



# 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. Successful completion of 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

BSBOPS304 Deliver and monitor a service to customers  
BSBPEF301 Organise personal work priorities  
HLTAID011 Provide First Aid  
HLTWHS001 Participate in workplace health and safety  
SISFFIT032 Complete pre-exercise screening and service orientation  
SISFFIT033 Complete client fitness assessments  
SISFFIT035 Plan group exercise sessions  
SISFFIT036 Instruct group exercise sessions  
SISFFIT040 Develop and instruct gym-based exercise programs for individual clients  
SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise  
SISFFIT052 Provide healthy eating information  
BSBOPS403 Apply business risk management processes  
SISXFAC002 Maintain sport, fitness and recreation facilities  
SISXIND011 Maintain sport, fitness and recreation industry knowledge  
HLTAID009 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.
- Traineeship – Teaching and assessment will be required to be conducted as part of a traineeship
- Workplace/Blended Industry – A mix of on-campus and teaching/assessment conducted at your workplace and during timetabled sessions

### LOCATIONS

- McKoy Street, Wodonga Vic (Main campus)

### DURATION

On-campus/blended: Full-time 6 months | Workplace/blended industry: 12 months | Traineeship: 12 months (approximately)

### DELIVERY SCHEDULE

**1. Blended (on-campus and online) – for people not employed in industry.** Commencing Monday 22 July 2024, 1.5 days per week (Mondays 12pm-4.30pm, and Wednesdays 9am-4pm with a half-hour lunch break) as well as online delivery. Online study obligations are 20 hours per week in addition to face-to-face requirements.

**2. Workplace/blended industry – for people employed in industry (fitness setting).** Course delivery will be some Tuesday afternoon workshops 1pm-4pm on campus with some follow up Tuesday Zoom sessions (as per the timetable), as well as online delivery. Online study obligations are 20 hours per week in addition to face-to-face requirements.

**3. Traineeship – for people employed in industry (fitness setting) and signed up as a trainee.** Course delivery will be some Tuesday afternoon workshops 1pm-4pm on campus with some follow up Tuesday Zoom sessions (as per the timetable), as well as online delivery. Online study obligations are 20 hours per week in addition to face-to-face requirements. Individual training plans will be developed in consultation with your employer, as part of your traineeship.

Note:

- Workshops for all models of delivery will be held at Wodonga TAFE and are compulsory to attend.
- 30 hours of practical placement is compulsory – it's great hands-on experience in your future industry!

### FIELD PLACEMENT

There is a placement requirement of 30 hours.

COVID-19 vaccination evidence may be asked for at some placement venues. If you do not have evidence of COVID-19 vaccination, you may have limited placement opportunities. Please speak with your Course Coordinator to discuss your placement options if necessary.

## REQUIREMENTS

- Successful applicants for this course will be required to obtain a Working with Children's Check and may be asked to apply for a National Police check prior to placement. On receipt of your course application you will be emailed an 'Application Requirement Questionnaire' electronic form and you will be required to provide evidence of a Victorian Working With Children's Check (WWCC).
- COVID-19 vaccination evidence may be asked for at some placement venues. If you do not have evidence of COVID-19 vaccination, you may have limited placement opportunities. Please speak with your Course Coordinator to discuss your placement options if necessary.

## FEES

Government Funded \$1,844.00 (Tuition \$1,694.00, Materials \$150.00)

Concession \$488.80 (Tuition \$338.80, Materials \$150.00)

Fee For Service \$2,922.00 (Tuition \$2,772.00, Materials \$150.00)

## FEES ADDITIONAL INFORMATION

### Additional course costs that may apply

Please note depending on individual circumstance there may be additional costs that apply throughout the completion of your qualification. These will be discussed further with your Course Coordinator, and may include:

- Working With Children Check
- National Police Check
- Vaccination requirements
- Workwear requirements for applied learning and placement
- Travel requirements to placement, and industry settings.

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 'How to Apply' tab on the Wodonga TAFE website.

Benefit from our 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 FEES

- Student uniform shirt
- Text book

### HOW TO APPLY

Apply online now via the 'Apply Now' button. If the course is not available for online application, register your details via the 'Enquire Now' form to be notified when future dates are scheduled, or to chat to our friendly Customer Experience team.

Once you submit an application for this course you will receive a separate email from LLN Robot to complete both a Digital Assessment and a Learning, Reading, Writing, Oral and Numeracy Assessment (LLN Assessment) online.

Please check your junk mail if this does not come to your inbox. All students are asked to complete the Digital and LLN assessments to determine any support requirements and to ensure the course and mode of delivery is suitable for the student.

Please allow one hour to complete the Digital and LLN assessments. You will need a computer with speakers or headphones as there is an audio section in the LLN assessment.

Your LLN and Digital assessments will need to be completed one week after receiving it to progress your application to the next stage, or your application may be withdrawn due to inactivity.

If you are unable to access the LLN assessment or the Digital assessment links please contact our Customer Experience team as soon possible.

Note: Completion of the LLN and Digital assessments does not guarantee a place in the course at Wodonga TAFE. Numbers are limited and selected applicants will be contacted to attend an interview. If an applicant is not accepted into their preferred course they will be contacted and provided information on alternate pathways and/or courses.

For traineeship information and enrolments, the Australian Apprenticeship Support Network (AASN) is your first point of contact for queries about a traineeship or apprenticeship,

[www.australianapprenticeships.gov.au/about-aasn](http://www.australianapprenticeships.gov.au/about-aasn).

Please note: We reserve the right to close course intakes early. Many courses have limited places and high demand. Early applications are recommended. We reserve the right to cancel intakes and courses if there are insufficient student numbers.

### PATHWAYS

On successful completion of Certificate III in Fitness you may continue with further studies into Certificate IV in Fitness SIS40221

### WHEN YOU CAN ENROL

On-campus/blended (on campus and online: Apply online now for the next course intake commencing in July 2024.

Workplace/blended industry - for people employed in industry (fitness setting): Apply online now for the next course intake commencing in July 2024.

Note: If the course is not available for online application, register your details via the 'Enquire Now' form to be notified when future dates are scheduled, or to chat to our friendly Customer Experience team.

Traineeship: You will enrol with Wodonga TAFE as part of your traineeship with your employer. The Australian Apprenticeship Support Network (AASN) is your first point of contact for queries about a traineeship or apprenticeship, [www.australianapprenticeships.gov.au/about-aasn](http://www.australianapprenticeships.gov.au/about-aasn).

### OTHER RELEVANT COURSES

Certificate IV in Fitness SIS40221