

# COACH



## SIS30321

### Certificate III in Fitness

#### Fee for Service

This qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgment to solve routine issues within the parameters of clearly defined organisational policies and procedures.

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this qualification at the time of publication.

#### Course Features

- Flexible Delivery
- Nationally Recognised Qualification
- Industry Experienced Trainers
- Opportunity To develop skills
- First Aid is part of the course

#### Possible Employment Outcomes

- Possible job role titles depend on the specific sport may include assistant coach.

#### Entry Requirements

- Suitable Language and Numeracy Skills
- A Unique Student Identifier
- A computer or laptop with internet access
- Physically Fit

#### Course Details

- Duration: Approximately 6 to 12 months
- Blended Delivery: Online via Zoom  
One Day per Week plus 80 hours of work placement / work experience
- Location: Online
- Contact us to confirm current classes

#### Course Fees – Full Price

- Student Fee: \$3500
- Payment Plans available: 3 months / 6 months



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### **Unit Summary**

Total number of units = 15

11 core unit

4 elective units

### **Core 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                                          |

### **Elective Units**

|           |                                           |
|-----------|-------------------------------------------|
| BSBSUS211 | Participate in sustainable work practices |
| CHCDIV001 | Work with diverse people                  |
| BSBXTW301 | Work in a team                            |
| HLTWHS005 | Conduct manual tasks safely               |

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### Course Information

#### Credit Transfer or Recognition of Prior Learning (RPL)

Recognition of Prior Learning (RPL) is a method of assessing your current skills and knowledge that may have been acquired through formal training and/or via informal learning such as work experience. Credit Transfer (CT) is the recognition of your formal training completed through another registered training organisation (RTO). Contact us if you are applying for Recognition of Prior Learning or Credit Transfer

#### Additional Course Information

**Trainer** - This course offering will be delivered by Academy of Training (RTO #91215), in some cases with the assistance of our pre-approved training partners. Your Trainer will be experienced and qualified, both as a Trainer and an industry practitioner. They will be dedicated to providing you with skills and knowledge that will be valued by prospective employers, helping you gain employment.

**Training Method** - Training is delivered face to face in small groups to ensure you have plenty of interaction with your trainer. There will also be additional reading that you will be required to complete out-of-class.

**Resources** - You will not be required to purchase or own any additional materials or equipment to complete the Face to Face component of the program - all training and assessment materials are provided. At the student's own cost, you will be required to purchase an AOT work placement uniform.

**Support Service** - You will have access to your Trainer throughout the program for any educational support. You will also be screened in terms of language, literacy and numeracy (LLN) levels coming into the program and be supported in those areas according to your individual needs. Where we cannot provide sufficient support, you will be referred to a suitable program to develop those skills.

**More information** - Download the Student Handbook from the AOT website to ensure you are fully informed of all relevant AOT policies, procedures and course information prior to your enrolment.

**Contact us** - If you have further questions, please contact us on any of the details below.