



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

RT0 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**

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

Non-traineeship

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

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.

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

- Working with Children Check (WWCC)

WORK EXPERIENCE

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

Work experience is not mandatory for this qualification; however, this is a highly practical course. We strongly recommend you undertake 30 hours of work experience with a suitable industry employer.

You are responsible for arranging your own work experience. Our SkillsTeam can offer support and guidance to help you.

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 gym, you will need to arrange work experience with a TAFE NSW industry partner, local gym or other fitness setting. Talk to our team about the options available to you.

NATIONALLY RECOGNISED
TRAINING

■ **Traineeship Allowed**
■ **Full Time, Part Time,**
Part Time Evening,
PTE Connected

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

OVERVIEW

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.

CAMPUS	STUDY MODE	START DATE	DURATION	MAX FEE IF ELIGIBLE FOR SUBSIDY	HOURS PER WEEK
Albury	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6
Batemans Bay	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6

Bathurst	Part Time	22 Feb 2021	36 Weeks	\$1,750.00	13.6
Coffs Harbour Education CHEC	Full Time	03 Feb 2021	18 Weeks	\$1,750.00	27
Cooma	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6
Gosford	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Goulburn	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6
Griffith	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6
Kingscliff	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Macquarie Fields	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	21
Macquarie Fields	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	21
Macquarie Fields	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	21
Meadowbank	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Nepean, Kingswood	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27.1
Nepean, Kingswood	PT Evening	02 Feb 2021	40 Weeks	\$1,750.00	13.9
Newcastle	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Northern Beaches	Full Time	01 Feb 2021	20 Weeks	\$1,750.00	24
Port Macquarie	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Randwick, Main Campus	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Randwick, Main Campus	PT Evening	01 Feb 2021	18 Weeks	\$1,750.00	27
Shellharbour	Full Time	02 Feb 2021	18 Weeks	\$1,750.00	21
Shellharbour	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6
St Leonards	Full Time	01 Feb 2021	20 Weeks	\$1,750.00	24
St Leonards	PT Evening	01 Feb 2021	20 Weeks	\$1,750.00	24
Sutherland, Loftus	Full Time	01 Feb 2021	18 Weeks	\$1,750.00	27
Sutherland, Loftus	PT Evening	01 Feb 2021	21 Weeks	\$1,750.00	23
Tamworth	Part Time	22 Feb 2021	36 Weeks	\$1,750.00	13.6
Ulladulla	PTE Connected	02 Feb 2021	18 Weeks	\$1,750.00	6
Wagga Wagga	Full Time	02 Feb 2021	18 Weeks	\$1,750.00	21
Wollongong	Full Time	02 Feb 2021	18 Weeks	\$1,750.00	21
Young	PTE Connected	02 Feb 2021	36 Weeks	\$1,750.00	6

ENROL TODAY TAFENSW.EDU.AU 131 601

© TAFE NSW 2020. CORRECT AT TIME OF PUBLICATION - 26 FEBRUARY 2021. RTO 90003 | CRICOS 00591E | HEP PRV12049