

## Semester 2 2024

### Term 3 Timetable: 22<sup>nd</sup> July – 27<sup>th</sup> September 2024

Term break: 30<sup>th</sup> September – October 11, 2024.

CIT Campus: Bruce

Block Code: FITFTIV				
Orientation Session for New to Term 3 2024 enrolments Week 1: Monday 22 <sup>nd</sup> July, 10:30am – 1:30pm. Room B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.				
Week	Class Time	Tuesday	Wednesday	Thursday
Week 1 22/7/24	9am – 12pm	<b>Personal Training Older Clients</b> Teacher: Sarah Zeller Room: B03b/Fit and Well	<b>Tutorials</b>	<b>Social Media Essentials</b> Teacher: Sarah Zeller Room: B10/Flexible** (Delivered in the Certificate 3 Fitness)
	1pm – 4pm	<b>Programming for Body Composition</b> Teacher: Julian Everett Room: B03b/Fit and Well	<b>Strength &amp; Conditioning</b> Teacher: Jerome Villegas Room: B03b/S&C room/K207	<b>Finance for Fitness Businesses</b> Teacher: Marcus Tolley Room: B03b/Flexible**
Week 2 29/7/24	9am – 12pm	<b>Personal Training Older Clients</b>	<b>Tutorials</b>	<b>Social Media Essentials</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Finance for Fitness Businesses</b>
Week 3 5/8/24	9am – 12pm	<b>Personal Training Older Clients</b>	<b>Personal Training Essentials</b> Teacher: Jerome Villegas Room: B03b/Fit and Well	<b>Social Media Essentials</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b> Teacher: Marcus Tolley Room: B03b/S&C room
Week 4 12/8/24	9am – 12pm	<b>Personal Training Older Clients</b>	<b>Personal Training Essentials</b>	<b>Tutorials</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>
Week 5 19/8/24	9am – 12pm	<b>Personal Training Older Clients*</b>	<b>Personal Training Essentials</b>	<b>Personal Training Older Clients*</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>
Week 6 26/8/24	9am – 12pm	<b>Personal Training Older Clients*</b>	<b>Personal Training Essentials</b>	<b>Personal Training Older Clients*</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>
Week 7 2/9/24	9am – 12pm	<b>Personal Training Older Clients*</b>	<b>Personal Training Essentials</b>	<b>Personal Training Older Clients*</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>
Week 8 9/9/24	9am – 12pm	<b>Personal Training Older Clients*</b>	<b>Personal Training Essentials</b>	<b>Personal Training Older Clients*</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>
Week 9 16/9/24	9am – 12pm	<b>Personal Training Older Clients*</b>	<b>Personal Training Essentials</b>	<b>Personal Training Older Clients*</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>
Week 10 23/9/24	9am – 12pm	<b>Personal Training Older Clients*</b>	<b>Personal Training Essentials</b>	<b>Personal Training Older Clients*</b>
	1pm – 4pm	<b>Programming for Body Composition</b>	<b>Strength &amp; Conditioning</b>	<b>Exercise Science Principles</b>

\*A Working With Vulnerable People Check is required to complete practical components of this course.

\*\*Flexible subjects: These subjects are delivered in various modes: face-to-face, on-the-job, and online throughout the whole term. Your teacher will outline student attendance requirements.

## Semester 2 2024

### Term 4 Timetable: 11<sup>th</sup> October – 6<sup>th</sup> December 2024

CIT Campus: Bruce

Block Code: FITFTIV				
Orientation Session for New to Term 4 2024 enrolments				
Week 11: Monday 14 <sup>th</sup> October, 10:30am – 1:30pm. Room B10				
Bring suitable exercise attire, laptops or iPad with email access and headphones.				
Week	Class Time	Tuesday	Wednesday	Thursday
Week 11 14/10/24	9am – 12pm	<b>Client Behaviour Change</b> Teacher: Julian Everett Room: B03b/Flexible**	<b>Programming for Adolescents</b> Teacher: Jerome Villegas Room: B03b/Fit and Well	<b>Personal Training Essentials</b>
	2pm – 5pm	<b>Movement Assessment</b> Teacher: Marcus Tolley Room: B03b/S&C Room	<b>Strength &amp; Conditioning</b>	<b>Compliance for Fitness Businesses</b> Teacher: Marcus Tolley Room: B03b/Flexible**
Week 12 21/10/24	9am – 12pm	<b>Client Behaviour Change</b>	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>Strength &amp; Conditioning</b>	<b>Compliance for Fitness Businesses</b>
Week 13 28/10/24	9am – 12pm	<b>Individual Client Nutrition</b> Teacher: Julian Everett Room: B03b	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>TBC Fitness Testing with the Certificate 3 Fitness Students Sports Hall 1pm-3:30pm</b>	<b>Tutorials</b>
Week 14 4/11/24	9am – 12pm	<b>Individual Client Nutrition</b>	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>Strength &amp; Conditioning</b>	<b>Tutorials</b>
Week 15 11/11/24	9am – 12pm	<b>Individual Client Nutrition</b>	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>Strength &amp; Conditioning</b>	<b>Tutorials</b>
Week 16 18/11/24	9am – 12pm	<b>Individual Client Nutrition</b>	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>Strength &amp; Conditioning</b>	<b>Tutorials</b>
Week 17 25/11/24	9am – 12pm	<b>Individual Client Nutrition</b>	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>Strength &amp; Conditioning</b>	<b>Tutorials</b>
Week 18 2/12/24	9am – 12pm	<b>Individual Client Nutrition</b>	<b>Programming for Adolescents</b>	<b>Tutorials</b>
	2pm – 5pm	<b>Movement Assessment</b>	<b>Strength &amp; Conditioning</b>	<b>Tutorials</b>
<b>Supervised Gym shifts available for Personal Training Essentials: Client Training (Subject to change)</b>				
<b>Begins from Week 11.</b>				
<b>Mondays</b>		<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>
7am-9am		7am-9am	7am-9am	7am-9am
12pm-2pm		12pm-2pm	12pm-2pm	12pm-2pm
5:30pm-7:30pm		5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm
				<b>Saturdays</b>
				9am-11am

## Semester 2 2024

### Term 3 Timetable: 22<sup>nd</sup> July – 27<sup>th</sup> September 2024

Term break: 30<sup>th</sup> September – October 11, 2024.

CIT Campus: Bruce

Block Code: FITFTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C4 Fitness FT Homepage		Marcus, Julian, Jerome & Sarah
Programming for Body Composition	SPRT 937	SISFFIT043	Develop and instruct personalised exercise programs for body composition goals	50983	Julian Everett
Exercise Science Principles	SPRT 941	SISFFIT049	Use exercise science principles in fitness instruction	50984	Marcus Tolley
Personal Training Older Clients*	SPRT 938	SISFFIT044	Develop and instruct personalised exercise programs for older clients	50985	Sarah Zeller
	COMM 496	CHCCOM006	Establish and manage client relationships	50986	
Personal Training Essentials*	SPRT 935	SISFFIT041	Develop personalised exercise programs	50987	Jerome Villegas
	SPRT 936	SISFFIT042	Instruct personalised exercise sessions	50988	
Strength & Conditioning	SPRT 813	SISXCAI005	Conduct individualised long-term training programs	50991	Jerome Villegas
	SPRT 946	SISXCAI009	Instruct strength and conditioning techniques	50989	
	SPRT 947	SISXCAI010	Develop strength and conditioning programs	50990	
Finance for Fitness Businesses (Flexible**)	BUSN 308	BSBESB407	Manage finances for new business ventures	50997	Marcus Tolley
Social Media Essentials (Flexible**) (Delivered in the Certificate 3 Fitness)	RETL 303	SIRXMKT002	Use social media to engage customers	50979	Sarah Zeller

## Semester 2 2024

### Term 4 Timetable: 11<sup>th</sup> October – 6<sup>th</sup> December 2024

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Block Code: FITFTIV					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C4 Fitness FT Homepage	50999	Marcus, Julian, Jerome & Sarah
Individual Client Nutrition	SPRT 945	SISFFIT053	Support healthy eating for individual fitness clients	50993	Julian Everett
Movement Assessment	SPRT 931	SISFFIT034	Assess client movement and provide exercise advice	50994	Marcus Tolley
Programming for Adolescents	SPRT 939	SISFFIT045	Develop and instruct personalised exercise programs for adolescent clients	50995	Jerome Villegas
Compliance for Fitness Businesses (Flexible**)	BUSN 306	BSBESB405	Manage compliance for small businesses	50996	Marcus Tolley
	SPRT 943	SISFFIT051	Establish and maintain professional practice for fitness instruction	50998	
Client Behaviour Change (Flexible**)	SPRT 942	SISFFIT050	Support exercise behaviour change	50992	Julian Everett
<b>Supervised Gym shifts available for Client Personal Training (Subject to change) Begins from Week 11.</b>					
<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Saturdays</b>	
7am-9am	7am-9am	7am-9am	7am-9am		
12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am	
5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm	5:30pm-7:30pm		

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