



# FITNESS

SIS30321 - CERTIFICATE III IN FITNESS

Interested in how the body moves and can be used to maintain health and vitality? Our fitness qualification provides you with the foundation skills of fitness and how to help others build their strength.

Concentrating on moving clients through their exercise journey, you will gain the skills and knowledge of the human body, it's abilities and limitations.

## 2023 Program



Health Science Hub:

- Perth
- Bunbury



\$2000.00 Classroom



2023 - Terms 1-3 (one day/week)



Entry Requirements:

Preferred C Grades for English in Year 10 or Year 11.  
Pass in OLNA.



Perfect pathway into our Cert IV in Science (Biology)  
Exercise Science Qualification



- BSBOPS304 Deliver and monitor a service to customers
- BSBPEF301 Organise personal work priorities
- BSBWHS332X Apply infection prevention and control procedures to own work activities
- 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
- HLTWHS005 Conduct manual tasks safely
- HLTAAP001 Recognise healthy body systems
- HLTAID011 Provide First Aid
- HLTAID009 Provide CPR
- HLTWHS001 Participate in workplace health and safety



NATIONALLY RECOGNISED  
TRAINING



Health Science Hub  
RTO: 52806