SIS30315 Certificate III in Fitness

Release 1
SIS30315 Certificate III in Fitness

Modification History
Not applicable.

Qualification Description
This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for group, aqua or gym programs.

They work independently with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Individuals who specialise in Aqua Exercise Instruction deliver water-based exercise sessions designed for participation by a group of clients. Sessions may be freestyle, pre-choreographed or circuit style. They also have the skills to rescue a client in distress, and an appropriate level of pool deck fitness and endurance.

Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

No occupational licensing, certification or specific legislative requirements apply to this qualification at the time of publication.

Entry Requirements
There are no entry requirements for this qualification.
Packaging Rules

16 units must be completed:
- 9 core units
- 7 elective units, consisting of:
  - all units in Groups A, B or C
  - remaining units to make up the required 7 elective units from Group D; maximum of 2 units may be selected elsewhere in SIS Training Package, or any other current Training Package or accredited course.

Packaging Rules for each specialisation:
- All Group A electives must be selected for award of the Certificate III in Fitness (Aqua Exercise Instructor)
- All Group B electives must be selected for award of the Certificate III in Fitness (Group Exercise Instructor)
- All Group C electives must be selected for award of the Certificate III in Fitness (Gym Instructor).

The selection of electives must be guided by the job outcome sought, local industry requirements and the complexity of skills appropriate to the AQF level of this qualification.

Core

SISFFIT001 Provide health screening and fitness orientation
SISFFIT002 Recognise and apply exercise considerations for specific populations
SISFFIT003 Instruct fitness programs
SISFFIT004 Incorporate anatomy and physiology principles into fitness programming
SISFFIT005 Provide healthy eating information
SISFFIT014 Instruct exercise to older clients
SISXCCS001 Provide quality service
SISXFAC001 Maintain equipment for activities
SISXIND001 Work effectively in sport, fitness and recreation environments
Group A - Aqua Exercise Instructor

BSBRSK401  Identify risk and apply risk management processes
HLTAID003  Provide first aid
HLTWHS001  Participate in workplace health and safety
SISCAQU002  Perform basic water rescues
SISCAQU008  Instruct water familiarisation, buoyancy and mobility skills
SISFFIT008  Instruct water-based fitness activities
SISFFIT022  Instruct aquatic sessions for specific population groups

Group B - Group Exercise Instructor

BSBRSK401  Identify risk and apply risk management processes
HLTAID003  Provide first aid
HLTWHS001  Participate in workplace health and safety
SISFFIT007  Instruct group exercise sessions
SISFFIT011  Instruct approved community fitness programs

Group C - Gym Instructor

BSBRSK401  Identify risk and apply risk management processes
HLTAID003  Provide first aid
HLTWHS001  Participate in workplace health and safety
SISFFIT006  Conduct fitness appraisals

Group D - General Electives

BSBSUS201  Participate in environmentally sustainable work practices
SISCAQU002  Perform basic water rescues
SISCAQU008  Instruct water familiarisation, buoyancy and mobility skills
SISFFIT006  Conduct fitness appraisals
SISFFIT007  Instruct group exercise sessions
SISFFIT008  Instruct water-based fitness activities
SISFFIT009  Deliver pre-choreographed or prescribed community fitness
SISFFIT010  Deliver pre-choreographed or prescribed group exercise to music
SISFFIT011  Instruct approved community fitness programs
SISFFIT012  Instruct movement programs to children aged 5 to 12 years
SISFFIT022  Instruct aquatic sessions for specified population groups
SISXCAI006  Facilitate groups
SISXDIS001  Facilitate inclusion for people with a disability
SISXFAC002  Maintain sport, fitness and recreation facilities
SISXFIN002  Process financial transactions
SISXRES002  Educate user groups

**Qualification Mapping Information**

No equivalent qualification.

**Links**