

2024 EDITION

# SIS30321 CERTIFICATE III IN FITNESS

Binnacle Training (RTO Code 31319)

## HOW DOES IT WORK

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

Students gain the entry-level skills required of a Fitness Professional (Group Exercise Instructor or Gym Fitness Instructor).

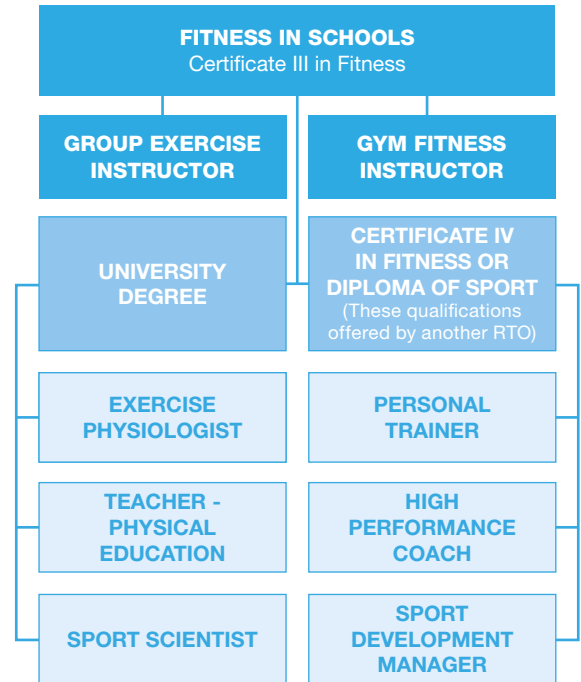
Students facilitate programs within their school community including:

- › Community fitness programs
- › Strength and conditioning for athletes and teams
- › 1-on-1 and group fitness sessions with male adults, female adults and older adult clients

## WHAT DO STUDENTS ACHIEVE?

- › SIS30321 Certificate III in Fitness (max. 8 QCE Credits)
- › The nationally recognised First Aid competency - HLTAID011 Provide First Aid
- › Community Coaching - Essential Skills Course (non-accredited), issued by [Australian Sports Commission](#)
- › A range of career pathway options including pathway into SIS40221 Certificate IV in Fitness; or SIS50321 Diploma of Sport - These qualifications offered by another RTO.
- › Successful completion of the Certificate III in Fitness may contribute towards a student's Australian Tertiary Admission Rank (ATAR)

## CAREER PATHWAYS



## SKILLS ACQUIRED

- › Client screening and health assessment
- › Planning and instructing fitness programs
- › Deliver 1-on-1 and group fitness programs
- › Exercise science and nutrition
- › Anatomy and physiology

FLEXIBLE PROGRAMS

PRACTICAL-BASED LEARNING

RESOURCES PROVIDED



**Binnacle**  
Training

RTO CODE 31319



1300 303 715  
admin@binnacletraining.com.au  
binnacletraining.com.au



# SIS30321 CERTIFICATE III IN FITNESS

Registered Training Organisation:  
**Binnacle Training (RTO 31319)**

**Delivery Format:**  
2-Year Format

**Timetable Requirements:**  
1-Timetabled Line

**Units of Competency:**  
15 Units

**Suitable Year Level(s):**  
Year 11 and 12

**Study Mode:**  
Combination of classroom and project-based learning, online learning (self-study) and practical work-related experience

**Cost (Fee-For-Service):**  
**\$365.00** per person (+ **First Aid \$55.00**)

**QCE Outcome:**  
Maximum 8 QCE Credits

TERM 1	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Introduction to the Sport, Fitness and Recreation (SFR) Industry</li> <li>› Introduction to Coaching Programs</li> </ul>
	<b>PROGRAMS</b>

- › Coaching Program (Student Delivery): Plan and Deliver Coaching Sessions
- › SFR Coaching Program (Supervisor): Assist with Delivering Coaching Sessions

TERM 2	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Introduction to Community Programs</li> <li>› Introduction to Conditioning Programs</li> </ul>
	<b>PROGRAMS</b>

- › Community SFR Program: Assist with Delivering Community SFR Sessions
- › Conditioning Program: Participate in Conditioning Sessions

TERM 3	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Working in the SFR Industry</li> <li>› Providing Quality Service in the SFR Industry</li> </ul>
	<b>PROGRAMS</b>

- › Group Conditioning Program: Plan and Deliver Group Conditioning Sessions
- › One-on-one Cardio Program: Plan and Deliver a Cardio Program

TERM 4	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Anatomy and Physiology - The Musculoskeletal System</li> <li>› First Aid Course: HLTAID011 Provide First Aid</li> </ul>
	<b>PROGRAMS</b>

- › Recreational Group Exercise Program

TERM 5	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Anatomy and Physiology</li> <li>› Health and Nutrition Consultations</li> </ul>
	<b>PROGRAMS</b>

- › One-on-One Gym Program: Adolescent Client
- › Conduct Consultations with a Client (Peer)
- › Plan and Conduct Sessions (Scenario Clients)

TERM 6	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Screening and Health Assessments</li> <li>› Specific Population Clients</li> <li>› Older Clients</li> </ul>
	<b>PROGRAMS</b>

- › Fitness Orientation Program: Client Orientation
- › Gentle Exercise Program: Participate in Gentle Exercise Sessions
- › Mobility Program: Plan and Instruct Mobility Sessions

TERM 7	<b>TOPICS</b>
	<ul style="list-style-type: none"> <li>› Older Clients</li> <li>› Specific Populations</li> </ul>
	<b>PROGRAMS</b>

- › Group Exercise and Gym-based One-on-One Sessions:
- › Female and Male Adults aged 18+; and
- › Older adults aged 55+

A Language, Literacy and Numeracy (LLN) Screening process is undertaken at the time of initial enrolment (or earlier) to ensure students have the capacity to effectively engage with the content and to identify support measures as required.

UNITS OF COMPETENCY			
HLTAID011	Provide First Aid	SISFFIT035	Plan group exercise sessions
HLTWHS001	Participate in workplace health and safety	SISFFIT036	Instruct group exercise sessions
SISXEMR001	Respond to emergency situations	SISFFIT032	Complete pre-exercise screening and service orientation
SISXIND011	Maintain sport, fitness and recreation industry knowledge	SISFFIT033	Complete client fitness assessments
SISCCS004	Provide quality service	SISFFIT052	Provide healthy eating information
BSBSUS211	Participate in sustainable work practices	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
BSBOPS304	Deliver and monitor a service to customers	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
BSBPEF301	Organise personal work priorities		