



CERTIFICATE III IN FITNESS

OVERVIEW

Step into the fitness industry as a qualified fitness instructor! Complete your qualification and gain the skills and knowledge you need to work as a professional within this energetic industry, including working independently in a range of settings, such as fitness centres, gyms, pools, or community facilities. As part of this course you will experience a range of appropriate settings that will enhance your classroom-based training. Regular visits to our local gym, outdoor fitness environment and other community-based facilities will strengthen the learning opportunities for you as a student. This course is a pre-requisite for Certificate IV in Fitness which is the industry requirement for working as a personal trainer in the fitness sector.

COMPULSORY UNITS

SISFFIT001 Provide health screening and fitness orientation
SISFFIT002 Recognise and apply exercise considerations for specific populations
SISFFIT003 Instruct fitness programs
SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
SISFFIT005 Provide healthy eating information
SISFFIT014 Instruct exercise to older clients
SISXCCS001 Provide quality service
SISXFAC001 Maintain equipment for activities
SISXIND001 Work effectively in sport, fitness and recreation environments
BSBRK401 Identify risk and apply risk management processes
HLTAID003 Provide first aid
HLTWHS001 Participate in workplace health and safety
SISFFIT007 Instruct group exercise sessions
SISFFIT011 Instruct approved community fitness programs
SISFFIT006 Conduct fitness appraisals
HLTAID001 Provide cardiopulmonary resuscitation

ASSESSMENT

The method of assessment varies and can include (but is not limited to):

- Observation in the workplace or simulated environment
- Written tasks, including quizzes
- Research tasks, including projects
- Portfolios
- Oral presentations
- Group work

CERTIFICATION

By successfully completing this course you will receive a nationally recognised AQF qualification

CAREERS

- Fitness instructor
- Group exercise instructor
- Gym instructor

DELIVERY METHODS

- Blended – Teaching and assessment will be conducted on-campus and online.

LOCATIONS

- McKoy Street, Wodonga Vic (Main campus)

DURATION

Part-time: 6 months

DELIVERY SCHEDULE

Tuesdays, 9am-3pm, commencing 4 February 2020.

FIELD PLACEMENT

30 hours.

REQUIREMENTS

- A Working With Children Check (WWCC) is a requirement for this course.
- A National Police Check is also a requirement for this course and is required prior to placement.

FEES

Government Funded \$1,935.00 (Tuition \$1,795.00, Materials \$140.00)

Concession \$499.00 (Tuition \$359.00, Materials \$140.00)

Fee For Service \$2,832.50 (Tuition \$2,692.50, Materials \$140.00)

FEES ADDITIONAL INFORMATION

The student tuition fees published are indicative only and can be subject to change given individual circumstances at the time of enrolment. Funding may be made available to eligible individuals by State and Commonwealth Governments. If funding is utilised, this may affect opportunities to access additional funding in the future. For more information see 'Fee information and eligibility' under the 'Apply Now' tab on the Wodonga TAFE website.

Benefit from our new training partnership with **PT Fitness Private Studio** and gain supervised access to the full range of gym facilities onsite at this local fitness facility!



MATERIALS INCLUDED IN FEES

- Materials fees will apply for course enrolments in 2020.

HOW TO APPLY

Apply via the 'Apply online now' button in this course information page. If the course is not available for online application, you can submit your enquiry via the online form below. Alternatively, please feel free to contact our friendly customer service team on 1300 69 8233 or email info@wodongatafe.edu.au

PATHWAYS

On successful completion of Certificate III in Fitness you may continue your study into Certificate IV in Fitness SIS40215

WHEN YOU CAN ENROL

Apply from 1 September for the course commencing on 4 February 2020. Applications open 1 September 2019 and close 10 February 2020.