

# CERTIFICATE III IN FITNESS

**COURSE CODE** SIS30315

**INTAKE** Semester 1

**ANTICIPATED DURATION** 12 months

**DELIVERY MODE** Week blocks- EJEHS

1x Support lesson- EJEHS

1x Skype lesson- EJEHS

*Available via Local Delivery*

## ENTRY REQUIREMENTS

Successfully completing and passing the LLN aptitude test  
80% or above actual attendance at their host school

A commitment of 20% of the course cost is required to be paid to EJEHS by Week 8 Monday (2 December 2019). If this payment does not occur/is not complete then the Student will be put into a reserve subject selected in Subject Counselling.

Provide documentation of successful work placement in a related industry pathway.

## SACE/ATAR ATTAINMENT

85 Credits at SACE Stage 2

This course can be used to gain an ATAR.

## INDICATIVE COSTING

TAFESA \$890 - payment plan or the use of Centrepay can be negotiated with TAFESA to cover the costs of this course. (20% of the course cost needs to be paid to EJEHS by 2 December 2019 as a deposit)

EJEHS VET Uniform \$35 (pre-payment is required).

## ASSESSMENT TYPE

Competency-based assessment is applied to a range of assessment tasks according to the units being assessed. There are both theoretical and practical tasks.

## SUBJECT DESCRIPTOR

Students are provided the skills and knowledge to be competent in a range of activities and functions, requiring autonomous work within a defined range of exercise instruction situations and activities. Qualification outcomes will depend on the elective grouping chosen and may include providing exercise instruction for group, aqua or gym programs. Work may be undertaken in locations such as gyms, fitness facilities, pools and community facilities.

## CURRICULUM CONSIDERATIONS

Students selecting this course are required to meet the following criteria;

- Undertake the EJEHS VET application and selection process
- Prepared to complete minimum of 35 hours work placement through the duration of the course
- Participate in approximately 4 weeks of training over 12 months..

*VET offerings and costs at EJEHS are subject to State Government policy and delivery organisation changes.*



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| NATIONAL CODE         | UNIT NAME  | NOMINAL HOURS          |
|-----------------------|--|------------------------|
| <b>Core Units</b>     |  |                        |
| 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                     |
| <b>Elective Units</b> |  |                        |
| HLTAID003             | Provide first aid  | 18                     |
| HLTWHS001             | Participate in workplace, health and safety                            | 20                     |
| BSBRK401              | Identify risk and apply risk management process                        | 50                     |
| SISXCAI006            | Facilitate groups  | 25                     |
| SISFFIT006            | Conduct fitness appraisals   | 30                     |
| SISXCCS003            | Address client needs   | 10                     |
| SISXFAC002            | Maintain sport, fitness and recreation facilities                      | 14                     |
|                       |  | <b>Total hours 607</b> |