

### SIS30315 Certificate III in Fitness

#### Course Description

The Certificate III in Fitness reflects the role of instructors who perform a range of activities and functions within the fitness industry. The structure of this program has been designed for those who wish to gain the skills and knowledge to work as an instructor providing exercise instruction in a group situation/environment. Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Queensford College will be working with EFM Gym to deliver this program. Students will spend a minimum of 30 hours in the gym.

EFM is located 82 King William Street. Students will be spending full days at the gym. The students will be using a combination of gym facilities, outdoor group training and simulated environment to complete their course.

Day and Time	Start Date	End Date	Duration
Wednesday 4.00pm – 7.00pm	17 <sup>th</sup> July	1 <sup>st</sup> November	7 Full Days + 11 weeks
First Aid Full Day	6 <sup>th</sup> July 9.00am-3.00pm		
Full day	7 <sup>th</sup> July 9.00am-4.00pm		
Full Days	17 <sup>th</sup> July to the 21 <sup>st</sup> July 9.00am – 4.00pm		

#### Number of SACE Credits and Stage

100 SACE Credits

#### Course Fee

\$1400 (including First Aid)

#### Student Requirements

Students must be prepared to complete their study once a week conducted off campus. A laptop, paper and a pen is needed for each class. Students will be doing a combination of delivery both in a gym, outdoors and in a classroom environment. Students must be able to do group activities outside at times. (permission forms will need to be signed by parents for off campus training)

#### Course Prerequisites

No previous experience required, however an interest for the fitness industry is required.

## Structured Work Placement

30 hours in a gym partnered with a mentor. Students will learn valuable practical skills as a part of the work placement. Queensford College will assist students in finding a suitable work placement.

## Course Outline

<i>Stage 2</i>	<i>Unit Code</i>	<i>Unit Description</i>	<i>Nominal Hours</i>
	BSBRK401	Identify risk and apply risk management process	50
	HLTAID003	Provide First Aid	18
	HLTWHS001	Participate in work health and safety	20
	SISFFIT001 *	Provide health screening and fitness orientation	15
	SISFFIT002 *	Recognise and apply exercise consideration for specific populations	100
	SISFFIT003 *	Instruct fitness program	50
	SISFFIT004 *	Incorporate anatomy and physiology principles into fitness programming	95
	SISFFIT005 *	Provide healthy eating programs	55
	SISFFIT006	Conduct fitness appraisal	30
	SISFFIT007	Instruct group exercise sessions	80
	SISFFIT011	Instruct approved community fitness program	40
	SISFFIT014 *	Instruct exercise to older clients	70
	SISXCAI006	Facilitate groups	25
	SISXCCS001 *	Provide quality service	25
	SISXFAC001 *	Maintain equipment for activities	5
	SISXIND001 *	Work effectively in sport, fitness and recreation environment	25
		<i>Total Hours</i>	<b>703</b>

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### Adelaide

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**Adelaide**

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