



Semester 1 Course Overview

Faculty: Vocational Education and Training

Subject: Certificate III in Fitness

Year Level: 11

Course Outline

Students gain the entry level skills required of a Fitness Professional. Students deliver fitness programs within the school community. The Certificate III in Fitness includes First Aid & CPR and a Pathway into the Certificate IV in Fitness.

Programs include:

- Community fitness program
- Strength and conditioning for athletes and teams
- Group fitness
- Personal training adults (e.g. teachers and other staff)

Term 1

Topics

- Binnacle lounge induction
- Sport, Fitness and Recreation (SFR) Industry Knowledge
- Beginning Coaching Principles
- Workplace Health and Safety (HLTWHS001)
- SFR Laws and Legislation (BSBSUS201)
- Maintain SFR Equipment (SISXFAC001)

Programs

- Bootcamp Programs: Assist with Delivering Sessions
- Coaching Program: Plan and deliver coaching sessions
- Respond to an emergency situation: Fire evacuation
- Online course: Community Coaching General Principals

Term 2

Topics

- Respond to emergencies
- Provide First Aid and CPR (HLTAID003)
- Risk Analysis (BSBRK401)
- Organise work
- Provide quality customer service
- Community fitness programs

Programs

- Community fitness program: Plan and conduct community fitness session
- Shot course: First Aid (HLTAID003)