Australian Government

SIS30321 Certificate III in Fitness

Release: 2

SIS30321 Certificate III in Fitness

Modification History

Release 2. Minor changes to replace superseded units.

Release 1. Supersedes and is not equivalent to SIS30315 Certificate III in Fitness.

Qualification Description

This qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgment to solve routine issues within the parameters of clearly defined organisational policies and procedures.

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

15 units must be completed:

- 11 core units
- 4 elective units, consisting of:
  - 2 units from the list below
  - 2 units from the list below, elsewhere in the SIS Training Package, or from any other current training package or accredited course.

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 Units

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BSBOPS304	Deliver and monitor a service to customers
BSBPEF301	Organise personal work priorities
HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information

Elective units

BSBOPS403	Apply business risk management processes
BSBSUS211	Participate in sustainable work practices
BSBWHS332X	Apply infection prevention and control procedures to own work activities
BSBXTW301	Work in a team
CHCDIV001	Work with diverse people
CHCMHS001	Work with people with mental health issues
HLTWHS005	Conduct manual tasks safely
SIRXSLS001	Sell to the retail customer
SISCAQU020	Perform water rescues
SISCCRO001	Plan and conduct recreation programs for older persons
SISFFIT037	Develop and instruct group movement programs for children
SISFFIT038	Plan group water-based exercise sessions

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SISFFIT039	Instruct group water-based exercise sessions
SISFFIT048	Use anatomy and physiology knowledge to support safe and effective water-based exercise
SISXDIS001	Facilitate inclusion for people with a disability
SISXEMR003	Respond to emergency situations
SISXFAC002	Maintain sport, fitness and recreation facilities
SISXFAM002	Process financial transactions
SISXIND009	Respond to interpersonal conflict
SISXIND010	Protect children and young people
SISXRES002	Educate user groups

Qualification Mapping Information

Supersedes and is not equivalent to SIS30315 Certificate III in Fitness.

Links

Companion Volume implementation guides are found in VETNet - https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b

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