

COURSE CODE

SIS30315

COURSE

**Certificate III in Fitness**

**ENROL TODAY**

**TAFENSW.EDU.AU or 131 601**

### WHY CHOOSE TAFE NSW?



**Opens career doors.** Our industry relationships lead many students directly into work with a range of employers including agencies, studios, galleries and fashion houses.



**Global prospects.** TAFE NSW graduates possess the technical knowledge, creative-thinking and specialised skills that are highly sought after by employers around the world.



**State-of-the-art facilities.** Purpose-built creative studios and industry standard software mean you will master the same tools of the trade as leading professionals.



**Industry exposure.** TAFE NSW partners with industry to provide you with hands-on experience through networking, sponsor programs, competitions, talks, lectures and other creative industry events.



**Recognised and respected.** TAFE NSW has built its reputation on delivering trusted, industry aligned and nationally recognised training for over 130 years.

# Certificate III in Fitness

National Course Code: SIS30315 | TAFE NSW Code: SIS30315-03V01-20ULL-050

Qualification Level	Certificate III
Study Type	Part Time Day
Course Start Date	Enquire Now
Hours Per Week	15
Duration	36 Weeks
Delivery Locations	Ulladulla
Course Fees	<p><b>Subsidised Prices</b>            First Qualification: \$1,450.00            Second Qualification: \$1,750.00            Traineeship: \$1,000.00            You may be eligible for the NSW Smart &amp; Skilled <b>Fee Free</b> Traineeship which will be verified at enrolment.            Concession: \$240.00</p> <p><b>Non-subsidised Prices</b>            Full Fee: \$6,970.00</p>
Course Features	Nationally Recognised Training Traineeship Allowed This training is subsidised by the NSW Government

## Course Description

Step up to your career as a qualified fitness instructor with the nationally accredited Certificate III in Fitness (Gym Instructor). You will learn how to apply the principles of exercise science to help real clients achieve their goals in TAFE NSW gyms or industry workplaces.

### LEARN NEW SKILLS

Through your course work, you will learn:

- All about the human body
- How to complete pre-exercise screenings and fitness orientations
- To plan and instruct approved group exercise and community fitness programs
- To create and instruct pre-choreographed or prescribed programs to music
- How to evaluate group training programs

### DEVELOP YOUR TALENT

Develop the personal qualities and skills you need to get ahead in this field:

- The confidence and know-how to train people of all ages
- Techniques to motivate and inspire people to achieve their fitness goals
- Communication skills to connect with people

## **ACHIEVE YOUR GOALS**

Completing the course will equip you with:

- Hands on experience in the fitness industry working with real clients
- A qualification that ensures you are job ready
- Your First Aid certificate

## **GROW YOUR CAREER**

Take your passion for health and fitness further:

- Certificate IV in Fitness: gain the skills and knowledge to become a personal trainer

## **INDUSTRY DEMAND**

Continued growth is expected in this sector as more and more people embark on their health and fitness journey. This is a great time to enter the industry as there is a demand for skilled and qualified fitness instructors.

# **Entry Requirements**

When you study with TAFE NSW, we want you to succeed. Entry requirements allow us to make sure that you have the right pre-existing knowledge and skills to achieve your chosen qualification. You will need to provide evidence that you meet the requirements listed in this section.

## **TRAINING PACKAGE REQUIREMENTS**

There are no Training Package entry requirements for this qualification.

## **TAFE NSW REQUIREMENTS**

To be suitable for this course you need:

- To be at least 17 years of age at the time of enrolment
- Intermediate English language proficiency
- An appropriate level of fitness and mobility to perform both fitness activities and CPR on the floor
- A current Working with Children Check (WWCC)

We will check that you meet the suitability requirements before you start your training.

## **WORK EXPERIENCE**

Work experience provides you with exposure to situations and circumstances that cannot be replicated in a learning or simulated environment.

To be successful in this course, you must complete at least 30 hours of work experience. If gym facilities are available at your TAFE NSW campus, you will be rostered to complete this requirement onsite working with real clients.

If your TAFE NSW campus does not have a gymnasium, you will need to arrange work experience with a TAFE NSW industry partner or a local gym or swimming pool. Talk to our team about the options available to you.

As children and young people may be your clients, a valid Working with Children Check (WWCC) is mandatory to complete your work experience.

## **LICENSING REQUIREMENTS**

No licensing, legislative or certification requirements apply to this qualification.

## **BE PREPARED**

To be prepared for this course, it is recommended that you have:

- Time for self-paced study and assessment completion outside of scheduled class times
- Access to the internet
- Access to computer or other mobile device
- Confidence in and around water, including being able to swim

- Fitness related experience in current or previous workplaces or other studies

If you require support in preparation for study, contact us to learn about the options available to you. To successfully complete this course, you will need to be able to operate a computer. You will need to be comfortably able to participate in moderate to high levels of physical activity for at least 20 minutes. You will need to be capable of demonstrating physical exercise techniques common in modern exercise routines which include lifting, bending, moving from the floor to a standing position and sustained locomotion in a group exercise setting. You will also be required to perform activities necessary for achieving a First Aid certification.

Work placement is a requirement of this course. You will need to complete 30 hours of work placement which will be conducted in a local fitness centre.

You will be required to provide and wear clothing suitable for employment within the fitness industry. This must include appropriate sports footwear, shorts or athletic tights and a polo shirt. Polo shirts are available from the on-campus shop at current market price which is approximately \$25.

## Information Sessions and more about the course

To find out more about this course, meet our teachers and receive information about enrolment and next steps, attend an information session.

Date: Monday 9 December 2019.

Time: 4.30pm to 5.30pm

Location: TAFE NSW Ulladulla, Building B, Level G, Dining Room B2.

### **STUDY COMMITMENT**

This is a part-time face-to-face course. You will need to attend approximately 15 hours of class, over 2 days a week, for 36 weeks.

You may also be required to complete approximately 6 hours of additional study each week outside of class hours, including private study, research, assignment preparation, work experience and exercise leadership prescription and practice

### **IS THIS COURSE RIGHT FOR YOU?**

This qualification is designed for students who are seeking to gain employment in the fitness industry. The learner group will consist of adult learners of varying ages who wish to commence a career in the fitness industry. The group may also contain some existing workers from other industry areas seeking a career change.

Learners may have some fitness related experience in current or previous workplaces, school or other studies. In this case they will bring a variety of fitness related knowledge and skills to the course.

Individuals as a whole will be from diverse backgrounds and represent a wide variety of age groups and ethnicities generally.

Individuals as a whole have a medium level of literacy and can generally work independently with minimal supervision.

We offer student services and study support to ensure you can achieve your goals. Learn about TAFE NSW [Student Services](#)

As a TAFE NSW student in this course, you will have access to:

- LinkedIn Learning (formerly Lynda.com)
- Studiosity - online access to a real life tutor
- Easy computing online short courses
- Access to local TAFE libraries

## Attendance

This course is currently scheduled on Tuesday 9.00am to 3.30pm and Thursday 12.30pm to 7.00pm. This timetable may change and will be confirmed by your teacher.

## Fee Details

### SMART AND SKILLED FEES

This course is government-subsidised, meaning you pay a portion of the full course fee to TAFE NSW and the NSW Government will pay the balance. However, you must meet certain eligibility criteria for this to apply.

Depending on your previous qualifications and experience, your fee may be less than the maximum fee quoted. Your actual fee and eligibility for concession/exemption will be calculated and confirmed during the enrolment process. Payment plans are available through TAFE NSW for Smart and Skilled eligible qualifications.

For further information about eligibility and explanations of the different fee categories, visit [Are You Eligible?](#)

### READ BEFORE YOU ENROL

Learn about TAFE NSW [Fees](#)

Learn about TAFE NSW [Payment/Funding](#)

### RECOGNITION

Recognition is a process of acknowledging previously completed qualifications, skills, knowledge or experience relevant to your course. This may reduce the amount of learning required, reduce your course fees and allow you to achieve your qualification faster.

Learn about Recognition at TAFE NSW [Recognition](#)

## How to Enrol

### Semester two starts July 2020. Enquire now to be notified when enrolments open.

To find out more information on this course including the next start date, submit an online enquiry by clicking the **Enquire Now** button on this page, or call 131 601 during business hours\* to chat with a member of our friendly customer service team.

\*Our customer service team are available from Monday to Friday, 9am to 5pm AEST.

Enrolling with us is easy, though the exact process does depend on your course and any prerequisites that go with it.

Be sure to read your chosen course information carefully to make sure it is the right qualification, location and study type for you.

Enrol and pay online via our secure payment gateway to secure your place.

As you progress through the enrolment process you will be prompted to provide additional information.

If you are interested in studying as a Trainee or Apprentice please call 131 601 for full details.

## Units

SISXIND001	Work effectively in sport, fitness and recreation environments
SISXCCS001	Provide quality service
SISFFIT014	Instruct exercise to older clients
SISFFIT005	Provide healthy eating information
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming

SISFFIT003	Instruct fitness programs
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT001	Provide health screening and fitness orientation
SISXFAC001	Maintain equipment for activities
SISFFIT010	Deliver pre-choreographed or prescribed group exercise to music
SISFFIT011	Instruct approved community fitness programs
SISFFIT007	Instruct group exercise sessions
SISFFIT006	Conduct fitness appraisals
HLTWHS001	Participate in workplace health and safety
HLTAID003	Provide first aid
BSBRSK401	Identify risk and apply risk management processes