



# FOLLOW YOUR PASSION

Become a Qualified Fitness Instructor

SIS30315 CERTIFICATE III IN FITNESS



# BECOME A QUALIFIED FITNESS INSTRUCTOR

## SIS30315 CERTIFICATE III IN FITNESS

With a Certificate III in Fitness, you will gain the knowledge and skills you need to conduct fitness assessments, as well as design & deliver fitness programs that help people achieve their goals.

From the moment you graduate, you will possess a comprehensive understanding of fitness & training fundamentals, including anatomy and physiology principles. You will also learn the latest in healthy eating trends and motivational strategies to assist new clients through-out their journey.

International School of Fitness will guide you through a step by step approach to be the best in the industry.

Enquire today for a full course outline:  
[daniel@isf.edu.au](mailto:daniel@isf.edu.au)



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Nationally Recognised Qualification

## ENTRY REQUIREMENTS

Specified units have completed Australian Year 10 or equivalent;  
OR

- Achieve an Exit Level 2 score and working at level 3 within the Australian Core Skills Framework assessments in literacy and numeracy, which will show that you have the capability to be successful in the course. This is done through two short tests as a part of your enrolment process
- In line with entry requirements to the new fitness training package, you must be aged 18 years or over to enrol into the qualification

## COURSE DURATION

Online Learning | Study your online component at a time & pace that suits you.

Blended Learning | In addition to your online component you will receive 40 hours of practical learning.

## DELIVERY MODES

### Blended Learning

Study your theoretical components online combined with face-to-face practical learning, delivered on our Campus, Fitness Playground.

### Online Learning

Study your theoretical components online, completing your practical hours with a mentor in your local area.

## WORK PLACEMENT

In partnership with Fitness Playground, you will have the opportunity to complete work placement and additional practical hours, supported by an ISF mentor.

Already know a qualified Personal Trainer?

You can also choose your own work placement under the supervision of your chosen course mentor.

## WHAT WILL I LEARN?

By the time you have qualified as a Fitness Instructor, you will have completed modules in:

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
BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid <i>Delivered on site by GNJ Care and Education Services.</i>
HLTWHS001	Participate in workplace health and safety
SISFFIT006	Conduct fitness appraisals
SISFFIT007	Instruct group exercise sessions
SITFFIT011	Instruct approved community fitness program
SISXCAI006	Facilitate groups

## START DATE

For further information and about enrolment and intake, please contact student support services:

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