



SIS30315 Certificate III in Fitness

TERM 1	TOPICS
	<ul style="list-style-type: none"> • Binnacle Lounge Induction • Sport, Fitness and Recreation (SFR) Industry Knowledge • Beginning Coaching Principles • Workplace Health and Safety • SFR Laws and Legislation • Maintain SFR Equipment
	PROGRAMS
	<ul style="list-style-type: none"> • Bootcamp Program: Assist with Delivering Sessions • Coaching Program: Plan and Deliver Coaching Sessions • Respond to an Emergency Situation: Fire Evacuation Drill • Online Course: Community Coaching General Principles

TERM 2	TOPICS
	<ul style="list-style-type: none"> • Respond to Emergencies • Provide First Aid and CPR • Risk Analysis • Organise Work • Provide Quality Customer Service • Community Fitness Programs
	PROGRAMS
	<ul style="list-style-type: none"> • Community Fitness Program: Plan and Conduct Community Fitness Sessions • Short Course: Provide First Aid (HLTAID011)

SEMESTER 1 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION

HLTAID003	Provide first aid
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TERM 3	TOPICS
	<ul style="list-style-type: none"> • Body Systems • The Cardiorespiratory System • Descriptive Terminology • The Musculoskeletal System
	PROGRAMS
	<ul style="list-style-type: none"> • Cardio Program: Plan and Deliver Cardio Sessions • Group Circuit Program: Plan and Deliver Circuit Sessions

TERM 4	TOPICS
	<ul style="list-style-type: none"> • The Digestive System and the Energy Systems • Provide Healthy Eating Information • Client Screening and Health Assessment

*Please note that this course schedule is a guide only.



PROGRAMS	
	<ul style="list-style-type: none">Client Screening: Initial Client Consultation

SEMESTER 2 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
HLTWHS001	Participate in workplace health and safety
SISXEMR001	Respond to emergency situations
BSBSUS201	Participate in environmentally sustainable work practices
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments
SISXIND002	Maintain sport, fitness and recreation industry knowledge
SISXCCS001	Provide quality service
BSBRK401	Identify risk and apply risk management processes

TOPICS	
TERM 5	<ul style="list-style-type: none">Plan and Deliver Exercise ProgramsSpecific Population Clients
	PROGRAMS
	<ul style="list-style-type: none">Fitness Orientation Program: Conduct Health Screenings and Fitness AppraisalsClient Screening: Follow-up Client Consultation

TOPICS	
TERM 6	<ul style="list-style-type: none">Fitness ProgramsOlder ClientsSpecific Population Clients
	PROGRAMS
	<ul style="list-style-type: none">Gentle Exercise Program: Participate in Gentle Exercise SessionsMobility Program: Plan and Instruct Mobility Sessions

SEMESTER 3 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
SISFFIT005	Provide healthy eating information
SISFFIT003	Instruct fitness programs



TERM 7	TOPICS
	<ul style="list-style-type: none">• Fitness Programs• Specific Populations• Anatomy and Physiology
	PROGRAMS
	<ul style="list-style-type: none">• Specific Populations: Plan and Deliver Programs for Scenario Clients• Community Fitness Program: Primary School Participants

SEMESTER 4 UNITS OF COMPETENCY SCHEDULED FOR COMPLETION	
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT001	Provide health screening and fitness orientation
SISFFIT006	Conduct fitness appraisals
SISFFIT014	Instruct exercise to older clients
SISFFIT002	Recognise and apply exercise considerations for specific populations

Qualification scheduled for finalisation: **SIS30315 CERTIFICATE III IN FITNESS**