



# VET Fitness

## SIS30321 Certificate III in Fitness

<b>Campus Location</b>	Mildura Senior College
<b>Delivery Mode</b>	MSC Timetable
<b>Program Length</b>	2 years
<b>Credit</b>	Year 1: Unit 1 & 2 and Unit 3 & 4   Year 2: Unit 3 & 4   No Study Score   10% Increment towards ATAR

### COURSE DESCRIPTION

Are you passionate about health and fitness? Then kickstart your fitness career with this course. You will gain theory and practical training needed to conduct fitness assessments and to design and deliver fitness programs to help people achieve their goals. Students will graduate with a Group Exercise Specialisation. Students are required to complete 30 hours of work placement which is completed in a simulated environment in the MSC Fitness classroom.

Assessments include practical and written tasks, and completion of workbooks.

### YOU WILL LEARN

- A comprehensive understanding of fitness and training fundamentals
- Anatomy and Physiology
- Motivational strategies and healthy eating trends
- How to use fitness equipment safely
- How to develop programs for clients of all ages
- How to instruct group exercise and community fitness programs

### ARE YOU SUITABLE?

- Do you love working with people?
- Do you want to help people achieve their goals?
- Are you patient, supportive and encouraging?
- Do you have good communication skills?
- Do you enjoy the theoretical side of fitness?
- Do you enjoy getting fit and healthy?

### CAREER OPPORTUNITIES

- Personal Trainer
- Fitness Class Instructor
- Health Promotion Officer
- Sports Therapist
- Sports Coach
- Physiotherapist



### FURTHER STUDY OPTIONS

