

ABOUT SPORT, FITNESS & RECREATION

Intent: This course aims to provide students with the knowledge and skills required to work towards a career in the fitness industry. It provides students with the opportunity to experience a range of exercise instruction situations and activities.

Course Overview: Students learn how to plan, provide and monitor quality exercise programs with individuals and groups. Other topics include first aid, healthy eating, maintaining equipment and undertaking risk analysis of activities

Work Placement: Work placement is a mandatory component of this course. Students are required to undertake a minimum of 70 hours work placement within the Fitness industry.



'Don't be a dumbbell—get fit'.

Qualifications: This course is based on the National Sport, Fitness & Recreation Training Package (SIS10). Depending on the achievement of units of competency, the possible qualification outcome for the 2 unit course is a Statement of attainment towards Certificate III in Fitness (SIS30310). Students may undertake the Specialised Study (another 2 units) to attain the Certificate III in Fitness (SIS30310). This qualification is nationally recognised and can lead to further training with other Registered Training Organisations.

HSC DETAILS

Course Hours	240 hrs
Unit Value	2 units Preliminary 2 units HSC 2 units HSC Specialised Study
Duration	2 years
Course Type	Category B Board Endorsed Course
ATAR (Australian Tertiary Admissions Rank)	NO
Work Placement	70 hours over two years + 35 hours specialised Study

ASSESSMENT

This course is competency-based and student performance is assessed against prescribed industry standards. Students are assessed as either 'competent' or 'not yet competent'. Holistic assessment projects will provide students with a number of opportunities to demonstrate competence, and will include observation in class, practical demonstrations, portfolio development, workplace assessment, tests and other tasks.

PATHWAY INFORMATION

<p>Career pathways include occupations as an exercise instructor in a gym with groups or individuals or as a personal trainer. Further Training Pathways can include the Certificate IV in Fitness</p>	<p>(SIS40210) or Diploma of Fitness (SIS50210) There is also the opportunity to branch out into other sporting areas. University related progression may include a Bachelor of Applied Fitness or other degrees</p>	<p>such as Sports Science, Sports Nutrition, Sports Coaching or Sports Management.</p>
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**SAINT YON
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"Fitness finesse".

COURSE DESCRIPTION

To be awarded the Certificate III in Fitness, competency must be achieved in **fifteen (15)** units of competency. This consists of **ten (10)** core units of competency and **five (5)** elective units of competency. The Board of Studies requires units of competency to total at least 240 hours for the 2 unit course.

Below is a table showing the most likely combination of competencies to be delivered during this course.

COMPETENCIES

Competency Code	Competency Title
	CORE UNITS
HLTFA301C	Apply first aid
SISFFIT301A	Provide fitness orientation and health screening
SISFFIT302A	Provide quality service in the fitness industry
SISFFIT303A	Develop and apply an awareness of specific populations to exercise delivery
SISFFIT305A	Apply anatomy and physiology principles in a fitness context
SISFFIT306A	Provide healthy eating information to clients in accordance with recommended guidelines
SISXFAC207	Maintain sport, fitness and recreation equipment for activities
SISXIND101A	Work effectively in sport and recreation environments
SISXOHS101A	Follow occupational health and safety policies
SISXRSK301A	Undertake risk analysis of activities
	ELECTIVES
SISFFIT304A	Instruct and monitor fitness programs
SISFFIT309A	Plan and deliver group exercise sessions
SISXCAI306A	Facilitate groups
SISFFIT307A	Undertake client health assessment
SISFFIT308A	Plan and deliver gym programs
SISFFIT310A	Plan and deliver water based fitness activities