Get a head start on your healthy career!

Through this online course you will gain the most up to date information on strength training techniques, effective screening, fitness testing, programming protocols, anatomy and physiology (including how they impact on exercise prescription), nutrition, conducting activity in a group environments and dealing effectively with clients in the fitness industry. You will be in constant contact with your course facilitator who will provide you with the most up to date knowledge and consistently provide feedback. You will be required to provide a current completed...more online

Entry requirements

Course Entry Requirements
It is highly recommended that students have:

- Access

...more online

Resources required

No specific resources are required to successfully complete this course.

It is recommended that students have...more online

Placement

It is highly recommended that students...more online

Important Information

Blue Card: Commission

...more online

What are my payment options?

No matter what your circumstances, TAFE Queensland East Coast has a payment option to suit you. If you are unsure of what’s right for you, call us on 1300 656 188. We’re here to help.

...more online

FULL FEE | $2,568

This is the total cost of the course.

Got a question?
Enquire about your full fee study options

SUBSIDISED | $948

The Queensland Government will offset the cost of study for eligible students. You will still need to pay for a portion of your study costs. The amount above is what you will need to pay.

CONCESSION | $408

You are eligible for the concession price of a course if you are eligible for subsidised training, and are listed on an Australian Government Low Income Health Care Card or Pensioner Concession Card, if you are Aboriginal or Torres Strait Islander, you hold a Department of Veterans’ Affairs Pensioner Concession Card, or if you have a disability.

Accurate as at 11 October 2017. For the latest information see: tafeeastcoast.edu.au/course/9917

RTO 0275
CRICOS 03020E
Outcome

SIS30315 Certificate III in Fitness - Online

Job prospects
- Fitness Instructor
- Gym Instructor
- Sports And Fitness Workers

Units

To achieve this qualification you will need to complete:
Core Competencies: 9
Elective Competencies: 7

Further Study: SIS50612 Diploma of Sport Development

Block 1
- SISFFIT001 Provide health screening and fitness orientation Core
- SISFFIT004 Incorporate anatomy and physiology principles into fitness programming Core
- SISXCCS001 Provide quality service Core
- SISXIND001 Work effectively in sport, fitness and recreation environments Core
- SISFFIT006 Conduct fitness appraisals Elective

Block 2
- SISFFIT002 Recognise and apply exercise considerations for specific populations Core
- SISFFIT003 Instruct fitness programs Core
- SISFFIT005 Provide healthy eating information Core
- SISFFIT014 Instruct exercise to older clients Core

Block 3
- SISFFIT007 Instruct group exercise sessions Elective
- SISFFIT011 Instruct approved community fitness programs Elective
- SIXCAI006 Facilitate groups Elective

Block 4
- SIXFAC001 Maintain equipment for activities Core
- BSBRSK401 Identify risk and apply risk management processes Elective
- HLTWHS001 Participate in workplace health and safety Elective

First Aid - Must be completed externally
- HLTAID003 Provide first aid Elective

Disclaimer

Not all electives available at all campuses

ARE YOU READY TO TAKE THE NEXT STEP ON YOUR PATH TO GREAT?

Enrol today to secure your spot in this course.

HOW TO ENROL

You’re ready if you have:
- checked your important dates (under the course details tab)
- checked you meet the entry requirements (under the course details tab)
- checked your course costs and know which payment option is right for you (under the costs tab)
- Read the student rules and refund policy
- Created your Unique Student Identifier and can provide this code to TAFE Queensland
- If you are applying for a subsidised cost, please ensure you have all the relevant documents at time of enrolment

All done? Then head to the link below to complete your enrolment:

Enrolment options

By telephone: 1300 656 188.
In person: at any TAFE Queensland East Coast location.
Online: Full Fee paying students can enrol online

Recognition of prior learning

Fast-track your way to a formal qualification by earning credit for the things you already know. Getting recognition for the skills you’ve gained from the workplace or previous learning means less study time for you, and getting the paper to prove you’re qualified a whole lot sooner.


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[tafeeastcoast.edu.au/course/9917](tafeeastcoast.edu.au/course/9917)

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