

Program Name: FITNESS

Host School: Glenunga International High School



Recognised Qualification: Certificate III in Fitness

Code: SIS30315

RTO Code: 32363 (Australian Institute of Personal Trainers)

Program Description: With a Certificate III in Fitness, students will be able to plan and deliver a variety of gym and fitness programs along with advising on healthy eating guidelines in a sports and recreation environment. By completing this certificate, students will be able to assist new gym members to use equipment and lead small group classes through basic programming. Individuals will work independently with some level of autonomy in fitness, leisure, aquatic and community centres.

Pathway: The Certificate III in Fitness allows students to be employed as gym instructors or group exercise instructors. Students can go on to complete the Certificate IV in Fitness to become a Personal Trainer. Students can seek work in leisure centres and health and fitness centres as personal trainers and fitness instructors, and progress on to specialised Personal Trainers and Fitness Centre Managers or collaborate with medical and allied health professionals.

SACE Credits: 105, Stage 2

Course Length: Year (30 weeks)

Training Day & Time: Thursday, 2:00 – 5:30pm

Commencement Date: Week 2, Term 1 2018

Dress Code: PE uniform

Program Cost: \$1148.00

GST: \$141.90

Total Cost (per student): \$1290

Location: Glenunga International High School, L'Estrange Street, Glenunga SA 5064
Take Bus 100 Circle Line along Portrush Road to Stop 13, then walk west down Queen Street (approx. 500m) to the school. If travelling along Glen Osmond Road (Bus 161, 166 and others), get off at Stop 8 and walk along Conyngham Street (approx. 200m) to the school.

Program Provider Contact: Mr Alex Turnbull (VET Coordinator), Mr Rex Wright (Trainer) (08) 8379 5629

E: alex.turnbull@gihs.sa.edu.au, rex.wright@gihs.sa.edu.au

Program Content:

Code	Unit	Hours
SISFFIT001	Provide health screening and fitness orientation	15
SISFFIT002	Recognise and apply exercise considerations for specific populations	100
SISFFIT003	Instruct fitness programs	50
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	95
SISFFIT005	Provide healthy eating information	55
SISFFIT014	Instruct exercise to older clients	70
SISXCCS001	Provide quality service	25
SISXFAC001	Maintain equipment for activities	5
SISXIND001	Work effectively in sport, fitness and recreation environments	25
SISFFIT006	Conduct fitness appraisals	30
HLTWHS001	Participate in workplace health and safety	20
BSBRK401	Identify risk and apply risk management processes	50
HLTAID003	Provide first aid	18
SISFFIT007	Instruct group exercise sessions	80
SISFFIT011	Instruct approved community fitness programs	40
SISFFIT012	Instruct movement programs to children aged 5 to 12 years	90
Total nominal hours		748

Work Placement Requirements: 30 hours

Class Size: 15 maximum