

Course Details - SIS30315 Certificate III in Fitness (Cornerstone College)

AHSPs Title	Fitness Instructor																																																
Qualification	SIS30315 Certificate III in Fitness																																																
RTO	Active Training																																																
Host Organisation	Cornerstone College																																																
Course Length	1 semester (0.5 years) Courses may run in both semesters if there is demand. Second Semester would commence on the first Thursday of Term 3. An additional course may also run in Semester 1 on an alternative night (Monday - tbc) if there is enough demand.																																																
Course Description	<p>This intensive semester course provides students with the opportunity to gain their qualification as a Group Fitness Instructor through an interesting combination of practical activities and theory.</p> <p>Students will be required to complete a minimum of 30 hours of work placement in a gym (10 hours will be provided through the course itself), where they will be paired up with a mentor to help further develop the skills and knowledge required in this industry. Students will need to gain their Provide First Aid qualification separately in order to gain the full Certificate III qualification. It is highly recommended that applicants will be or have studied at least Year 11 PE whilst completing the course.</p> <p>Information provided about this course may be subject to change.</p>																																																
Pathways	Completion of Certificate III qualifies students to begin working as a Group Fitness Instructor in a gym immediately. Students may choose to go on to further study in Certificate IV or Diploma of Fitness, or various specialisation courses with TAFE SA or the AIF with future employment in Personal Fitness Training, Rehabilitation Specialist, Sports Administrative and Sales.																																																
Entry Requirements	A passion for being active, strong literacy skills and effective time management are essential. Currently studying or have completed Year 11 PE is strongly recommended.																																																
Other Requirements	Individual students will need to organise completion of the "Provide First Aid" (HLTAID003) certificate separate to the course in order to gain the full Certificate III qualification.																																																
Delivery Location(s)	Cornerstone College, 68 Adelaide Road, Mount Barker, SA, 5251																																																
Dates and Times	18 weekly sessions at Cornerstone College on Thursdays from 14:00 until 17:00. Commencement date 04/02/21. 18 weekly sessions at Cornerstone College on Thursdays from 14:00 until 17:00. Commencement date 22/07/21. Students will be required to undertake approximately 4-5 additional hours of study a week to complete work books. There will also be 4 full days of training (spread evenly throughout the semester) at Cornerstone College. Dates to be determined.																																																
Work Placement	5 days 30 hours required to be completed. Students will be able to access a gym membership through 24 Fit, Mt Barker, as part of the course costs to complete this, subject to availability.																																																
SACE Details	SACE Stage 2, 95 SACE credits																																																
Units Of Competency	<table><tr><td>Core</td><td>SISFFIT001</td><td>Provide Health Screening and Fitness Orientation (15 nominal hours)</td></tr><tr><td></td><td>SISFFIT002</td><td>Recognise and apply exercise considerations for specific population (100 nominal hours)</td></tr><tr><td></td><td>SISFFIT003</td><td>Instruct Fitness Programs (50 nominal hours)</td></tr><tr><td></td><td>SISFFIT004</td><td>Incorporate Anatomy and Physiology principles into fitness programming (95 nominal hours)</td></tr><tr><td></td><td>SISFFIT005</td><td>Provide healthy eating information (55 nominal hours)</td></tr><tr><td></td><td>SISFFIT014</td><td>Instruct exercise to older clients (70 nominal hours)</td></tr><tr><td></td><td>SISXCCS001</td><td>Provide Quality Service (25 nominal hours)</td></tr><tr><td></td><td>SISXFAC001</td><td>Maintain Equipment for Activities (5 nominal hours)</td></tr><tr><td></td><td>SISXIND001</td><td>Work effectively in sport, fitness and recreation environments (25 nominal hours)</td></tr><tr><td>Elective</td><td>SISXCAI006</td><td>Facilitate Groups (25 nominal hours)</td></tr><tr><td></td><td>BSBRSK401</td><td>Identify risk and apply risk management processes (Group C - Gym Instructor) (50 nominal hours)</td></tr><tr><td></td><td>HLTWHS001</td><td>Participate in work health and safety (Group C - Gym Instructor) (20 nominal hours)</td></tr><tr><td></td><td>SISFFIT006</td><td>Conduct Fitness Appraisals (Group C - Fitness Instructor) (30 nominal hours)</td></tr><tr><td></td><td>SISFFIT007</td><td>Instruct Group Sessions (Group D - general elective) (40 nominal hours)</td></tr><tr><td></td><td>SISFFIT011</td><td>Instruct approved community fitness programs (Group D - general elective) (40 nominal hours)</td></tr><tr><td></td><td>HLTAID003</td><td>Provide First Aid (18 nominal hours)</td></tr></table> <p>Nominal hours are used for SACE purposes and are not reflective of actual delivery hours</p>	Core	SISFFIT001	Provide Health Screening and Fitness Orientation (15 nominal hours)		SISFFIT002	Recognise and apply exercise considerations for specific population (100 nominal hours)		SISFFIT003	Instruct Fitness Programs (50 nominal hours)		SISFFIT004	Incorporate Anatomy and Physiology principles into fitness programming (95 nominal hours)		SISFFIT005	Provide healthy eating information (55 nominal hours)		SISFFIT014	Instruct exercise to older clients (70 nominal hours)		SISXCCS001	Provide Quality Service (25 nominal hours)		SISXFAC001	Maintain Equipment for Activities (5 nominal hours)		SISXIND001	Work effectively in sport, fitness and recreation environments (25 nominal hours)	Elective	SISXCAI006	Facilitate Groups (25 nominal hours)		BSBRSK401	Identify risk and apply risk management processes (Group C - Gym Instructor) (50 nominal hours)		HLTWHS001	Participate in work health and safety (Group C - Gym Instructor) (20 nominal hours)		SISFFIT006	Conduct Fitness Appraisals (Group C - Fitness Instructor) (30 nominal hours)		SISFFIT007	Instruct Group Sessions (Group D - general elective) (40 nominal hours)		SISFFIT011	Instruct approved community fitness programs (Group D - general elective) (40 nominal hours)		HLTAID003	Provide First Aid (18 nominal hours)
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Training Cost	\$1,200.00 GST exempt These fees may vary in 2021. Non-member schools - an additional 15% admin levy up to a maximum of \$250.00 per student.																																																
Other Costs	\$150.00 including GST Students will need to complete the "Provide First Aid" course. This needs to be sourced independently and is not delivered as part of the course.																																																
Number Of Students	Minimum 14 Maximum 20																																																
Selection Process	Interview will be required.																																																
Contact Person	Mr Anthony Doyle, Phone 8398 6000, Email adoyle@cornerstone.sa.edu.au																																																