

SIS30313 Certificate III in Fitness



Course Information Brochure

Description of Course

This course is aimed at those seeking a career in the fitness industry, sport and recreation sector. Students engage in practical workplace simulation at the NCAT gym and other fitness and leisure centres.

Activities/tasks

This program has a high practical component including weight training, aerobic training, recreational activities and personal training sessions conducted by industry professionals. It also covers the foundation knowledge in anatomy, physiology, nutrition, resistance training, customer service and occupational health and safety in the fitness industry.

Assessment

The assessment involves a variety of methods including assignment work, responses to scenarios, and practical observations. All training resources (workbook and text book) will be provided upon payment and enrolment. Students will be given a fair and adequate assessment process that includes the option of an assessment re-sit.

Eligibility and prerequisites

This course is suitable for students who have successfully completed their year 10 studies.

Course Content

Unit Code	Unit Title
Core 10	
SISXOHS101A	Follow occupational health and safety policies
SISFFIT305A	Apply anatomy and physiology principles in a fitness context
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines
SISFFIT301A	Provide fitness orientation and health screening
SISFFIT302A	Provide quality service in the fitness industry
SISXFAC207	Maintain sport and recreation equipment for activities
SISXIND101A	Work effectively in sport and recreation environments
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery
SISXRSK301A	Undertake risk analysis of activities
HLTAID003	Provide first aid
Electives 5	
SISFFIT304A	Instruct and monitor fitness programs
SISFFIT307A	Undertake client health assessment
SISFFIT308A	Plan and deliver gym programs
SISFFIT309A	Plan and deliver group exercise sessions
SISFFIT313A	Plan and deliver and exercise to apparently healthy children and adolescents

Benefits of this training

The Certificate III in Fitness is designed to qualify individuals as a Fitness/Gym Instructor. NCAT's industry links enable students to engage in paid employment in areas such as AFL umpiring and customer service roles. AFL Victoria is a support partner of NCAT for the AFL Umpiring study option embedded in this course.

Pathways

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. Work may be undertaken in locations such as gyms, fitness facilities, pools, community facilities and in outdoor environments.

Course Materials Charges

There is a materials and uniform charge for NCAT students (more information available from the college).

Length of the Course

The course runs over three days per week for 33 weeks from February to October each year. You will be provided with a schedule and training plan for completing assessment tasks for each unit.

Enrolment Process

Students enrolling as full time students must contact the college on Tel 9478 1333 for an interview.

Please note

For details regarding Access, Equity, Privacy Policy, Refunds Policy, Student Conduct, Welfare Services and Complaints Policy please see the VET & General Student Handbook.