



Semester 1 Course Overview

Faculty: Vocational Education and Training

Subject: Certificate III in Fitness

Year Level: 12

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

- Plan and deliver exercise programs
- Specific population clients

Programs

- Fitness orientation program: Conduct health screenings and appraisals
- Client screening: Follow up client consultation

Term 2

Topics

- Fitness Programs
- Older clients
- Specific population clients

Programs

- Gentle exercise program: Participate in gentle exercise sessions
- Mobility program: plan and instruct mobility sessions