



**Australian Government**

# **SISSS00109 Group Exercise Leader**

**Release 1**

# SISSS00109 Group Exercise Leader

## Modification History

## Description

## Pathways Information

These units provide a credit towards SIS30313 Certificate III in Fitness.

## Licensing/Regulatory Information

No licensing, legislation, regulatory or certification requirements apply to this skill set at the time of endorsement.

## Skill Set Requirements

Units	Unit code	Unit title
	SISFFIT302A	Provide quality service in the fitness industry
	SISFFIT332	Deliver pre-choreographed or prescribed community group exercise programs
	SISFFIT333	Deliver pre-choreographed or prescribed group exercise to music classes
	SISXWHS101	Follow work health and safety policies

## Target Group

This skill set provides the skills and knowledge required to instruct a group exercise class.

## Suggested words for Statement of Attainment

These competencies from the SIS10 Sport, Fitness and Recreation Training Package meet skills required to be a group exercise leader in the fitness industry.