

Fitness

SIS30315 Certificate III in Fitness

Program Details

The VET Fitness course will assist you with your passion for fitness and health and a career as a Group Exercise Instructor. You will gain the knowledge to deliver choreographed and circuit style sessions to a variety of age groups and fitness levels.

The program will be a combination of online interactive study using a range of tools including lectures, video clips, online quizzes and theory assessments and support from MSC VET Fitness teachers through a range of practical activities.

The Certificate III in Fitness has national recognition.

PLEASE NOTE:

- Students must be willing to complete 50+ hours of extra private study.

Course Length: 2 years

Program Content: 16 Units of Competency

Nominal Hours: 736 hours

Delivery Mode: Face to Face, classroom based

Complementary Subjects

The subjects listed below are recommendations only:

- Physical Education
- Business Management
- Biology
- Health & Human Development

Study Pathways

- ⇒ Certificate IV in Fitness
- ⇒ Diploma of Fitness
- ⇒ Diploma of Sport Development
- ⇒ Bachelor of Exercise Science
- ⇒ Bachelor of Human Movement
- ⇒ Bachelor of Education (Physical Education)

Future Career Opportunities

- ⇒ Personal Trainer
- ⇒ Fitness class instructor
- ⇒ Health Promotion Officer
- ⇒ Sports Therapists
- ⇒ Sports Coach
- ⇒ Physiotherapist

Program Content

Year 1	Unit 1&2 plus Unit3&4
HLTAID003	Provide first aid
SISFFIT001	Provide health screen & fitness orientation
SISFFIT005	Provide healthy eating information
SISFFIT006	Conduct fitness appraisals
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT002	Recognise & apply exercise for specific populations
SISFFIT014	Instruct exercise to older clients
Year 2	Unit 3&4
SISFFIT012	Instruct movement programs to children aged 5 to 12 years
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
HLTWHS001	Participate in workplace health and safety
BSBSUS201	Identify risk and apply risk management



Contribution – VCE & ATAR

Students will receive a Unit 1 & 2 plus two Unit 3 & 4 sequences.

Students completing an unscored VCE VET program who receive a Units 3 and 4 sequence will be eligible for an increment towards their ATAR. This will be calculated using 10% of the lowest study score of the primary four.

Contribution – VCAL

Contribution to VCAL is determined by the number of units of competence successfully completed. When a student has been assessed as competent in units totalling 90 nominal hours, this will contribute one VCAL unit towards satisfactory completion of VCAL. Students can receive up to 4 VCAL credits for VET Fitness. This program will satisfy learning outcomes for the Industry Specific Skills and Work Related Skills strands of VCAL.

Structured Workplace Learning

Required. Students must complete 30 hours. As part of their assessment which is arranged by Mildura Senior College

Training Organisation Information

This is a third party arrangement with Australian Institute of Personal Trainers (AIPT) The RTO number is 32363.

Mildura Senior College is responsible for the Training and Assessment of this program.

The First Aid certificate is delivered by Mildura First Aid Services.

As the RTO, AIPT is responsible for issuing qualifications and statements of attainment associated with this course. For more information on AIPT go to www.aipt.edu.au



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PLEASE NOTE: Information is correct at the time of printing, July 2021