

Course Details - SIS30315 Certificate III in Fitness (Charles Campbell College)

EASVA Title	Certificate III in Fitness (Charles Campbell College)		
Qualification	SIS30315 Certificate III in Fitness		
RTO	Queensford College (National Code 31736)		
Host Organisation	Charles Campbell College		
Course Length	2 Semesters (1 year)		
Course Description	This course specialises in Fitness Instruction providing individually tailored client assessments, technique correction, dietary advice and the development of fitness programs. Students develop the skills and knowledge to supervise a facility or service, keep equipment well maintained, handle various customer inquiries and conduct group fitness programs. Students apply principles of safe operating procedures and risk management.		
Pathways	Successful completion of the Certificate III may lead into employment in locations such as gyms, fitness facilities, outdoor locations and community facilities. Students may wish to go onto further studies in the fitness industry.		
Other Requirements	Bring your own Laptop Allowances should be made for additional study time. Access to internet is required as some assessment is online. Some placement may be required in school holidays. Need to bring appropriate sports clothing for practical activity when directed by the trainer.		
Delivery Location(s)	Charles Campbell College, 3 Campbell Road, Paradise, SA, 5075		
Dates and Times	36 weekly sessions at Charles Campbell College on Fridays from 09:45 until 15:30. Commencement date 12/02/21.		
Work Placement	4 days Students undertaking this course will be required to complete 30 hours of vocational placement in a gym setting, recreation centre, a coaching facility or private PT studio.		
SACE Details	SACE Stage 2, 100 SACE credits		
Units Of Competency	Core	SISFFIT001 SISFFIT002 SISFFIT003 SISFFIT004 SISFFIT005 SISFFIT014 SISXCCS001 SISXFAC001 SISXIND001	Provide health screening and fitness orientation (15 nominal hours) Recognise and apply exercise considerations for specific populations (100 nominal hours) Instruct fitness programs (50 nominal hours) Incorporate anatomy and physiology principles into fitness programming (95 nominal hours) Provide healthy eating information (55 nominal hours) Instruct exercise to older clients (70 nominal hours) Provide quality service (25 nominal hours) Maintain equipment for activities (5 nominal hours) Work effectively in sport, fitness and recreation environments (25 nominal hours)
	Elective	BSBRK401 HLTAID003 HLTWHS001 SISFFIT007 SISFFIT011 SISFFIT006 SISXCA1006	Identify risk and apply risk management processes (50 nominal hours) Provide first aid (18 nominal hours) Participate in workplace health and safety (20 nominal hours) Instruct group exercise sessions (80 nominal hours) Instruct approved community fitness programs (40 nominal hours) Conduct fitness appraisals (30 nominal hours) Facilitate groups (25 nominal hours)
			Nominal hours are used for SACE purposes and are not reflective of actual delivery hours
Training Cost	\$1,485.00		
Other Costs	\$100.00 First Aid Course		
Cost Notes	In addition to the course cost, an administration fee will apply as follows. Non-EASVA government school - \$50 per enrolment Non-government school - \$100 per enrolment (refer to member school tab for list of EASVA schools)		
Number Of Students	Minimum 10 Maximum 20		
Public Transport	Catch any bus from the city to the Paradise Interchange. From the interchange catch any busy travelling along Darley Road including 174, 176 or 177, H20, H21, H30 stopping at the Newton Shopping Centre. The 178(x) bus also stops on Gorge Road.		
Contact Person	Ms Rachael Savage, Phone 8165 4700, Email rachael.savage761@schools.sa.edu.au		