

SIS30321 Certificate III in Fitness

DESCRIPTION

This qualification reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgment to solve routine issues within the parameters of clearly defined organisational policies and procedures.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

A working with children clearance 'Ochre Card' from SAFE NT will be required.

No occupational licensing, certification or specific legislative requirements apply to this qualification at the time of publication.

ELIGIBILITY/ENTRY REQUIREMENTS

To ensure you have the right skills and support to succeed in your course, a Language, Literacy and Numeracy (LL&N) evaluation helps identify any areas where you may need additional support to help you achieve your goals.

To gain entry into SIS30321 Certificate III in Fitness, candidates require:

- To have access to a Fitness facility supervised by qualified trainers (paid or volunteer).

Everyone employed or volunteering in child-related work is required by law to hold an Ochre Card. It will, therefore, be a mandatory requirement to hold an Ochre card in order to complete any work placement. If you have not yet obtained an Ochre card, please contact [SAFENT](#).

Location	Darwin	Alice Springs
	Ground Floor 37 Woods St, Darwin City	The Green Well Building 50 Bath Street, Alice Springs
Phone	1800 SAFE NT (1800 72 33 68)	1800 SAFE NT (1800 72 33 68)
Email	safent.police@pfes.nt.gov.au	safent.police@pfes.nt.gov.au
Postal Address	PO Box 39764, Winnellie NT 0821	PO Box 39764, Winnellie NT 0821

Students need to buy a fitness education shirt on their own cost. A shirt to wear when undertaking practical placement or attending community events (\$40.00).

DELIVERY DETAILS

Location(s)	Duration*	Study mode
Alice Springs, Casuarina, Katherine, Online	6 months full-time 12 months part-time	On campus, online, both, workplace assessment

* Duration will vary depending on how long a student takes to reach the required competency level.

FEES

Fee Type	2024 Course Fees
NT Government Supported*	Free
Full Fee	\$9,787.50

*This course is supported by the NT Government for domestic [eligible](#) students who are NT residents. A limited number of NT Government supported places are available, so secure your place now.

Fees shown are indicative and subject to change annually. Actual course fees may vary depending on the units chosen. International non-student visa-holders; study eligibility needs to be verified before enrolment. Fees may vary depending on the visa type.

For further clarification and information on fees, fee exemptions, payment options, instalment plans, and refunds, contact CDU on 1800 061 963 or refer to [TAFE Fees and Payments](#)

ASSESSMENT

Assessments vary with each unit. You will be provided with an assessment guide.

RECOGNITION OF PRIOR LEARNING (RPL)

RPL is a process that determines whether the skills, knowledge and experience you've gained through your previous study, work or life experience can count towards a vocational training qualification at CDU. For more information, [VET RPL](#).

RESOURCES

Students access all materials from Learnline, including a Student Unit Guide for each unit of competency.

STUDY AND CAREER PATHWAYS

Further training pathways from this qualification include but are not limited to SIS40221 Certificate IV in Fitness.

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

Possible job titles relevant to this qualification include:

- group fitness instructor
- gym instructor
- exercise instructor.

QUALIFICATION CONTENT

To achieve a SIS30321 Certificate III in Fitness a total of fifteen (15) units of competency must be completed comprising eleven (11) Core and four (4) Elective units as detailed in the packaging rules and listed below. The electives offered may vary between campuses.

CORE UNITS

BSBOPS304	Deliver and monitor a service to customers
BSBPEF301	Organise personal work priorities
HLTAID011	Provide First Aid
HLTWHS001	Participate in workplace health and safety
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
SISFFIT052	Provide healthy eating information

ELECTIVE UNITS *(Select 4)*

SISCCRO001	Plan and conduct recreation programs for older persons
SISFFIT037	Develop and instruct group movement programs for children
SISFFIT044	Develop and instruct personalised exercise programs for older clients (unnamed)
SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients (unnamed)

WITHDRAWING FROM A QUALIFICATION

You may withdraw from this qualification and receive, where relevant, a Statement of Attainment for all units of competency you have successfully completed.

SUPPORT SERVICES

The University supplies support for students in many areas, including Accommodation, Careers and Employability, Counselling, Disability Services, Student Advocacy, Indigenous Tutorial Support Services, International Student Support Services, Library Services, and VET Learner Support Services.

More information is available at [Student Support](#).

CONTACT DETAILS

Tourism, Recreation and Beauty Services

E. vet.thr@cdu.edu.au

T. 08 8946 7800

W. <https://www.cdu.edu.au/study/essentials>

For further information regarding student life at CDU, please refer to <https://www.cdu.edu.au/study/student-life>.