

Certificate III in Fitness – Part time (SIS30315)



Semester 2 2022 and Term 1 2023

Program Code: C3-HS19

Block code: FITPTC1S1

Semester 2 2022 Dates: 26th July – December 9th, 2022

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

Semester 1 2023 Dates: 7th Feb – 7th April 2023

Orientation Week

Week 1: Tuesday 26th & Wednesday 27th July 2022

Classroom: B10

5:30pm-7:30pm*

***Bring laptops/devices and exercise attire**

Online Student support

Week 2 - 18:

3:30pm-5:30pm*

Tuesday Evenings		Time: 5:30pm to 8:30pm	
National Code	Unit Code	Unit Title	CRN
Fitness Essentials Weeks 2 - 9 2022 Classroom: B10 & CIT FIT and Well Gym Teacher: Marcus Tolley			
SISFFIT004	SPRT 872	Incorporate anatomy and physiology principles into fitness programming	14378
SISFFIT002	SPRT 870	Recognise and apply exercise considerations for specific populations	14379
SISFFIT003	SPRT 871	Instruct Fitness programs	14380
SISFFIT014	SPRT 876	Instruct Exercise to older Clients	14381
Work Health and Safety Weeks 10 - 13 2022 Classroom: B10 & CIT Fit and Well Gym Teacher: Marcus Tolley			
HLTWHS001	WPHS 101	Participate in workplace health and safety	14383
BSBRK401	MGNT 486	Identify risk and apply risk management processes	14382

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

Fitness Essentials Weeks 14 - 18 2022 Weeks 1 – 8 2023 Classroom: B10 & CIT FIT and Well Gym Teacher: Marcus Tolley			
SISFFIT004	SPRT 872	Incorporate anatomy and physiology principles into fitness programming	14378
SISFFIT002	SPRT 870	Recognise and apply exercise considerations for specific populations	14379
SISFFIT003	SPRT 871	Instruct Fitness programs	14380
SISFFIT014	SPRT 876	Instruct Exercise to older Clients	14381

Wednesday Evenings		Time: 5:30pm to 8:30pm	
National Code	Unit Code	Unit Title	CRN
Nutrition and Healthy Eating Weeks 2 – 6 2022 Classroom: B10 Teacher: Julian Everett			
SISFFIT005	SPRT 873	Provide Healthy eating information	14389
Working in the Fitness Industry Weeks 7 - 9 2022 Classroom: B10 Teacher: Sarah Zeller			
SISXCCS001	SPRT 723	Provide quality service	14375
SISXFAC001	SPRT 147	Maintain equipment for activities	14376
SISXIND001	SPRT 816	Work effectively in sport, fitness, and recreation environments	14377
Screening and Fitness Assessment Weeks 10 – 18 2022 Classroom: B10 & B08 Teacher: Julian Everett			
SISFFIT001	SPRT 361	Provide health screening and fitness orientation	14387
SISFFIT006	SPRT 874	Conduct fitness appraisals	14388

Thursday Evenings		Time: 5:30pm to 8:30pm	
National Code	Unit Code	Unit Title	CRN

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Instruct Group Exercise Weeks 2 – 18 2022 Weeks 1 - 8 2023 Classroom: CIT H Block Sports Hall Teacher: Sarah Zeller			
SISFFIT007	SPRT 875	Instruct Group Exercise sessions	14384
SISFFIT011	SPRT 921	Instruct approved community fitness programs	14385
SISXCAI006	SPRT 814	Facilitate groups	14386

Saturday TBC		Time: TBC	
		Room: TBC	
National Code	Unit Code	Unit Title	CRN
First Aid			
HLTAID003	HESC 497	Provide First Aid	N/A

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

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

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	14375	Sarah Zeller
	SPRT	147	SISXFAC001	Maintain equipment for activities	14376	
	SPRT	816	SISXIND001	Work effectively in sport, fitness and recreation environments	14377	
Fitness Essentials	SPRT	872	SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	14378	Marcus Tolley
	SPRT	870	SISFFIT002	Recognise and apply exercise considerations for specific populations	14379	
	SPRT	871	SISFFIT003	Instruct fitness programs	14380	
	SPRT	876	SISFFIT014	Instruct exercise to older clients	14381	
Instruct Group Exercise	SPRT	875	SISFFIT007	Instruct group exercise sessions	14384	Sarah Zeller
	SPRT	921	SISFFIT011	Instruct approved community fitness programs	14385	
	SPRT	814	SISXCAI006	Facilitate groups	14386	
Screening and Fitness Assessment	SPRT	361	SISFFIT001	Provide health screening and fitness orientation	14387	Julian Everett
	SPRT	874	SISFFIT006	Conduct fitness appraisals	14388	
Work Health & Safety	MGNT	486	BSBRK401	Identify risk and apply risk management processes	14382	Marcus Tolley
	WPHS	101	HLTWHS001	Participate in workplace health and safety	14383	
Nutrition and Healthy Eating	SPRT	873	SISFFIT005	Provide healthy eating information	14389	Julian Everett
CIT First Aid course TBC. Extra cost will be involved						
Provide First Aid	HESC 497	HLTAID003	Provide First Aid		N/A	

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