



Australian Government

SISSS00113 Group Exercise Leader

Release 1

SISSS00113 Group Exercise Leader

Modification History

Not applicable.

Description

A set of skills to lead predesigned group exercise sessions in controlled environments.

Pathways Information

Achievement of these units provides credit towards SIS30315 Certificate III in Fitness.

Licensing/Regulatory Information

These competencies are a pathway to industry led registration/accreditation schemes.

Skill Set Requirements

HLTWHS001	Participate in workplace health and safety
SISFFIT009	Deliver pre-choreographed or prescribed community fitness
SISFFIT010	Deliver pre-choreographed or prescribed group exercise to music
SISXCCS001	Provide quality service

Target Group

Group exercise leaders working in a variety of locations who lead predesigned group exercise sessions according to program developer guidelines.

Suggested words for Statement of Attainment

These units of competency from the SIS Sport, Fitness and Recreation Training Package provide a set of skills required by a group exercise leader in the fitness industry.