



Fitness Instructor

(Certificate III in Fitness: SIS30315)

Course Outline



Course Description

This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry. This qualification provides a pathway to work as an instructor providing exercise instruction for group and gym programs. Fitness instructors work independently with some level of autonomy in a controlled environment such as fitness, leisure, and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Upon successful completion, students will be competent in the following Units of Competency:

Core Units (9)

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
SISFFIT001	Provide health screening and fitness orientation

Elective Units – Gym Instructor (5)

BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT011	Instruct approved community fitness programs
SISFFIT006	Conduct fitness appraisals

Additional Unit (Statement of Attainment)

SISFFIT007	Instruct group exercise sessions
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Pre – Requisites:

There are no prerequisite requirements for individual units of competency. The WISE Academy aims to provide the best learning program and sequence to meet the needs of our students and the industry. Clients must demonstrate Language, Literacy and Numeracy (LLN) skills in accordance with course demands. Each client will undergo an LLN assessment during the application process.

COURSE COSTS (The cost of this course is for primarily classroom based delivery)

One-time administration fee: \$385 (GST inclusive) [if you enrol in any other WISE courses, the administration fee is waived.]

Tuition: \$2900.00 (GST Free) [includes textbook Marchese, R. (2016c). *The Essential Guide to Fitness for the Fitness Instructor*. South Melbourne, VIC: Cengage (Hard Copy) as well as a Aneroid (Manual) Sphygmomanometer.

Though there are no required textbooks for this course though participants are encouraged read the referenced materials to gain a greater understanding of the material. Many books can be found at your local library, or purchased online, the University Co-Op bookshop, or local used bookstores.



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Other Recommended Resource

- Attridge, T. & Felice, M. (2016). *Fitness Trainer Essentials 3e*. South Melbourne, VIC: Cengage Learning. Chapter 1 and 8. Estimated Price AUD\$90
- Delavier, F. (2014). *Women's Strength Training Anatomy*. Champaign, IL: Human Kinetics. <http://www.humankinetics.com/australia>. Estimated Price AUD\$44.99
- Delavier, F. (2010). *Strength Training Anatomy*. Champaign, IL: Human Kinetics. <http://www.humankinetics.com/australia>. Estimated Price AUD\$39.99
- Kennedy, C. & Yoke, M. (2014). *Methods of Group Exercise Instruction, 3rd ed (with Online Video)*. Champaign, IL: Human Kinetics. <http://www.humankinetics.com/australia>. Estimated Price AUD\$157
- Fleck, S. & Kraemer, W. (2014). *Designing Resistance Training Programs, 4th ed*. Champaign, IL: Human Kinetics. <http://www.humankinetics.com/australia> Estimated Price AUD\$159
- Lawrence, D., & Hope B., (2015). *The Complete Guide to Circuit Training, 2nd ed*. Sydney: Bloomsbury Publishing. Estimated Price AUD\$29.77
- Van Norman, K .A. (2010). *Exercise and Wellness for Older Adults, 2nd Ed*. Lower Mitchan, SA: Human Kinetics. <http://www.humankinetics.com/australia>. Estimated Price AUD\$94
Dynatomy: <http://dynatomy.biz/> ESTimated Price NZ\$40.00

Schedule: 4 hours per class + outside hours (approximately 40 hours / unit) to complete readings, assessments and a 50 hour work experience.

Delivery Location(s):

Shop 5, 2 O'Hanlon Place, Federation Square, Nicholls (Mantra Training & Development). Practical activities will be conducted at either Fernwood Fitness Canberra City or Body Basics Queanbeyan.

Class	Date/s	Topic	Competencies
1	Fri, 23 Feb 5 pm – 9 pm	Overview of the Industry / Client Services; Risk Mgmt; WHS	SISXCCS001 HLTWHS001 BSBRSK401 SISXIND001
2	Sat 24 / Feb; 9am - 5 pm	Anatomy and Physiology 1	SISFFIT004
3	Sun 25 /Feb; 9am - 5 pm	Anatomy and Physiology 2 / Biomechanics	
4	Sat 3 / Mar; 9am - 5 pm	Anatomy and Physiology Review / Practical Test	
5	Sun 4 / Mar; 9am - 5 pm	Client Induction and Screening	SISFFIT001 SISFFIT006
6	Sat 17 / Mar; 9am - 5 pm	Client Induction and Screening / Fitness Principles	
7	Sun 18 /Mar; 9am - 5 pm	Exercise Analysis / Gym Instruction and Programming 1	SISXFAC001 SISFFIT003
8	Sat 31 / Mar; 9am - 5 pm	Gym Instruction and Programming 2	SISFFIT011 SISFFIT007
9	Sun 1 / Apr; 9am - 5 pm	Group Exercise / Community Fitness	
10	Sat 7 / Apr; 9am - 5 pm	Basic Nutrition / Healthy Eating	SISFFIT005
11	Sat 7 / Apr; 9am - 5 pm	Specific populations	SISFFIT002
12	Sun 8 / Apr; 9am - 5 pm	Instructing exercise to older adults	SISFFIT014
13	TBA	First Aid	HLTAID003
14	Fri 20 April	All Written Assessments Due	All
15	Sat 28 April	Practical Assessment for the Certificate III in Fitness	All



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Learning Outcomes

Upon completion of this course, students will be able to:

- Communicate with clients and colleagues to determine and interpret their specific health and fitness requirements
- Understand verbal and written information on fitness products and services
- Prepare accurate records of client details
- Provide clear verbal pre-screening instructions
- Empathise and negotiate acceptable solutions to client requests and complaints to ensure a positive fitness experience.
- Show initiative and independence in delivering fitness sessions that meet or exceed client expectations
- Identify and discuss a range of product or service enhancements to improve client satisfaction or business profitability.
- Know the structure of networks within and sources of new information on the fitness industry
- Access professional development opportunities to regularly update fitness product and service knowledge and skills
- Collect, analyse and record client, product or service information to allow for the efficient planning and delivery of fitness sessions
- Set work priorities and scheduling own daily work activities to meet deadlines
- Follow organisation policies and procedures to guide planning and delivery of fitness sessions.
- Identify hazards and risks that may arise during fitness activities
- Mitigate problems by making variations to the activity that are within scope of responsibility
- Clarify the extent of, and resolving problems through negotiating with clients in a sensitive and culturally appropriate manner
- Adhere to organisation policies and procedures to guide solutions to problems.
- Understand and comply with the legal and ethical responsibilities that apply to own role in the fitness industry
- Understand the boundaries of own role and correctly determining when referral to colleagues or medical or allied health professionals is required
- Seek and act on feedback from colleagues and clients to improve service delivery.
- Work as a skilled team member, give and receive instructions and understand own role in delivering fitness sessions and servicing client needs
- Support other team members to provide quality fitness experiences for clients.
- Safely use and maintain fitness equipment according to manufacturer's specifications and organisation policies and procedures.

Subject Special Requirements: None

Safety and Risk Management Considerations throughout Course:

Throughout the course you will be expected to participate in physical activity such as group exercise and light weight training. If at any time you feel pain or experience any signs or symptoms that could be detrimental to yourself or fellow classmates, it is imperative you tell your lecturer / assessor immediately. Additionally, there will be times throughout the course, including assessments, you will be exposed to private and confidential information about clients. You are expected to respect their privacy.



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Expectations during the Course

All students are to be involved in classes by asking and answering questions, participating in group discussion and contributing to the sharing of knowledge and understanding within the class. Preparation such as reading and worksheets is to be completed PRIOR to the relevant class. Students unable to attend any class should arrange with a fellow class member to take notes, collect handouts and gather information about preparation or assignments.

Recognition of Prior Learning

Recognition is available to enrolled students who can demonstrate competency in the learning outcomes listed below. Applications for RPL should be made on the appropriate form available from Reception. Applications for RPL are to be lodged with The WISE Academy no later than three (3) weeks after the commencement of the subject. Students should discuss any questions they have regarding RPL with their Trainer or the CEO.

Assessment Overview

You will be required to:

- Involve yourself in all theoretical and practical activity-related learning.
- Come appropriately dressed for the class.
- Preferably to attend at least 80% of the classes to increase your learning experience.

The specific requirements for each assessment are highlighted in each Unit of Competency / Cluster's Learner's Workbook. All documents must be submitted in word-processed format unless otherwise specified.

Competency Based Assessment

All competencies satisfactorily completed	COMP
All competencies not yet satisfactorily completed	NYC

Note: A student who has not achieved 'SATISFACTORY' for **each** of the assessments cannot receive the Certificate III in Fitness.

Late Assignments: Late assignments will not be accepted unless the trainer has previously granted permission.

Missed Tests: In order for a student to sit a 'missed test', the student must (a) notify the lecturer in writing (including the reason) 24 hours prior to the assessment to re-schedule and/or (b) supply a doctor's certificate within 24 hours after the initial assessment date in order to not have a reduction in points to the final grade for that assessment.

Resits: Students who receive a 'NYS' on an assessment may resit/re-submit the assessment twice. The first resit must be completed within 7 days of the first assessment outcome. If the student still does not pass or obtain competency in the first resit, the student must resit/resubmit the assessment within 7 days from the first resit outcome. If the student still does not pass or obtain 'Competent', he/she must enrol in the entire subject/unit.



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Appeals: A student may lodge an appeal against the outcome given to any assessment. The process can be found in the Student Handbook.

More information can be found in our Participants Handbook including:

- Compulsory fees
- Any additional Charges
- Exemptions and concessions
- Refund policy and information

For Government subsidised programs (e.g. Traineeships, ACT Skilled Capital, etc.), please contact our office as this will depend on Eligibility of funding and Employer incentives.

In the case if The WISE Academy closes or ceases to deliver the agreed training and/or assessment, students have the right to:

- complete their studies in another course or with another education provider OR
- receive a refund of their unspent tuition fees

Find out more about our other offerings at
www.wiseacademy.edu.au

Authority

The WISE Academy is responsible for the compliance of training and assessment for this qualification and for the issuance of AQF certification documentation. This document has been approved and issued in accordance with the Quality Assurance Procedures of The WISE Academy.



If you are interested in having a career in the Fitness Industry or just would like to earn extra income promoting fitness and well-being to others, the WISE Certificate III in Fitness is an excellent start!

Money-Back Guarantee if you are unsatisfied with the course.*conditions apply.