



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.

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131 601

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SIS30315

QUALIFICATION

Certificate III in Fitness

CAREER AREA

Sport and Fitness

TRAINING PACKAGE ENTRY REQUIREMENTS:**ENTRY REQUIREMENTS**

TAFE NSW offers the Certificate III in Fitness (Group Exercise Instructor) as either a traineeship or non-traineeship, so you can shape the career you want.

**** Non-traineeship ****

There are no additional entry requirements for non-trainees. You can enrol in this course now.

**** Traineeship ****

TAFE NSW also offers the Certificate III in Fitness (Group Exercise Instructor) as a traineeship. To be eligible for this course 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 that are necessary for you to complete your course work and be successful.

Our SkillsTeam will carry out an assessment to identify whether you need support with your language, literacy and numeracy (LLN) skills to ensure you are at the standard of Level 3 proficiency.

You will also need to meet the following success requirements to be able to undertake work experience within industry. Your teacher will let you know when you need to provide evidence of:

- Working with Children Check (WWCC) as children and young people may be your clients

**■ Traineeship Allowed****OVERVIEW**

Join the fast-moving fitness industry as a group exercise instructor with the nationally accredited Certificate III in Fitness (Group Exercise Instructor). You will learn how to apply the principles of exercise science to group fitness routines and motivate real clients in TAFE NSW gyms or industry workplaces.

LEARN NEW SKILLS

Through theory and practical 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 groups of people of all ages
- Techniques to motivate and inspire people through plateaus to reach their fitness goals
- Communications skills to connect with people of all walks of life

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 fitness all the way:

- Study the Certificate IV in Fitness and 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.

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