



Australian Government

SIS30313 Certificate III in Fitness

Release: 1

SIS30313 Certificate III in Fitness

Modification History

The version details of this endorsed qualification are the table below. The latest information is at the top.

Release	Comments
1	<p>Replaces and is equivalent to SIS30310 Certificate III in Fitness.</p> <p>Intent of the qualification remains unchanged.</p> <p>HLTFA301C Apply first aid replaced with HLTAID003 Provide first aid in the core.</p> <p>SISFFIT332 Deliver pre-choreographed or prescribed community group exercise programs and SISFFIT333 Deliver pre-choreographed or prescribed group exercise to music classes added to General electives.</p> <p>CHCIC301E Interact effectively with children removed from the General electives.</p>

Description

This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. Qualification outcomes will depend on the elective grouping chosen and may include providing exercise instruction for group, aqua or gym programs.

Work may be undertaken in locations such as gyms, fitness facilities, pools and community facilities.

Job roles

- exercise instructor - gym
- exercise instructor - group exercise
- exercise instructor - aqua.

Pathways Information

Not Applicable

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this qualification at the time of endorsement.

Entry Requirements

There are no entry requirements for this qualification.

Employability Skills Summary

EMPLOYABILITY SKILLS QUALIFICATION SUMMARY	
Employability Skill	Industry/enterprise requirements for this qualification include:
Communication	Communicating with clients and colleagues to determine and interpret their specific requirements; understanding verbal and written information on fitness products and services; preparing accurate records of client details; providing clear verbal pre-screening instructions; empathising and negotiating acceptable solutions to client requests and complaints to ensure a positive fitness experience.
Initiative and enterprise	Showing initiative and independence in delivering fitness sessions that meet or exceed client expectations; identifying and discussing a range of product or service enhancements to improve client satisfaction or business profitability.
Learning	Knowing the structure of networks within and sources of new information on the fitness industry; accessing professional development opportunities to regularly update fitness product and service knowledge and skills; sharing information with colleagues.
Planning and organising	Collecting, analysing and recording client, product or service information to allow for the efficient planning and delivery of fitness sessions; setting work priorities and scheduling own daily work activities to meet deadlines; following organisation policies and procedures to guide planning and delivery of fitness sessions.
Problem-solving	Identifying hazards and risks that may arise during fitness activities; mitigate problems by making variations to the activity that are within scope of responsibility; clarifying the extent of, and resolving problems through negotiating with clients in a sensitive and culturally appropriate manner; taking responsibility for seeking assistance from colleagues to resolve issues; adhering to organisation policies and procedures to guide solutions to problems.
Self-management	Understanding and complying with the legal and ethical responsibilities that apply to own role in the fitness industry; understanding the boundaries of own role and correctly determining when referral to colleagues or medical or allied health professionals is required; reviewing and reflecting on own work performance; seeking and acting on feedback from colleagues and clients to improve service delivery.
Teamwork	Working as a skilled team member, giving and receiving instructions and understanding own role in delivering fitness sessions and servicing client needs; supporting other team members to provide quality fitness

EMPLOYABILITY SKILLS QUALIFICATION SUMMARY	
	experiences for clients.
Technology	Understanding the operating capability of computer systems and software that assist in selling, planning and delivering exercise products and services; safely using and maintaining fitness equipment according to manufacturer's specifications and organisation policies and procedures.

Packaging Rules

15 units must be completed:

- 10 core units
- 5 elective units, consisting of:
 - all the units in any one of Groups A to C
 - the remaining units to make up the required 5 elective units from General Electives; up to 2 of these remaining units may be selected elsewhere in SIS10 or any current accredited course or other Training Package, and must be first packaged at AQF level 3 or 4.

In all cases, selection of electives must be guided by the job outcome sought, local industry requirements and the characteristics of this qualification (as per the AQF descriptors).

Core	
HLTAID003	Provide first aid
SISFFIT301A	Provide fitness orientation and health screening
SISFFIT302A	Provide quality service in the fitness industry
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery
SISFFIT305A	Apply anatomy and physiology principles in a fitness context
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines
SISXFAC207	Maintain sport, fitness and recreation equipment for activities
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies
SISXRSK301A	Undertake risk analysis of activities
Electives	
Group A - Aqua Instructor	
SISFFIT304A	Instruct and monitor fitness programs
SISFFIT310A	Plan and deliver water based fitness activities
Group B - Group Exercise Instructor	
SISFFIT304A	Instruct and monitor fitness programs

SISFFIT309A	Plan and deliver group exercise sessions
Group C - Gym Instructor	
SISFFIT304A	Instruct and monitor fitness programs
SISFFIT307A	Undertake client health assessment
SISFFIT308A	Plan and deliver gym programs
General electives	
Aqua	
SISCAQU202A	Perform basic water rescues
SISCAQU308A	Instruct water familiarisation, buoyancy and mobility skills
Cross-Sector	
SISXCAI306A	Facilitate groups
SISXCCS202	Process entry transactions
Fitness	
SISFFIT307A	Undertake client health assessment
SISFFIT308A	Plan and deliver gym programs
SISFFIT309A	Plan and deliver group exercise sessions
SISFFIT310A	Plan and deliver water based fitness activities
SISFFIT311A	Deliver approved community fitness programs
SISFFIT312A	Plan and deliver an endurance training program
SISFFIT313A	Plan and deliver exercise to apparently healthy children and adolescents
SISFFIT314A	Plan and deliver exercise to older clients with managed conditions
SISFFIT332	Deliver pre-choreographed or prescribed community group exercise programs
SISFFIT333	Deliver pre-choreographed or prescribed group exercise to music classes
Imported	

BSBSUS201A	Participate in environmentally sustainable work practices
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