Course Information

Course: Certificate III in Fitness  
Course Code: SIS30315  
Enrolment Type: VFE  
Program Length: 1 year  
RTO: Australian Institute of Personal Trainers  
Delivery Mode: Face to face, classroom based  
Location: Mildura Senior College  
Program Content: 16 Units  
Nominal Hours: 630 hours (minimum)  
RTO Number: 32363  
Website: www.aipt.edu.au  
Training and Assessment: Mildura Senior College

Course Aims
The VET Fitness program will provide students with the knowledge and skills required to work in the fitness industry. Students will learn about anatomy and physiology, client assessment, nutrition and planning and delivering a fitness program in a variety of settings to various population groups.

Areas of Study

Unit 3 & 4:

<table>
<thead>
<tr>
<th>Unit Code</th>
<th>Unit Title</th>
<th>Credit Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTAID003</td>
<td>Provide first aid</td>
<td>SISXIND001</td>
<td>Work effectively in sport, fitness and recreation environments</td>
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<tr>
<td>SISFFIT001</td>
<td>Provide health screen &amp; fitness orientation</td>
<td>HLTWHS001</td>
<td>Participate in workplace health and safety</td>
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<tr>
<td>SISFFIT002</td>
<td>Rec. &amp; apply exercise for specific populations</td>
<td>BSBSUS201</td>
<td>Identify risk and apply risk management</td>
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<tr>
<td>SISFFIT003</td>
<td>Instruct fitness programs</td>
<td>BSBSUS201</td>
<td>Instruct movement programs to children aged 5 to 12 years</td>
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<tr>
<td>SISFFIT004</td>
<td>Incorporate anatomy and physiology principles into fitness programming</td>
<td>SISFFIT006</td>
<td>Conduct fitness appraisals</td>
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<tr>
<td>SISFFIT005</td>
<td>Provide healthy eating information</td>
<td>SISFFIT012</td>
<td>Instruct approved community fitness programs</td>
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<td>SISFFIT014</td>
<td>Instruct exercise to older clients</td>
<td>SISFFIT011</td>
<td>Instruct group exercise sessions</td>
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<tr>
<td>SISXCCS001</td>
<td>Maintain equipment for activities</td>
<td>SISFFIT007</td>
<td>Work effectively in sport, fitness and recreation environments</td>
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<tr>
<td>SISXCCS001</td>
<td>Provide quality service</td>
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Type of Assessments in this subject:

- Online quizzes and theory assessment
- Practical assessments
- Work Placement
- Case studies

Pathways
Completing this program may assist students interested in traineeships, or further study into Certificate IV, Diploma, Advanced Diploma or Degree courses.

Possible Occupations that could relate to this study include:

- Personal Trainer
- Fitness Instructor
- Health Promotions Officer
- Sports Therapist
- Sports Coach
- Physiotherapist

Additional Information
Students MUST be completing or have completed PE Units 1&2.
Students MUST be willing to complete 50+ hours of extra private study.
Students are required to undertake a work placement.
Excursions include gym induction, group fitness and assessment delivery.
This is a third party arrangement with Australian Institute of Personal Trainers, and as the RTO, Australian Institute of Personal Trainers is responsible for issuing qualifications and statements of attainment associated with this course.

(Information is correct at time of printing – June 2017)

Interested (tick) [ ]