

Certificate III in Fitness – Part-time- SIS30321 | C3-HS44
Semester 2 2024

Term 3 Timetable: 22nd July – 27th September 2024

Term break: 30th September - 11th October 2024

CIT Campus: Bruce

Block Code: FITPTC1S1		
Orientation Session for New Term 3 enrolments only.		
Week 1: Monday 22nd July, 5:30pm-7pm. Room: B10		
Bring suitable exercise attire, laptops or iPad with email access and headphones.		
Class time:	Tuesday	Thursday
5:30pm – 8:30pm	<p>Screening and Fitness Assessment*</p> <p>Term 3: Weeks 1 – 10 Teacher: Julian Everett Room: B10 & B08</p>	<p>Anatomy and Physiology</p> <p>Term 3: Weeks 1 – 10 Teacher: Marcus Tolley Room: B10/Gym/Flexible**</p>

Term 4 Timetable: 14th October – 6th December 2024

Orientation Session for New Term 4 enrolments only.				
Week 11: Monday 14th October, 5:30pm-7pm. Room: B10				
Bring suitable exercise attire, laptops or iPad with email access and headphones.				
Class time:	Tuesday		Thursday	
5:30pm – 8:30pm	<p>Principles of Healthy Eating</p> <p>Term 4: Weeks 11 – 18 Teacher: TBC Room: B10</p>		<p>Customer Service and Sales*</p> <p>Term 4: Weeks 11 - 13 Teacher: TBC Room: B10/Gym/Flexible**</p>	
			<p>Workplace Health and Safety</p> <p>Term 4: Weeks 14 - 18 Teacher: Marcus Tolley Room: B10/Gym/Flexible**</p>	
Customer Service & Sales: Gym shifts (Subject to change)				
Begins from Week 11.				
Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
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	
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. 				

*** 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.**

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

20 May 2024

Semester 1 2025

Term 1 Timetable: TBC

Term break: TBC

CIT Campus: Bruce

Block Code: FITPTC1S1		
Orientation Session for New Term 1 enrolments only. Week 1: Monday TBC, 5:30pm-7pm. Room: B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.		
Class time	Tuesday	Thursday
5:30pm – 8:30pm	Group Exercise* Term 1: Weeks 1 - 10 Teacher: TBC Room: B10/Gym/Hall	Social Media Essentials Term 1: Weeks 1 - 3 Teacher: TBC Room: B10/Flexible**
		Group Exercise* Term 1: Weeks 4 – 10 Teacher: TBC Room: B10/Gym/Hall

Term 2 Timetable: TBC

Orientation Session for New Term 2 enrolments only. Week 11: Monday TBC, 5:30pm-7pm. Room: B10 Bring suitable exercise attire, laptops or iPad with email access and headphones.		
Class time	Tuesday	Thursday
5:30pm – 8:30pm	Fundamental Programming Term 2: Weeks 11 - 18 Teacher: Marcus Tolley Room: A01/Gym	Fitness Industry Work Skills Term 2: Weeks 11 - 13 Teacher: TBC Room: A01/Flexible**
		Fundamental Programming Term 2: Weeks 14 – 18 Teacher: Marcus Tolley Room: A01/Gym

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20 May 2024

Semester 2 2024

CIT Campus: Bruce

Term 3: 22nd July – 27th September 2024

Term 4: 14th October – 6th December 2024

Term break: 30th September – October 11, 2024

Block Code: FITPTC1S1					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRN	TEACHER
Homepage	ELRN 312	-	C3 Fitness PT Homepage	50921	Julian, Marcus
Anatomy and Physiology (Flexible**)	SPRT 940	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	50882	Marcus Tolley
Principles of Healthy Eating	SPRT 944	SISFFIT052	Provide healthy eating information	50885	Julian Everett
Workplace Health and Safety (Flexible**)	WPHS 101	HLTWHS001	Participate in workplace health and safety	50903	Marcus Tolley
Customer Service and Sales* (Flexible**)	BUSN 598	BSBOPS304	Deliver and monitor a service to customers	50915	TBC & Sarah Zeller
	RETL 301	SIRXSL001	Sell to the retail customer	50919	
Screening and Fitness Assessments*	SPRT 929	SISFFIT032	Complete pre-exercise screening and service orientation	50907	Julian Everett
	SPRT 930	SISFFIT033	Complete client fitness assessments	50911	
Provide First Aid	HESC586	HLTAID011	Provide First Aid	-	TBC
Customer Service & Sales: Gym shifts (Subject to change) Begins from Week 11.					
Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays	
7am-9am	7am-9am	7am-9am	7am-9am		
12pm-2pm	12pm-2pm	12pm-2pm	12pm-2pm	9am-11am	
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Semester 1 2025

CIT Campus: Bruce

Term 1: TBC

Term 2: TBC

Term break: TBC

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

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