

Certificate III in Fitness SIS30315

This Course is being delivered in Partnership with External RTO: Binnacle Training

RTO 31319



Certificate

Course Overviews

This qualification provides the skills and knowledge for an individual to be competent in a range of activities functions requiring autonomous work within a defined range of exercise instruction situations and activities.

Students are expected to successfully complete all units of competency listed below during the 2 year course of study, to be awarded the Certificate III Fitness. Upon successful completion of this course, Students will be competent in a range of essential skills such as undertaking client health assessments planning and delivering fitness programs and conducting group fitness sessions community and commercial fitness settings.

Duration

Two Years

Course Units

To attain a Certificate III in Fitness, 16 units of competencies must be achieved:

UNITCODE	UNIT NAME
SISXFAC001	Maintain sport, fitness and recreation equipment for activities
HLTWHS00-1	Participate in work place health and safety
SISFFIT004	Incorporating anatomy and physiology principles into fitness
SISFFIT00-1	Provide health screening and fitness orientation
SISFFIT006	Conduct fitness appraisals
SISXIN0 001	Work effectively in sport and recreation environments
SISXCCS001	Provide quality service
SISFFIT 005	Provide healthy eating information
SISFFIT003	Instruct fitness programs
SISSTC301A	Instruct strength and conditioning techniques
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT014	Instruct exercise to older clients
SISFFIT007	Instruct group exercise sessions
SISFFITOH	Instruct approved community fitness programs
BSSRSK401	Identify and apply risk management programs
HLTAID003	Provide first aid (This course is delivered over a block by a qualified school staff member via the agreement with Binnacle Training. Participants must be the minimum age of 14 years and undertake practical training and assessments at floor level which includes demonstrating CPR on a manikin for at least two minutes)

This Subject Outline is to be read in conjunction with Binnacle's Training's Program Disclosure Statement (PDS). The PDS sets out the services and training products Binnacle Training provides and those services carried out by the 'Partner School' (i.e. the delivery of training and assessment services. To access Binnacle's PDS, visit <http://www.binnacletraining.com.au/rto> and select 'RTO Files'. The Certificate will be issued through Binnacle Training on successful completion of the course.

Assessment Techniques

Assessment will be delivered using a variety of techniques including: Practical assessment, written tasks. Exams, Teacher observation. Teacher questioning