

## Certificate III in Fitness SIS30315 | 201910 C1

Program Code: **C3-HS19**

Block code: FITPTC1S1

Term Dates: 4 Feb - 21 June

Week 1 Workshop

Saturday 9 th Feb - 9:00am to 12:00pm - Room B003

Topic 1 Introduction to Gym

Topic 2 How To Screen

Topic 3 Group Session

Topic 4 Programming Fundamentals

Tuesday

SECTION CODE: C1P

Time: 5:30pm to 7:30pm

National Code	Teacher/Unit Code	Unit Title	CRN
<b>Week 1</b>			
<b>Marcus</b>		<b>Working in the Fitness Industry</b>	<b>Room B003b</b>
SISXCCS001	SPRT 723	Provide quality service	22826
SISXFAC001	SPRT 147	Maintain equipment for activities	22827
<b>Week 2</b>			
<b>Craig</b>		<b>Anatomy and Specific Populations</b>	<b>Room B003b</b>
SISFFIT004	SPRT 872	Incorporate anatomy and physiology principles into fitness programming	22828
SISFFIT002	SPRT 870	Recognise and apply exercise considerations for specific populations	22829
<b>Week 3 - 10</b>			
<b>Sarah</b>		<b>Screening and Fitness Assessment</b>	<b>Room B003a &amp; B003b</b>
SISFFIT001	SPRT 361	Provide health screening and fitness orientation	22861
SISFFIT006	SPRT 874	Conduct fitness appraisals	22865
<b>Week 11 - 16</b>			
<b>TBA</b>		<b>Instruct Fitness Programs</b>	<b>Room B003b</b>
SISFFIT003	SPRT 871	Instruct Fitness programs	22866
SISFFIT014	SPRT 876	Instruct exercise to older clients	22868
<b>Week 17-18</b>			
<b>Craig</b>		<b>Anatomy and Specific Populations</b>	<b>Room B003b</b>
SISFFIT004	SPRT 872	Incorporate anatomy and physiology principles into fitness programming	22828
SISFFIT002	SPRT 870	Recognise and apply exercise considerations for specific populations	22829
<b>18-Feb-19</b>			
		<b>First Aid</b>	<b>9:00am - 5:00pm</b>
HLTAID003	HESC 497	Provide First Aid	23228

<b>Thursday plus flexible and workplace delivery</b> <b>SECTION CODE: C1P</b>	<b>Time: 5:30pm to 7:30pm</b>
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National Code	Teacher/Unit Code	Unit Title	CRN
<b>Week 1-2</b>			
<b>Craig</b>		<b>Anatomy and Specific Populations</b>	<b>Room FL06</b>
SISFFIT004	SPRT 872	Incorporate anatomy and physiology principles into fitness programming	22828
SISFFIT002	SPRT 870	Recognise and apply exercise considerations for specific populations	22829
<b>Week 3</b>			
<b>Natalya</b>		<b>Nutrition and Healthy Eating</b>	<b>Room FL06</b>
SISFFIT005	SPRT 873	Provide Healthy eating information	22869
<b>Week 11</b>			
<b>TBA</b>		<b>Work Health and Safety</b>	<b>Room FL06</b>
SISXIND001	SPRT 816	Work effectively in sport, fitness and recreation environments	22870
BSBRK401	MGNT 486	Identify risk and apply risk management processes	22871
HLTWHS001	WPHS 101	Participate in workplace health and safety	22872
<b>Weeks 12 - 18</b>			
<b>Greg</b>		<b>Instruct group exercise sessions</b>	<b>Room FL06</b>
SISFFIT007	SPRT 875	Instruct group exercise sessions	22873
SISFFIT011	SPRT 921	Instruct approved community fitness programs	22874
SISXCAI006	SPRT 814	Facilitate groups	22875

**Important Notes:**

Students are required to complete 5 x 2 hour Fit & well Gym Shifts. Students completing Gym Shifts in either the morning or night have the flexibility to complete shifts at times that work for them, as long as you are completing 2 hours, commencing before 7am and before 6pm. Part time gym shifts will commence from week 4.

Monday to Friday

- \* 6:00am - 9:00am
- \* 12:00pm - 2:00pm
- \* 5:00pm - 8:00pm

Students will be rostered on these shifts at the beginning of the semester. During these shifts students will be required to complete a range of learning activities, both theory and practical, for the following subjects:

- \* Working in the Fitness Industry
- \* Specific Populations
- \* Older Adults
- \* Anatomy and Physiology

Students will be required to complete the weekly checklist on eLearn using the mobile devices provided and will also be required to bring along other relevant learning material specific to the above subjects.