UOW COLLEGE AUSTRALIA

# SIS30321 Certificate III in Fitness

(Release 2)



## Course Outline

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**UOW College** is a registered business name of UOWC Ltd. **ABN:** 14 105 312 329 **RTO:** 91159 **CRICOS:** 02723D

# SIS30321 Certificate III in Fitness

## 1. Course description

The **SIS30321 Certificate III in Fitness** is your starting point for a career in the fitness industry. This nationally recognised qualification equips you with the skills and knowledge to work as a gym instructor or group exercise instructor.

As an instructor, you'll be able to plan and deliver group exercise sessions and develop gym-based programs for individuals, where personalised instruction and ongoing client monitoring are limited. You'll work in predictable environments under general supervision, using discretion and judgment to solve routine issues within clearly defined organisational policies and procedures.

If you're passionate about health and fitness, this course is your first step. You can complete it in just 5 months, and it also provides a pathway into the SIS40221 Certificate IV in Fitness.

This course is designed for domestic students studying in Australia.

## 2. How you'll learn

We offer flexible study options to suit your needs:

- **Face-to-face** – on campus (Wollongong)
- **Distance learning** – facilitated online learning with practical days on campus (Liverpool and Wollongong)
- **Traineeships** – earn and learn in the workplace (available across NSW)
- **School-Based Traineeships (SBAT)** – earn and learn in the workplace while undertaking the HSC in Years 11 and 12 (available across NSW)

In addition to scheduled classes, you'll need to dedicate up to 12 hours of additional study per week. This includes time for reading, completing assessment tasks, and viewing online content. Be sure to plan out your weekly schedule.





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## 3. Course and Units of Competency

Students are required to study 15 units throughout the duration of this course and complete 30 hours of work placement.

| Code | Subject Name |
|---|---|
| **Core** | |
| BSBOPS304 | Deliver and monitor a service to customers |
| BSBPEF301 | Organise personal work priorities |
| HLTAID011 | Provide First Aid |
| HTLWHS001 | 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 program for individual clients |
| SISFFIT047 | Use anatomy and physiology knowledge to support safe and effective exercise |
| SISFFIT052 | Provide healthy eating information |
| **Electives** | |
| BSBOPS403 | Apply business risk management processes |
| BSBXTW301 | Work in a team |
| SISFFIT037 | Develop and instruct group movement programs for children |
| CHCDIV001 | Work with diverse clients |

* Electives subject to change at UOW College discretion in accordance with training package rules and industry requirements.

## 4. Delivery and class attendance



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UOW College offers a number of flexible options for students to access this qualification.

### Face to Face

- UOW College Australia @ UOW Wollongong Campus, Northfields Ave, Wollongong
- Monday and Tuesday 8.30am-3.30pm and
- Wednesday 8.30am-11.30am
- Duration 5 months

### Mixed Mode

- Monday 6-8pm online class via Webex and,
- Tuesday 7-8pm online class via Webex and,
- 6 Saturday workshops (8.30am-3.30pm) over the 5 months @ UniActive gym, UOW Wollongong Campus, Northfields Ave, Wollongong or Whitlam Leisure Centre, Liverpool.
- Duration 5 months

### Traineeship

- Delivery to be advised at enrolment.
- Typically online classes and workplace for practical assessments
- Duration 12 – 18 months

### School Based Apprenticeship / Traineeship (SBAT)

- Delivery to be advised at enrolment.
- Students can commence from Term 4 in Year 10
- Typically, 1 hour per week online classes and workplace for practical assessments
- Duration 2 years

To ensure students have sufficient class time to learn and understand course requirements, UOW College requires a minimum of 80% class attendance. Students who do not meet this minimum will be identified as 'at risk' and measures put in place to assist course progression.

## 5. Work Placement

Work placement allows you to practice and develop your skills. This qualification recommends 30 hours of work placement which is undertaken towards the end of the course. UOW College will organise your placement, you will be asked to provide details of your preferred location and type, and any contacts you may already have.

## 6. What you will need



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- Laptop (and charger) with Microsoft Office installed
- Practical classes - Notepad, Pen, Water bottle, Lunch & Gym attire (including enclosed shoes), Towel

## 7. Student expectations, conduct and academic integrity

- UOWC has standards, codes, policies, guidelines, procedures and other requirements which specify acceptable and unacceptable student conduct, to provide a safe learning environment for all.
- Academic integrity is a core value at UOW. It involves acting with honesty, fairness, trust and responsibility and requires respect for knowledge and its development. All work submitted for this course must be your own.
- You will need to notify the Trainer if you are running late or not attending via email or Webex platforms.
- Missed practical assessments must have a medical certificate or statutory declaration.
- It is a mandatory requirement of this course that students participate in all practical learning experiences to develop required industry knowledge and skills.
- Demonstrate professionalism; punctuality, effective communication skills, active listening, role modelling, leadership and respect for all staff and peers.

## 8. Pathways

On completion of the SIS30321 Certificate III in Fitness, you will possess the required Units of Competency to gain entry into the SIS40221 Certificate IV in Fitness.



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