



**Australian Government**

# **SIS30315 Certificate III in Fitness**

**Release: 1**

## SIS30315 Certificate III in Fitness

### Modification History

Not applicable.

### Qualification Description

This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for group, aqua or gym programs.

They work independently with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Individuals who specialise in Aqua Exercise Instruction deliver water-based exercise sessions designed for participation by a group of clients. Sessions may be freestyle, pre-choreographed or circuit style. They also have the skills to rescue a client in distress, and an appropriate level of pool deck fitness and endurance.

Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

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

**^From 1 July 2022 the elective unit HLTAID003 must no longer be delivered and will be replaced in the Packaging Rules by the unit HLTAID011 - for more information see:**

<https://asqa.gov.au/news-events/news/reminder-about-superseded-hlt-first-aid-units>

### Entry Requirements

There are no entry requirements for this qualification.

### Packaging Rules

16 units must be completed:

- 9 core units
- 7 elective units, consisting of:
  - all units in Groups A, B or C

- remaining units to make up the required 7 elective units from Group D; maximum of 2 units may be selected elsewhere in SIS Training Package, or any other current Training Package or accredited course.

Packaging Rules for each specialisation:

- All Group A electives must be selected for award of the Certificate III in Fitness (Aqua Exercise Instructor)
- All Group B electives must be selected for award of the Certificate III in Fitness (Group Exercise Instructor)
- All Group C electives must be selected for award of the Certificate III in Fitness (Gym Instructor).

The selection of electives must be guided by the job outcome sought, local industry requirements and the complexity of skills appropriate to the AQF level of this qualification.

### Core

SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments

### Group A - Aqua Exercise Instructor

BSBRSK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
<b>^HLTAID011</b>	<b>Provide first aid (must be delivered from 1 July 2022)</b>
HLTWHS001	Participate in workplace health and safety
SISCAQU002	Perform basic water rescues

SISCAQU008 Instruct water familiarisation, buoyancy and mobility skills

SISFFIT008 Instruct water-based fitness activities

SISFFIT022 Instruct aquatic sessions for specific population groups

### **Group B - Group Exercise Instructor**

BSBRSK401 Identify risk and apply risk management processes

HLTAID003 Provide first aid

**^HLTAID011 Provide first aid (must be delivered from 1 July 2022)**

HLTWHS001 Participate in workplace health and safety

SISFFIT007 Instruct group exercise sessions

SISFFIT011 Instruct approved community fitness programs

### **Group C - Gym Instructor**

BSBRSK401 Identify risk and apply risk management processes

HLTAID003 Provide first aid

**^HLTAID011 Provide first aid (must be delivered from 1 July 2022)**

HLTWHS001 Participate in workplace health and safety

SISFFIT006 Conduct fitness appraisals

### **Group D - General Electives**

BSBSUS201 Participate in environmentally sustainable work practices

SISCAQU002 Perform basic water rescues

SISCAQU008 Instruct water familiarisation, buoyancy and mobility skills

SISFFIT006 Conduct fitness appraisals

SISFFIT007 Instruct group exercise sessions

SISFFIT008 Instruct water-based fitness activities

SISFFIT009 Deliver pre-choreographed or prescribed community fitness

SISFFIT010 Deliver pre-choreographed or prescribed group exercise to music

SISFFIT011 Instruct approved community fitness programs

SISFFIT012	Instruct movement programs to children aged 5 to 12 years
SISFFIT022	Instruct aquatic sessions for specified population groups
SISXCAI006	Facilitate groups
SISXDIS001	Facilitate inclusion for people with a disability
SISXFAC002	Maintain sport, fitness and recreation facilities
SISXFIN002	Process financial transactions
SISXRES002	Educate user groups

## Qualification Mapping Information

No equivalent qualification.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>