Partnerships for Learning      Fitness Pathway

Certificate III in Fitness SIS30310

Course Description
This course will provide you with the opportunity to gain an industry and nationally recognized qualification under the Australian Qualifications Framework. With the industry’s largest network of fitness professionals and an extensive knowledge of the Fitness Industry, the Australian Institute of Personal Trainers will help make fitness your future. Upon graduating from this VET in Schools program, you will have direct access to Fitness Industry employers and be able to continue your education in a real gym and seek real employment opportunities.

Benefits for students
- A balance of practical and theory aims to get you work ready for the Fitness industry
- Builds leadership
- Skills in teamwork
- Develop literacy and numeracy skills
- Develop oral and written communication
- Develop knowledge of the Fitness industry
- Minimum qualification to be a group fitness instructor

Pre-Course Experiences/Pre-requisites
No pre-requisites to study this qualification, however, suitable for students:
- In year 10, 11 and 12
- Have a passion for fitness and exercise and helping people to be fit and active
- Year 11 or 12 Physical or Outdoor Education is beneficial

Structured Work Placement
20 hours of structured work placement is required to pass the certificate and will be arranged by Kildare College in conjunction with home school and the student

Course Code: SIS30310 – RTO: AIPT 32363

<table>
<thead>
<tr>
<th>SISFFIT301A</th>
<th>Provide fitness orientation and health screening</th>
<th>SISXOHS101A</th>
<th>Follow occupational health and safety policies</th>
</tr>
</thead>
<tbody>
<tr>
<td>SISFFIT302A</td>
<td>Provide quality service in the fitness industry</td>
<td>SISXRSK301A</td>
<td>Undertake risk analysis of activities</td>
</tr>
<tr>
<td>SISFFIT303A</td>
<td>Develop and apply awareness of specific populations to exercise delivery</td>
<td>HLTAD003</td>
<td>Apply first aid (students will have to do this unit themselves in their own time)*</td>
</tr>
<tr>
<td>SISFFIT305A</td>
<td>Apply anatomy and physiology principles in a fitness context</td>
<td>SISFFIT304A</td>
<td>Instruct and monitor fitness programs</td>
</tr>
<tr>
<td>SISFFIT306A</td>
<td>Provide healthy eating information to clients in accordance with recommended guidelines</td>
<td>SISFFIT307A</td>
<td>Undertake client health assessment</td>
</tr>
<tr>
<td>SISXFAC201A</td>
<td>Maintain sport and recreation equipment for activities</td>
<td>SISFFIT308A</td>
<td>Plan and deliver gym programs</td>
</tr>
<tr>
<td>SISXIND101A</td>
<td>Work effectively in sport and recreation environments</td>
<td>BSBSMB306A</td>
<td>Plan a home based business</td>
</tr>
<tr>
<td>SISFFIT312A</td>
<td>Plan and deliver an endurance training program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Special Requirements
Dress Code/Extra Clothing Required/Equipment:
- PE/gym clothes
- Please bring a drink and towel

Career Pathways
This course is the minimum qualification required to gain employment as a group fitness instructor
The course allows for further study in:
- Certificate IV in Fitness
- Sport and Recreation courses

Commencement Date: Term 1 – Week 3
Length of Course: 24 weeks
Day: Tuesday
Time: 1:00pm to 3.00pm
Class Size: Min: 10 to Max: 20
Location: Kildare College Gym
SACE Credits: Stage 2 – min 55 to max 85
Cost (Per student): $1500

* Please note that students need a senior first aid certificate to achieve the full certificate and must arrange this themselves

An appointment with the VET Coordinator or Counsellor in your school is required to enrol in this course.

Please Note: to the knowledge of the school providing this NEVO VET Course, information is correct at the time of publication.