



TAFE NSW

CERTIFICATE III IN FITNESS

COURSE CODE:

SIS30315

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.

ENROL TODAY
TAFENSW.EDU.AU
131 601

RTO 90003 | CRICOS 00591E | HEP PRV12049

BE AMBITIOUS

COURSE CODE

SIS30315

QUALIFICATION

Certificate III in Fitness

CAREER AREA

Sport and Fitness

TRAINING PACKAGE ENTRY REQUIREMENTS:**ENTRY REQUIREMENTS**

There are no entry requirements for this qualification. You can enrol now.

Traineeship

TAFE NSW also offers the Certificate III in Fitness (Aqua Exercise Instructor) as a traineeship. To be eligible, you must:

- Be employed in the fitness industry as this course is delivered in the workplace
- Have a signed traineeship contract

Thinking about a traineeship? Enquire today.

COURSE SUCCESS REQUIREMENTS

During your study, you will need to meet specific requirements to complete your course work.

You need to meet the following requirements to be able to undertake work placement. Your teacher will let you know when you need to provide evidence of:

- A Working with Children Check (WWCC)

NATIONALLY RECOGNISED
TRAINING**■ Traineeship Allowed****OVERVIEW**

The nationally recognised Certificate III in Fitness (Aqua Exercise Instructor) equips you with the skills you need to work as an aqua exercise or gym instructor. You'll learn how to design and deliver water-based exercise sessions, and motivate people to achieve their fitness goals.

LEARN NEW SKILLS

Through a mix of theory and practical course work, learn to:

- Incorporate anatomical and physiological principles into fitness instruction
- Complete pre-exercise screening and fitness orientation
- Maintain equipment for activities
- Communicate healthy eating information
- Instruct and evaluate water-based exercise programs
- Perform water rescues and first aid
- Work safely in the sport, fitness and recreation industry

DEVELOP YOUR TALENT

Develop the attributes to help you get ahead:

- Empathy
- Adaptability
- A desire to help people
- Complex problem-solving skills
- Effective communication skills
- Entrepreneurial skills

ACHIEVE YOUR GOALS

Completing this course provides you with:

- A nationally accredited qualification at Certificate III level
- First Aid Certificate
- A strong pathway to continue your study and enhance your career opportunities

Career opportunities:

- Aqua exercise instructor

GROW YOUR CAREER

Take your career further with the:

- Certificate IV in Fitness

We could not find any courses for the filters you have applied, please clear all filters and generate the PDF again.