

VET COURSE INFORMATION FOR STUDENTS

ST JAMES COLLEGE - RTO: 30526

SIS30315 – CERTIFICATE III IN FITNESS

QUALIFICATION DESCRIPTION: This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry.

They work independently with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Individuals who specialise in Group Exercise Instruction 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.

FUTURE PATHWAYS: This qualification provides a pathway to work as an instructor providing exercise instruction for group programs. Group Fitness Instructor. Sports Coach, Gym Floor Supervisor. Entry to SIS40215 Certificate IV in Fitness

To achieve the Certificate III in Fitness qualification, the student must demonstrate competency in sixteen (16) units of competency including nine (9) core units and seven (7) elective units. If the student does not successfully achieve competency in all sixteen (16) units the student will be awarded a Statement of Attainment listing only the competencies achieved.

Core Units of Competency

SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments

Elective Units of Competency

ISFFIT006	Conduct fitness appraisals
HLTWHS001	Participate in workplace health and safety

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BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT012	Instruct movement programs to children aged 5 to 12 years

ESTIMATED DURATION: Two (2) academic years (11 & 12)

TRAINING/ASSESSMENT LOCATION: St James College, 201 Boundary St, Brisbane

MODE OF DELIVERY: A combination of the following may apply:

- Face to face in a simulated workplace environment for required performance and knowledge evidence
- Work experience at a worksite – third party report
- Online for some components of training for knowledge evidence

In a classroom for some components of training for knowledge evidence

Australian Institute of Personal Trainers Pty Ltd <https://www.aipt.edu.au/> RTO: 32363 deliver this Certificate to students on campus at St James College using both St James teaching staff and Foundation Education training staff.

RELATED SUPPORT SERVICES: Students may negotiate support in addition to scheduled hours, to develop the required skills and knowledge

WORK PLACEMENT ARRANGEMENTS: Work Placement is required to meet the requirements of the course (30 hours). This may occur outside school hours, weekends and/or school holiday periods.

OBLIGATIONS TO STUDENTS: The College will be responsible for the quality of training and assessment and the issuance of Certification

ENTRY REQUIREMENTS/PRE-REQUISITES: Successful application for USI and provision of this number to VET Department.

- Grade A or B in PE (Year 10)
- Grade A or B in English (Year 10)
- A record of high attendance
- Successful enrolment interview with Mr Anderson

This course will be strictly limited to 18 places due to practical logistics. There will be no late enrolments in this course after Term 1.

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STUDENT OBLIGATIONS: This includes any materials or equipment required. For example, fully enclosed leather upper shoes, sportswear, earphones, PPE, internet access at home.

STUDENT REQUIREMENTS TO COMPLETE COURSE: As detailed in the VET course information for students' sheet

RTO COMPLAINTS & APPEALS PROCESS: Access to Complaint and Appeals Process via [St James College website](#)

RECOGNITION OF PRIOR LEARNING (RPL): Recognition of Prior Learning (RPL) Process via [St James College website](#)

ASSESSMENT: Competency based assessment that requires students to demonstrate knowledge and skill acquisition and application to the standard of performance required in the workplace. This may include: questioning, observation, practical tasks, third party reports and online training

FEE INFORMATION: There may be deposit charged and held by the school for this course.