

SIS30315 CERTIFICATE III IN

Fitness (Group Exercise Instructor)

With a Certificate III in Fitness, specialising as a Group Exercise Instructor, students will be able to plan and 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.

Possible job titles include:

- Group Fitness Instructor
- Sports Coach
- Gym Floor Supervisor

Study pathways:

- SIS40215 Certificate IV in Fitness

COURSE DURATION

12 months or 24 months

DELIVERY MODES

Australian Institute of Personal Trainers offers a variety of delivery options for this course, including:

- Full auspice

*Auspice available Australia-wide but only in non-government schools in Western Australia

- Online

	TAS	VIC	NT	ACT	SA	QLD	WA	NSW
TOTAL NUMBER OF UNITS (9 CORE UNITS & 7 ELECTIVE UNITS)	16	16	16	16	16	16	16	
TOTAL NOMINAL HOURS	768	768	768	768	768	768	660	
WORK PLACEMENT HOURS REQUIRED	30	30	30	30	30	30	30	
CREDITS			NTCET Credits 95		SACE Credits 100	QCE Credits 5-8		
UNITS								
Code	Description		Hours					
SISFFIT001	15	15	15	15	15	15	20	
SISFFIT002	100	100	100	100	100	100	60	
SISFFIT003	50	50	50	50	50	50	45	
SISFFIT004	95	95	95	95	95	95	70	
SISFFIT005	55	55	55	55	55	55	40	
SISFFIT014	70	70	70	70	70	70	40	
SISXCCS001	25	25	25	25	25	25	25	
SISXFAC001	5	5	5	5	5	5	15	
SISXIND001	25	25	25	25	25	25	40	
BSBRSK401	50	50	50	50	50	50	40	
HLTAID003*	18	18	18	18	18	18	20	
HLTWHS001	20	20	20	20	20	20	30	
SISFFIT007	80	80	80	80	80	80	70	
SISFFIT011	40	40	40	40	40	40	40	
SISFFIT006	30	30	30	30	30	30	25	
SISFFIT012	90	90	90	90	90	90	80	

*HLTAID003 Provide first aid, is a unit within the group of electives that are included in the specialisations offered in the SIS30315 Certificate III in Fitness which must be completed through an external RTO. The Australian Institute of Personal Trainers (AIPT) has an agreement in place with Red Cross Australia (RTOID 3605) which allows enrolled students to receive discounted training and assessment for this unit. This is an additional service offered by AIPT; however, students are able to source their own training provider to suit their needs. Please note that the cost of this external training is not included in any of your course fees. Upon completion, you will need to submit a copy of your first aid certificate in order for us to process a Credit Transfer against this unit on your student record.