst in classroom or on work placement. Practical work placement assessments will consist of a minimum of 30 hours that is spread over the duration or end of your course in a Gym approved by Fix Australia.

Code	Units of Competency	Core/ Elective
<b>Module 1: Workplace Health &amp; Safety</b>		
HLTWHS001	Participate in workplace health and safety	Elective
BSBRK401	Identify risk and apply risk management processes	Elective
SISXFAC001	Maintain equipment for activities	Core
<b>Module 2: Working in Fitness</b>		
SISXCCS001	Provide quality service	Core
SISXIND001	Work effectively in sport, fitness and recreation environments	Core
<b>Module 3: Health Screening and Fitness Testing</b>		
SISFFIT001	Provide health screening and fitness orientation	Core
SISFFIT006	Conduct fitness appraisals	Elective
<b>Module 4: Exercise Science and Programming</b>		
SISFFIT003	Instruct fitness programs	Core
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	Core
<b>Module 5: Healthy Eating</b>		
SISFFIT005	Provide healthy eating information	Core
<b>Module 6: Specific Populations</b>		
SISFFIT002	Recognise and apply exercise considerations for specific populations	Core
SISFFIT014	Instruct exercise to older clients	Core
SISFFIT012	Instruct movement programs to children aged 5 to 12 years	Elective
<b>Module 7: Group Fitness</b>		
SISFFIT007	Instruct group exercise sessions	Elective
SISFFIT011	Instruct approved community fitness programs	Elective
<b>First Aid*</b>		
HLTAID003	Provide First Aid	Elective

**Program Duration:**

All course requirements are to be completed within 12 months of course commencement and Fix Australia has the resources and dedication to deliver flexibly to meet the needs of each individual Learner.

Fix Australia has a rolling intake throughout the year to accommodate the needs and work/life balance of each individual learner, whilst allowing Learners to form support networks amongst themselves and undertake course work as a group.

**Fees and Charges:**

Please contact us to see if you are eligible for subsidised training as part of the NSW Government 'Smart and Skilled' initiative.

You may utilise the cost calculator tool at the Smart and Skilled website by visiting <https://smartandskilled.nsw.gov.au>

The student course fee of \$1,440.00 includes all assessment material and enrolment fees. It does not however include the textbook, to be purchased at the Learners own expense. Fees can be paid by cash, credit card, EFPOS or EFT.

**Text: The Essential Guide to Fitness for the Fitness Instructor (Marchese & Hill), 2nd edition**

Pearson Education Australia  
ISBN: 9781442510203  
Price: Approx. \$80

**To Enrol**

Please contact us at:

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