

CERTIFICATE III IN FITNESS (SIS30315)

Program code: C3-HS19

BLOCK CODE: FITFTH1T1

Semester 2, 2022 Schedule

Semester 1: 25th July – 9th December 2022

Mid Semester break: 26th September- 7th October 2022

Orientation Week Week 1: 26th, 27th, 28th July 2022 Classroom: B10 9:30am – 4pm* *Bring laptops/devices and exercise attire				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Weeks 5 to 18* 6:00am to 9:00am Fit & Well Gym	Weeks 5 to 18* 6:00am to 9:00am Fit & Well Gym	Weeks 5 to 18* 6:00am to 9:00am Fit & Well Gym	
Weeks 2 – 18 10am – 12pm Online Student support	Weeks 2 - 4 9am - 12pm Working in the Fitness Industry CRN: 14410, 14411, 14412 Room: B10 Teacher: Sarah Zeller	Weeks 2 - 18 9am – 12pm Fitness Essentials – Anatomy/ Instruct programs CRN: 14406, 14407, 14408,14409 Room: B10 & Fit & Well Teacher: Marcus Tolley	Weeks 2 - 15 9am – 12pm Screening and Fitness Assessment CRN: 14400, 14401 Room: B10 & B08 Teacher: Julian Everett	
	Weeks 5 – 18 9am – 12pm Instruct Group Exercise – Theory/Workshops CRN: 14403, 14404, 14405 Room: B10 Teacher: Sarah Zeller		Weeks 16 -18 9am – 12pm Tutorials TBC	
Weeks 5 to 18* 12:00noon to 2:00pm Fit & Well Gym	Weeks 5 to 18* 12:00noon to 2:00pm Fit & Well Gym	Weeks 5 to 18* 12:00noon to 2:00pm Fit & Well Gym	Weeks 5 to 18* 12:00noon to 2:00pm Fit & Well Gym	
	Weeks 1 – 18 2pm - 5pm Instruct Group Exercise – Theory & Practical CRN: 14403, 14404, 14405 Room: Sports Hall Teacher: Sarah Zeller	Weeks 1 – 9 2pm-5pm Nutrition and Healthy Eating CRN: 14402 Room: B10 Teacher: Julian Everett	TBC 9am-5pm First Aid Course CRN: Room: FLO6 Teacher:	
		Weeks 10 – 14 2pm – 5pm Workplace Health and Safety CRN: 14413, n14414 Room: Online/Fit & Well Teacher: Marcus Tolley		
	Weeks 5 to 18* 5:00pm to 8.00pm Fit & Well Gym	Weeks 5 to 18* 5:00pm to 8.00pm Fit & Well Gym	Weeks 5 to 18* 5:00pm to 8.00pm Fit & Well Gym	

*Gym shift time periods are subject to change

Note: This timetable may change. Classes are only available if numbers permit. Classes are filled on a first come first served basis.

Additional information

Certificate 3 Fitness Students will be required to complete 5 x 2-hour CIT Fit & Well Gym Shifts (Work placement) for the subject Working in the Fitness Industry.

Gym Shifts will be available in the mornings, lunchtime, and evenings.

Below is an example of the time periods available- this is subject to change.

Mondays to Thursdays

- 6:00am - 8:00am
- 12:00pm - 2:00pm
- 6:00pm to 8:00pm

Saturdays

- 9am-11am

During these gym shifts, students will be required to demonstrate the ability to prepare for the work environment, complete customer service duties, gym supervision, cleaning, and maintenance as well other duties as directed by the Supervising Teacher.

More information will be provided within the Working in the Fitness Industry classes.

INFORMATION FOR STUDENTS

When completing this program, you will be engaging in both off-the-job Training and On-the-Job Training.

This involves both classroom activities and sessions outside of structured classes.

Classroom based activities aim to develop underpinning skills and knowledge and facilitate deeper learning and understanding. On-the-job training focus on client based practical implementation requirements.

Subject Name	Subject Code		National ID	Unit Title	CRN	Teachers
Working in the Fitness Industry	SPRT	723	SISXCCS001	Provide quality service	14410	Sarah Zeller
	SPRT	147	SISXFAC001	Maintain equipment for activities	14411	
	SPRT	816	SISXIND001	Work effectively in sport, fitness and recreation environments	14412	
Fitness Essentials	SPRT	872	SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	14409	Marcus Tolley
	SPRT	870	SISFFIT002	Recognise and apply exercise considerations for specific populations	14408	
	SPRT	871	SISFFIT003	Instruct fitness programs	14406	
	SPRT	876	SISFFIT014	Instruct exercise to older clients	14407	
Instruct Group Exercise	SPRT	875	SISFFIT007	Instruct group exercise sessions	14404	Sarah Zeller
	SPRT	921	SISFFIT011	Instruct approved community fitness programs	14403	
	SPRT	814	SISXCAI006	Facilitate groups	14405	
Screening and Fitness Assessment	SPRT	361	SISFFIT001	Provide health screening and fitness orientation	14400	Julian Everett
	SPRT	874	SISFFIT006	Conduct fitness appraisals	14401	
Work Health & Safety	MGNT	486	BSBRK401	Identify risk and apply risk management processes	14413	Marcus Tolley
	WPHS	101	HLTWHS001	Participate in workplace health and safety	14414	
Nutrition and Healthy Eating	SPRT	873	SISFFIT005	Provide healthy eating information	14402	Julian Everett
CIT First Aid course TBC. Extra cost will be involved						
Provide First Aid	HESC 497	HLTAID003		Provide First Aid		

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