

Semester 2 2024

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

Term break: 30th September – October 11, 2024.

CIT Campus: Bruce

Block Code: FITFTH1T1				
Orientation Session for New Term 3 2024 enrolments Week 1: Monday 22nd 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	Fundamental programming Teacher: Jerome Villegas Room: B10/Gym	Principles of Healthy Eating Teacher: Julian Everett Room: B10	Social Media Essentials Teacher: Sarah Zeller Room: B10/Flexible**
	1pm – 4pm	Tutorials	Anatomy and Physiology Teacher: Marcus Tolley Room: B10/Gym/Flexible**	Fitness Industry Work skills Teacher: Sarah Zeller Room: B10/Flexible**
Week 2 29/7/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Social Media Essentials
	1pm – 4pm	Tutorials	Anatomy and Physiology	Fitness Industry Work skills
Week 3 5/8/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Social Media Essentials
	1pm – 4pm	Tutorials	Anatomy and Physiology	Fitness Industry Work skills
Week 4 12/8/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Tutorials
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 5 19/8/24	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 26/8/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 7 2/9/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 8 9/9/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 9 16/9/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials
Week 10 23/9/24	9am – 12pm	Fundamental programming	Principles of Healthy Eating	Fundamental programming
	1pm – 4pm	Tutorials	Anatomy and Physiology	Tutorials

* 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: 14th October – 6th December 2024

CIT Campus: Bruce

Block Code: FITFTH1T1				
Orientation Session for New to CIT Fitness Term 4 2024 enrolments				
Week 11: Monday 14 th 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	Group Exercise Teacher: TBC Room: B10	Customer Service and Sales* Teacher: TBC Room: B10/Gym/Flexible**	Screening and Fitness Assessment Teacher: Julian Everett Room: B08/B10
	2pm – 5pm	Group Exercise Teacher: TBC Room: Hall	Workplace Health and Safety Teacher: Marcus Tolley Room: B10/Gym/Flexible**	Screening and Fitness Assessment
Week 12 21/10/24	9am – 12pm	Group Exercise	Customer Service and Sales*	Screening and Fitness Assessment
	2pm – 5pm	Group Exercise	Workplace Health and Safety	Screening and Fitness Assessment
Week 13 28/10/24	9am – 12pm	Group Exercise	Customer Service and Sales*	Screening and Fitness Assessment
	2pm – 5pm	Group Exercise	Fitness Testing with the Certificate 4 Fitness Students Sports Hall 1pm-3:30pm	Screening and Fitness Assessment
Week 14 4/11/24	9am – 12pm	Group Exercise	Group Exercise	Screening and Fitness Assessment*
	2pm – 5pm	Group Exercise	Workplace Health and Safety	Screening and Fitness Assessment*
Week 15 11/11/24	9am – 12pm	Group Exercise*	Group Exercise*	Screening and Fitness Assessment*
	2pm – 5pm	Group Exercise*	Workplace Health and Safety	Screening and Fitness Assessment*
Week 16 18/11/24	9am – 12pm	Group Exercise*	Group Exercise*	Screening and Fitness Assessment*
	2pm – 5pm	Group Exercise*	Tutorials	Tutorials
Week 17 25/11/24	9am – 12pm	Group Exercise*	Group Exercise*	Screening and Fitness Assessment*
	2pm – 5pm	Group Exercise*	Tutorials	Tutorials
Week 18 2/12/24	9am – 12pm	Group Exercise*	Group Exercise*	Screening and Fitness Assessment*
	2pm – 5pm	Group Exercise*	Tutorials	Tutorials
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. 				

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 2 2024

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

Term break: 30th September – October 11, 2024

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		Marcus, Julian, Sarah & Jerome
Anatomy and Physiology (Flexible**)	SPRT 940	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise	50976	Marcus Tolley
Fundamental Programming	SPRT 934	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients	50977	Jerome Villegas
Principles of Healthy Eating	SPRT 944	SISFFIT052	Provide healthy eating information	50978	Julian Everett
Fitness Industry Work Skills (Flexible**)	BUSN 479	BSBPEF301	Organise personal work priorities	50973	Sarah Zeller
	BUSN 589	BSBXTW301	Work in a team	50974	
	SPRT 948	SISXIND009	Respond to interpersonal conflict	50975	
Social Media Essentials (Flexible**)	RETL 303	SIRXMKT002	Use social media to engage customers	50979	Sarah Zeller
Provide First Aid	HESC 586	HLTAID011	Provide First Aid	-	TBC

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

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	50982	Marcus, Julian, Sarah & Jerome
Group Exercise*	SPRT 932	SISFFIT035	Plan group exercise sessions	50971	TBC & Sarah Zeller
	SPRT 933	SISFFIT036	Instruct group exercise sessions	50972	
Workplace Health and Safety (Flexible**)	WPHS 101	HLTWHS001	Participate in workplace health and safety	50970	Marcus Tolley
Customer Service and Sales* (Flexible**)	BUSN 598	BSBOPS304	Deliver and monitor a service to customers	50980	TBC & Sarah Zeller
	RETL 301	SIRXSL001	Sell to the retail customer	50981	
Screening and Fitness Assessments*	SPRT 929	SISFFIT032	Complete pre-exercise screening and service orientation	50968	Julian Everett
	SPRT 930	SISFFIT033	Complete client fitness assessments	50969	
Provide First Aid	HESC 586	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
5:30pm-7:30pm	5:30pm-7:30pm	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.

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