

Certificate III in Fitness – Fulltime- SIS30321 | C3-HS44 Semester 1 2024

Term 1 Timetable: 5th February – 12th April 2024

Term break: 15th - 26th April 2024

CIT Campus: Bruce

Block Code: FITFTH1T1				
Orientation Session		Monday 5 th February 10:30am – 1:30pm. Room B10 & H137b Bring suitable exercise attire, laptops with email access and earphones (if available).		
Week	Class Time	Tuesday	Wednesday	Thursday
Week 1 5/2/24	9am – 12pm	Fundamental programming Teacher: Jerome Villegas Room: B10/Fit and Well	Principles of Healthy Eating Teacher: Julian Everett Room: B10	
	1pm – 4pm	Fitness Industry Work skills Teacher: Sarah Zeller Room: B10/Flexible	Anatomy and Physiology Teacher: Marcus Tolley Room: B10/Fit and Well/Flexible	Social Media Essentials Teacher: Sarah Zeller Room: B10/H137b/ Flexible
Week 2 12/2/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Tutorials
	1pm – 4pm	Fitness Industry Work skills Teacher: Sarah Zeller Room: B10/Flexible	Anatomy and Physiology	Social Media Essentials Teacher: Sarah Zeller Room: B10/H137b/ Flexible
Week 3 19/2/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Tutorials
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 4 26/2/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Tutorials
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 5 4/3/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming Teacher: Jerome Villegas Room: B10/Fit and Well
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 6 12/3/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 7 18/3/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 8 25/3/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 9 2/4/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 10 8/4/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials

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

28 August 2023

Semester 1 2024

Term 2 Timetable: 29th April – 21st June 2024

CIT Campus: Bruce

Block Code: FITFTH1T1				
Orientation Session		Tuesday 30 th April 10:30am – 1:30pm. Room B10 & H137b Bring suitable exercise attire, laptops with email access and earphones (if available).		
Week	Class Time	Tuesday	Wednesday	Thursday
Week 11 29/4/24	9am – 12pm	Orientation session for new Certificate 3 Fitness students. B10/H137b 10:30am-1:30pm	Customer Service and Sales Teacher: Sarah Zeller Room: B10/Fit and Well	Screening and Fitness Assessment Teacher: Julian Everett Room: B08/B10
	2pm – 5pm	Group Exercise Teacher: Sarah Zeller Room: Hall	CIT WELLBEING DAY TBC Sports Hall 12:30pm-2pm	Group Exercise Teacher: Sarah Zeller Room: Fit and Well
Week 12 6/5/24	9am – 12pm	Tutorials	Group Exercise Teacher: Sarah Zeller Room: Flexible tutorials	Screening and Fitness Assessment
	2pm – 5pm	Group Exercise	Tutorials	Group Exercise
Week 13 13/5/24	9am – 12pm	Tutorials	Group Exercise Room: Library, 10am-12pm	Screening and Fitness Assessment
	2pm – 5pm	Group Exercise	TBC- Fitness Testing with the Certificate 4 Fitness Students Sports Hall 1pm-3:30pm	Group Exercise
Week 14 20/5/24	9am – 12pm	Group Exercise	Group Exercise Room: Online tutorials	Screening and Fitness Assessment
	2pm – 5pm	Tutorials	Workplace Health and Safety Teacher: Marcus Tolley Room: B10/Fit and Well/Flexible	Group Exercise
Week 15 28/5/24	9am – 12pm	Group Exercise Room: Fit and Well (Assessment TBC)	Group Exercise Room: Fit and Well (Assessment TBC)	Screening and Fitness Assessment
	2pm – 5pm	Tutorials	Workplace Health and Safety	Screening and Fitness Assessment
Week 16 3/6/24	9am – 12pm	Group Exercise (Assessment TBC)	Group Exercise (Assessment TBC)	Screening and Fitness Assessment
	2pm – 5pm	Tutorials	Workplace Health and Safety	Screening and Fitness Assessment
Week 17 11/6/24	9am – 12pm	Group Exercise (Assessment TBC)	Group Exercise (Assessment TBC)	Screening and Fitness Assessment
	2pm – 5pm	Tutorials	Workplace Health and Safety	Screening and Fitness Assessment
Week 18 17/6/24	9am – 12pm	Group Exercise (Assessment TBC)	Group Exercise (Assessment TBC)	Screening and Fitness Assessment
	2pm – 5pm	Tutorials	Workplace Health and Safety	Screening and Fitness Assessment

Flexible subjects: these subjects are delivered in various modes including face-to-face, on-the-job, and online. Your teacher will outline student attendance requirements.

Semester 1 2024

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SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C3 Fitness FT Homepage	42020	Marcus, Julian, Sarah & Jerome
Anatomy and Physiology	SPRT 940	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	42013	Marcus Tolley
Fundamental Programming	SPRT 934	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	42014	Jerome Villegas
Principles of Healthy Eating	SPRT 944	SISFFIT052	Provide healthy eating information	42015	Julian Everett
Fitness Industry Work Skills	BUSN 479	BSBPEF301	Organize personal work priorities	42010	Sarah Zeller
	BUSN 589	BSBXTW301	Work in a team	42011	
	SPRT 948	SISXIND009	Respond to interpersonal conflict	42012	
Social Media Essentials	RETL 303	SIRXMKT002	Use social media to engage customers	42016	Sarah Zeller
Provide First Aid	HESC 586	HLTAID011	Provide First Aid	42017	TBC

Semester 1 2024

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CIT Campus: Bruce

Block Code: FITFTH1T1					
SUBJECT TITLE	CIT SUBJECT NUMBER	NATIONAL CODE	UNIT(S) OF COMPETENCY	CRNs	TEACHER
Homepage	ELRN 312	-	C3 Fitness FT Homepage	42020	Marcus, Julian, Sarah & Jerome
Group Exercise	SPRT 932	SISFFIT035	Plan group exercise sessions	42008	Sarah Zeller
	SPRT 933	SISFFIT036	Instruct group exercise sessions	42009	
Workplace Health and Safety	WPHS 101	HLTWHS001	Participate in workplace health and safety	42007	Marcus Tolley
Customer Service and Sales	BUSN 598	BSBOPS304	Deliver and monitor a service to customers	42018	Sarah Zeller
	RETL 301	SIRXSL001	Sell to the retail customer	42019	
Screening and Fitness Assessments	SPRT 929	SISFFIT032	Complete pre-exercise screening and service orientation	42005	Julian Everett
	SPRT 930	SISFFIT033	Complete client fitness assessments	42006	
Provide First Aid	HESC 586	HLTAID011	Provide First Aid	42017	TBC
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.					
<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. <p style="text-align: center;">More information will be provided in class.</p>					

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28 August 2023

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