



# VET Course Information

## 2021

<b>Course Code:</b>	<b>Course Name:</b>
SIS30315	Cert III in Fitness

TGSS Funded	SACE Credit Stage 1	SACE Credit Stage 2
<b>No</b> (but can attract SRF)	20	60

Career Pathways
Sport coaching, outdoor recreation education, adventure tourism and guiding, personal trainer and fitness instructor.

Units of Competency		
SISFFIT002	Recognise and apply exercise considerations for specific populations (III prerequisite)	100
SISXCCS001	Provide quality service (III prerequisite)	25
SISFFIT014	Instruct exercise to older adults (III prerequisite)	70
SISFFIT001	Provide health screening and fitness orientation (III prerequisite)	15
SISSFIT003	Instruct fitness programs (III prerequisite)	50
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming (III prerequisite)	90
SISFFIT006	Conduct fitness appraisals (III prerequisite)	30
HLTAID003	Provide first aid	18
SISXFAC001	Maintain equipment for activities	5
SISFFIT005	Provide healthy eating information	55
SISXIND001	Work effectively in sport, fitness and recreation environments	25
BSBRK401	Identify risk and apply risk management processes	50
HLTWHS001	Participate in workplace health & safety	20
SISXCAI006	Facilitate groups	25
SISXCCS003	Address client needs	10
SISXFAC002	Maintain sport, fitness and recreation facilities	14
	*subject to change	
<b>Total nominal hours</b>		<b>607</b>

Current Registered Training Organisation	TafeSA, currently at Kapunda High School (some compulsory sessions at Regency Campus) RTO Code: 41026
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Current Training Day	Monday, Terms 1-3
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Costs	Cost may be subsidised. (currently \$950 with SRF funding)
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\*Information may change without notice