

# CERTIFICATE III FITNESS

Vocational Education & Training

CODE: FNS



## QUALIFICATION: SIS30321 CERTIFICATE III FITNESS

*This document is to be read in conjunction with Binnacle Training's Program Disclosure Statement (PDS). The PDS sets out the services and training products Binnacle Training as RTO provides and those services carried out by the School as Third Party (i.e. the facilitation of training and assessment services). To access Binnacle's PDS, please visit: [binnacletraining.com.au/rto](http://binnacletraining.com.au/rto)*

**THIS QUALIFICATION IS DELIVERED BY BINNACLE TRAINING: RTO 31319**

***THIS IS A FULL FEE PAYING COURSE – CONSULT THE SCHEDULE OF SUBJECT FEES FOR DETAILS.  
FULL PAYMENT OF FEES MUST BE MADE BY END OF TERM 1 TO ENSURE CONTINUATION IN THIS COURSE.***

## COURSE OVERVIEW

<http://training.gov.au> - Please refer to the training.gov.au website for specific information about the qualification.

SIS30321 Certificate III in Fitness is delivered as a senior subject by qualified school staff via a third party arrangement with external Registered Training Organisation (RTO) Binnacle Training. Students successfully achieving all qualification requirements will be provided with the qualification and record of results. Students who achieve at least one unit (but not the full qualification) will receive a Statement of Attainment.

Upon successful completion students may achieve a maximum 8 QCE credits. Student support services are available in accordance with the VET Subject Handbook. A Language, Literacy and Numeracy (LLN) Screening process is undertaken at the time of initial enrolment (or earlier) to ensure students have the capacity to effectively engage with the content and to identify support measures as required.

## DURATION

Two years

## UNITS OF COMPETENCY

<i>Core:</i>	<i>Electives:</i>
BSBOPS304 Deliver and monitor a service to customers	SISXEMR001 Respond to emergency situations
BSBPEF301 Organise personal work priorities	SISXIND001 Work effectively in sport, fitness and recreation environments
HLTAID011 Provide First Aid	SISXIND002 Maintain sport, fitness and recreation industry knowledge
HLTWHS001 Participate in workplace health and safety	BSBSUS211 Participate in sustainable work practices
SISFFIT032 Complete pre-exercise screening and service orientation	
SISFFIT033 Complete client fitness assessments	
SISFFIT035 Plan group exercise sessions	
SISFFIT036 Instruct group exercise sessions	
SISFFIT040 Develop and instruct gym-based exercise programs for individual clients	
SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise	
SISFFIT052 Provide healthy eating information	

## ASSESSMENT TECHNIQUES

Program delivery will combine both class-based tasks and practical components in a real gym environment at the school. This involves the delivery of a range of fitness programs to clients within the school community (students, teachers, and staff). A range of teaching/learning strategies will be used to deliver the competencies. These include: • Practical tasks • Hands-on activities involving participants/clients • Group work • Practical experience within the school sporting programs and fitness facility • Log Book of practical experience.

Evidence contributing towards competency will be collected throughout the course. This process allows a student's competency to be assessed in a holistic approach that integrates a range of competencies.

**NOTE:** This program involves a mandatory 'outside subject' weekly component as follows:

- TERM 5, 6 or 7: 60 minutes per week across a minimum of 5 consecutive weeks – delivering fitness programs and services to an adult client, undertaken at the school gym or an alternate fitness facility sourced by the school.
- TERM 6: A minimum of one session (60 minutes) – delivering a gentle exercise session to an older adult client (age 50+), undertaken at the school gym or an alternate fitness facility sourced by the school.

All other practical experiences have been timetabled within class time. Students will keep a Log Book of these practical experiences (minimum 40 hours).

*Students must achieve competency at every task and fulfil mandatory placement hours in an approved work placement setting, in order to be issued with a full certificate at the completion of this course.*

## SPECIAL REQUIREMENTS

No student may enrol in this course without a valid USI. Due to the technological component of this course, participation in the College's BYOx programme is strongly encouraged. Students must have a passion for and/or interest in pursuing a career in the fitness and sport industries. They **must** have good quality written and spoken communication skills and an enthusiasm / motivation to participate in physical activity sessions. **FULL COURSE FEES MUST BE PAID TO PARTICIPATE IN THIS COURSE.**

## CAREER OPPORTUNITIES & PATHWAYS

The Certificate III in Fitness will predominantly be used by students seeking to enter the fitness industry and/or as an alternative entry into University. For example: • Exercise Physiologist • Teacher – Physical Education • Sport Scientist

Students eligible for an Australian Tertiary Admission Rank (ATAR) may be able to use their completed Certificate III to contribute towards their ATAR. For further information please visit <https://www.qcaa.qld.edu.au/senior/australian-tertiary-admission-rank-atar>

Students may also choose to continue their study by completing the Certificate IV in Fitness.

**Disclaimer:** "The College must have certain teachers and equipment to run this course. If the school loses access to these resources, the school will attempt to provide students with alternative opportunities to complete the course and the related qualifications. The school retains the right to cancel the vocational component of the course if it is unable to meet requirements."