



Australian Government

SISSS00128 Group Exercise Leader

Release 1

SISSS00128 Group Exercise Leader

Modification History

Supersedes and is equivalent to SISSS00113 Group Exercise Leader.

Description

A set of skills to lead predesigned group exercise sessions.

Pathways Information

Achievement of these units provides credit towards SIS30321 Certificate III in Fitness.

Licensing/Regulatory Information

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

Skill Set Requirements

Unit code	Unit title
BSBOPS304	Deliver and monitor a service to customers
HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
SISFFIT036	Instruct group exercise sessions

Target Group

Group exercise leaders who lead predesigned group exercise sessions in settings such as fitness facilities, gyms, and leisure and community centres.

Suggested words for Statement of Attainment

These units of competency from the SIS Sport, Fitness and Recreation Training Package provide a set of skills to lead predesigned group exercise sessions.