

Semester 1 2024

CIT Campus: Bruce

Block Code: FITPTC1S1		
TERM 1: 5th February – 12th April 2024		
Class time:	Tuesday	Thursday
5:30pm – 8:30pm	Orientation Session Term 1 New enrolments only Week 1: 5 th February 5:30pm Room: B10	Social Media Essentials Week 1 Teacher: Sarah Zeller Room: B10
	Group Exercise Weeks 2 - 10 Teacher: Sarah Zeller Room: B10/Fit and Well/Hall	Group Exercise Weeks 2 – 10 Teacher: Sarah Zeller Room: B10/Fit and Well/Hall
Mid Term break: 15th - 26th April 2024		
TERM 2: 29th April – 21st June 2024		
Class time:	Tuesday	Thursday
5:30pm – 8:30pm	Orientation Session Term 2 New enrolments only Week 11: 30 th April 5:30pm Room: B10	Fitness Industry Work Skills Week 11 Teacher: Sarah Zeller Room: B10
	Fundamental Programming Weeks 12 – 18 Teacher: Marcus Tolley Room: B10/Fit and Well Room: B10	Fundamental Programming Weeks 12 – 18 Teacher: Marcus Tolley Room: B10/Fit and Well Room: B10

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

For assistance, contact CIT Student Services on (02) 6207 3188 or infoline@cit.edu.au

Semester 2 2024- TBC

CIT Campus: Bruce

Block Code: FITPTC1S1		
TERM 3: TBC		
Class time:	Tuesday	Thursday
5:30pm – 8:30pm	Orientation Session Term 3 New enrolments only Week 1: TBC 5:30pm Room: B10	Anatomy and Physiology Term 3: Weeks 1 – 10 Teacher: Marcus Tolley Room: B10
	Screening and Fitness Assessment Term 3: Weeks 1 – 10 Teacher: Julian Everett Room: B10 & B08	
Mid Term break: TBC		
TERM 4: TBC		
Class time:	Tuesday	Thursday
5:30pm – 8:30pm	Orientation Session Term 4 New enrolments only Week 11: TBC 5:30pm Room: B10	Customer Service and Sales Term 4: Week 10 Teacher: Sarah Zeller Room: B10/Fit and Well/Online
	Principles of Healthy Eating Term 4: Weeks 12 – 18 Teacher: Julian Everett Room: B10	Workplace Health and Safety Term 4: Week 11 Teacher: Marcus Tolley Room: B10/Fit and Well/Online

Customer Service & Sales: Gym shifts (Subject to change) Begins from Week 11.				
Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
	7am-9am		7am-9am	
12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am
5:30pm-7:30pm		5:30pm-7:30pm		

Gym shifts additional information.

- Certificate III in Fitness Students will be required to complete 3 x 2-hour work placements in CIT Fit & Well Gym for the subject **Customer Service and Sales**.
- 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 in class.

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11 January 2023

Semester 1 2024

CIT Campus: Bruce

Term 1: 5th February -12th April

Term 2: 29th April- 21st June

Term break: 15th – 26th April

Block Code: FITPTC1S1					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C3 Fitness PT Homepage	42003	Julian, Marcus, Sarah
Social Media Essentials	RETL 301	SIRXMKT002	Use social media to engage customers	42002	Sarah Zeller
Fitness Industry Work Skills	BUSN 479	BSBPEF301	Organize personal work priorities	41996	Sarah Zeller
	BUSN 589	BSBXTW301	Work in a team	41997	
	SPRT 948	SISXIND009	Respond to interpersonal conflict	41998	
Fundamental Programming	SPRT 943	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	42049	Marcus Tolley
Group Exercise	SPRT 932	SISFFIT035	Plan group exercise sessions	41999	Sarah Zeller
	SPRT 933	SISFFIT036	Instruct group exercise sessions	42000	
Provide First Aid	HESC586	HLTAID011	Provide First Aid	42004	TBC

Semester 1 2024

CIT Campus: Bruce

Term 3: TBC

Term 4: TBC

Term break: TBC

Block Code: FITPTC1S1					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRN	TEACHER
Homepage	ELRN 312	-	C3 Fitness PT Homepage		Julian, Marcus, Sarah
Anatomy and Physiology	SPRT 940	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise		Marcus Tolley
Principles of Healthy Eating	SPRT 944	SISFFIT052	Provide healthy eating information		Julian Everett
Workplace Health and Safety	WPHS 101	HLTWH001	Participate in workplace health and safety		Marcus Tolley
Customer Service and Sales	BUSN 598	BSBOPS304	Deliver and monitor a service to customers		Sarah Zeller
	RETL 301	SIRXSL001	Sell to the retail customer		
Screening and Fitness Assessments	SPRT 929	SISFFIT032	Complete pre-exercise screening and service orientation		Julian Everett
	SPRT 930	SISFFIT033	Complete client fitness assessments		
Provide First Aid	HESC586	HLTAID011	Provide First Aid		TBC

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12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am
5:30pm-7:30pm		5:30pm-7:30pm		
Gym shifts additional information. <ul style="list-style-type: none"> Certificate III in Fitness Students will be required to complete 3 x 2-hour work placements in CIT Fit & Well Gym for the subject Customer Service and Sales. 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 in class.				

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