

Certificate III in Fitness (SIS30315) | C3-HS19 | PART-TIME

Semester 1, 2020 Timetable - 10 February 2020 – 22 June 2020

CIT Campus: Bruce

Mid Semester break: 10 April – 27 April 2020

Week 1 Workshop

Saturday 15 Feb- 9:00am to 12:00pm

Topic 1 Introduction to Gym | Topic 2 How To Screen | Topic 3 Group Session | Topic 4 Programming Fundamentals

Tuesday plus flexible and workplace delivery Time: 5:30pm to 8:30pm

Class – B03b

National Code	Unit Code	Unit Title	CRN
Working in the Fitness Industry - Week 1-3			
SISXCCS001	SPRT 723	Provide quality service	
SISXFAC001	SPRT 147	Maintain equipment for activities	
SISXIND001	SPRT 816	Work effectively in sport, fitness and recreation environments	
Fitness Essentials - Week 4 - 36			
SISFFIT004	SPRT 872	Incorporate anatomy and physiology principles into fitness programming	
SISFFIT002	SPRT 870	Recognise and apply exercise considerations for specific populations	
SISFFIT003	SPRT 871	Instruct Fitness programs	
SISFFIT014	SPRT 876	Instruct Exercise to older Clients	

Thursday		Time: 5:30pm to 8:30pm	
		Class room: B03b	
National Code	Unit Code	Unit Title	CRN
Work Health and Safety Week 1 - 4			
HLTWHS001	WPHS 101	Participate in workplace health and safety	
BSBRK401	MGNT 486	Identify risk and apply risk management processes	
Screening and Fitness Assessment - Weeks 5 - 15			
SISFFIT001	SPRT 361	Provide health screening and fitness orientation	
SISFFIT006	SPRT 874	Conduct fitness appraisals	
Instruct Group Exercise Sessions - Weeks 16 - 26			
SISFFIT007	SPRT 875	Instruct Group Exercise sessions	
SISFFIT011	SPRT 921	Instruct approved community fitness programs	
SISXCAI006	SPRT 814	Facilitate groups	
Nutrition and Healthy Eating - Weeks - 27- 36			
SISFFIT005	SPRT 873	Provide Healthy eating information	
First Aid			
HLTAID003	HESC 497	Provide First Aid	
Saturday		Time: 9:00am - 11:00am Room: CIT Fit and Well	Saturday - 2hrs Tutorial from 9am - 11am beginning from Week 1 for Practical and Assessment Assistance

*Students are required to complete **5 x 2 hour Fit & Well Gym Shifts**. Students completing Gym Shifts in either the morning or night have the flexibility to complete shifts at times that work for them, as long as you are completing 2 hours, commencing before 7am and before 6pm. Part time gym shifts will commence from Week 3.

Monday to Friday * 6:00am - 9:00am | * 12:00pm - 2:00pm | * 5:00pm to 8:00pm

Students will be rostered on these shifts at the beginning of the semester. During these shifts, students will be required to complete a range of learning activities, both theory and practical, for the following subjects: Working in the Fitness Industry, Specific Populations, Older Adults and Anatomy and Physiology.

Students will be required to complete the weekly checklist on eLearn using the mobile devices provided and will also be required to bring along other relevant learning material specific to the above subjects.

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

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IMPORTANT INFORMATION FOR STUDENTS

When completing this program you will be engaging in both off-the-job Training and On-the-Job Training. This involves both classroom activities and sessions outside of structured classes. Classroom based activities aim to develop underpinning skills and knowledge and facilitate deeper learning and understanding and on-the-job training focusses on client based practical implementation requirements. CIT Fit & Well will be your workplace and the teacher on shift will be your employer. You will be required to participate in five (5) gym shifts and complete a range of assessable tasks and outcomes. These sessions may include an early morning, lunch, and evening shifts.

Subject Name	Subject Code	National ID	Unit Title	CRN	Teachers
Working in the Fitness Industry	SPRT 723	SIXCCS001	Provide Quality Service		
	SPRT 147	SIXFAC001	Maintain Equipment for Activities		
Fitness Essentials	SPRT 871	SISFFIT003	Instruct Fitness Programs		
	SPRT 876	SISFFIT014	Instruct Exercise to Older Clients		
	SPRT 870	SISFFIT002	Recognise and Apply Exercise Considerations for Specific Populations		
	SPRT 872	SISFFIT004	Incorporate Anatomy and Physiology Principles into Fitness Programming		
Instruct Group Exercise	SPRT 921	SISFFIT011	Instruct approved community fitness programs		
	SPRT 875	SISFFIT007	Instruct Group Exercise Sessions		
	SPRT 814	SIXCAI006	Facilitate Groups		
Screening and Fitness Assessment	SPRT 361	SISFFIT001	Provide Health Screening and Fitness Orientation		
	SPRT 874	SISFFIT006	Conduct Fitness Appraisals		
Work Health & Safety	SPRT 816	SIXIND001	Work Effectively in Sport, Fitness and Recreation Environments		
	MGNT 486	BSBRK401	Identify Risk and Apply Risk Management Processes		
	WPHS 101	HLTWS001	Participate in workplace health and safety		
Nutrition and Healthy Eating	SPRT 873	SISFFIT005	Provide Healthy Eating Information		
CIT will offer First Aid. Extra cost will be involved					
Provide First Aid	HESC 497	HLTAID003	Provide First Aid		

Certificate III in Fitness (SIS30315)| C3-HS19 | FULL-TIME | Block Code: FITFTH1T1

Semester 1, 2020 Timetable - 10 February 2020 – 22 June 2020

CIT Campus: Bruce

Mid Semester break: 10 April – 27 April 2020

TUESDAY	WEDNESDAY	THURSDAY
<p>Weeks 7 to 18 6:00am to 9:00am Fit & Well TBC</p>	<p>Weeks 7 to 18 6:00am to 9:00am Fit & Well TBC</p>	<p>Weeks 7 to 18 6:00am to 9:00am Fit & Well TBC</p>
<p>Weeks 1 - 7 9:30am - 11:30am Screening and Fitness Assessment CRN:44990, 44991 Room: B03b Teacher: Julian Everett</p>	<p>Weeks 1 - 7 9:30am - 11:30am Screening and Fitness Assessment CRN: 44990, 44991 Room: B03b Teacher: Julian Everett</p>	<p>Weeks 1 - 17 9:30am - 11:30am Fitness Essentials CRN: 44996, 44997, 44998, 44999 Room: B03b Teacher: Craig Roxburgh Weeks 1-14 Marcus Tolley Weeks 15-17</p>
<p>Weeks 8-12 9:30am - 11:30am Nutrition and Healthy Eating CRN: 44992 Room: B03b Teacher: Julian Everett</p>	<p>Weeks 8-12 9:30am - 11:30am Nutrition and Healthy Eating CRN: 44992 Room: B03b Teacher: Julian Everett</p>	
<p>Weeks 13 - 17 9:30am - 11:30am Instruct Group Exercise CRN: 44993, 44994, 44995 Room: B03b Teacher: Sarah Zellar</p>	<p>Weeks 13 - 17 9:30am - 11:30am Fitness Essentials CRN: 44996, 44997, 44998, 44999 Room: B03b Teacher: Marcus Tolley</p>	
<p>Weeks 7 to 18 12:00noon to 2:00pm Fit & Well TBC</p>	<p>Weeks 7 to 18 12:00noon to 2:00pm Fit & Well TBC</p>	<p>Weeks 7 to 18 12:00noon to 2:00pm Fit & Well TBC</p>
<p>Weeks 1 – 17 2:30pm - 4:30pm Instruct Group Exercise CRN: 44993, 44994, 44995 Room: B03b Teacher: Sarah Zellar</p>	<p>Weeks 1 - 6 2:30pm - 4:30pm Working in the Fitness Industry CRN: Room: B03b Teacher: Sarah Zellar</p>	<p>Weeks 1 - 4 2:30pm - 4:30pm Workplace Health and Safety CRN: Room: B03b Teacher: Lissa Meggs</p>
	<p>Weeks 7 – 17 2:30pm - 4:30pm Instruct Group Exercise CRN: 44993, 44994, 44995 Room: B03b Teacher: Sarah Zellar</p>	<p>Weeks 5 - 17 2:30pm - 4:30pm Fitness Essentials CRN: 44996, 44997, 44998, 44999 Room: B03b Teacher: Craig Roxburgh Weeks 5-8 Marcus Tolley 9-17</p>
<p>Weeks 7 to 18 5:00pm to 8.00pm Fit & Well TBC</p>	<p>Weeks 7 to 18 5:00pm to 8.00pm Fit & Well TBC</p>	<p>Weeks 7 to 18 5:00pm to 8.00pm Fit & Well TBC</p>

Subject	Teacher	Unit Code	Unit of Competency Title	National Code	CRN	Additional Time/Training Investment
Working in the Fitness Industry	Sarah Zeller	SPRT 723	Provide Quality Service	SISXCCS001	45000	Gym Shift attendance CIT Fit & Well
		SPRT 147	Maintain Equipment for Activities	SISXFAC001	45001	
		SPRT 816	Work Effectively in Sport, Fitness and Recreation Environments	SISXIND001	45002	
Nutrition and Healthy Eating	Julian Everett	SPRT 873	Provide Healthy Eating Information	SISFFIT005	44992	
Fitness Essentials	Craig Roxburgh & Marcus Tolley	SPRT 871	Instruct Fitness Programs	SISFFIT003	44996	
		SPRT 876	Instruct Exercise to Older Clients	SISFFIT014	44997	
		SPRT 870	Recognise and Apply Exercise Considerations for Specific Populations	SISFFIT002	44998	
		SPRT 872	Incorporate Anatomy and Physiology Principles into Fitness Programming	SISFFIT004	44999	
Screening and Fitness Assessment	Julian Everett	SPRT 361	Provide Health Screening and Fitness Orientation	SISFFIT001	44990	
		SPRT 874	Conduct Fitness Appraisals	SISFFIT006	44991	
Instruct Group Exercise	Sarah Zeller	SPRT 921	Instruct exercise programs for body composition goals	SISFFIT011	44993	
		SPRT 875	Instruct group exercise Sessions	SISFFIT007	44994	
		SPRT 814	Provide motivation to positively influence exercise behaviour	SISXCAI006	44995	
Work Health & Safety	Lissa Meggs	MGNT 486	Identify Risk and Apply Risk Management Processes	BSBRSK401	45003	
		WPHS 101	Participate in workplace health and safety	HLTWHS001	45004	
Provide First Aid		HESC 497	Provide First Aid In the event that CIT offers Provide First Aid, extra cost will apply	HLTAID003	NA	

IMPORTANT INFORMATION FOR STUDENTS

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Monday to Friday
 * 6:00am - 9:00am
 * 12:00pm - 2:00pm
 * 5:00pm -8:00pm

Students will be rostered on these shifts at the beginning of the semester. During these shifts students will be required to complete a range of learning activities, both theory and practical, for the following subjects:

Working in the Fitness Industry
 Specific Populations
 Older Adults
 Anatomy and Physiology

Students will be required to complete the weekly checklist on eLearn using the mobile devices provided and will also be required to bring along other relevant learning material specific to the above subjects.

Days	January	February	March	April	May	June
Mon			30	Week 8		1
Tue			31			2 Week 6
Wed	1				1	3
Thur	2				2	4
Fri	3				3	5
Sat	4	1			4	6
Sun	5	2	1		5	7
Mon	6	3	2	Week 4	6	Week 9 4 Week 2 8
Tue	7	4	3		7	9 Week 7
Wed	8	5	4		8	10
Thur	9	6	5		9	11
Fri	10	7	6		10	12
Sat	11	8	7		11	13
Sun	12	9	TERM 1 8		12	14
Mon	13	10	Week 1 9		13	11 Week 3 15 Week 8
Tue	14	11		Week 5 14		16
Wed	15	12			15	17
Thur	16	13			16	18
Fri	17	14			17	19
Sat	18	15			18	20
Sun	19	16			19	21
Mon	20	17	Week 2 16	Week 6 20		18 Week 4 22 Week 9
Tue	21	18			21	23
Wed	22	19			22	24
Thur	23	20			23	25
Fri	24	21			24	26
Sat	25	22			25	27
Sun	26	23			26	28
Mon	27	24	Week 3 23	Week 7 27	TERM 2 24	25 Week 5 29
Tue	28	25			28	30 Week 1
Wed	29	26			29	
Thur	30	27			30	
Fri	31	28				29
Sat		29				30
Sun			29			31

Legend:	PUBLIC HOLIDAY	HOLIDAY	WEEKEND	SCHOOL DAYS
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Semester 2, 2020

Timetables: Certificate III in Fitness (SIS30315) | C3-HS19 Application Type: Standard Block Code:

Days	July	August	September	October	November	December				
Mon	31		Week 6		30	Week 8				
Tue		1				1				
Wed	1	2				2				
Thur	2	3		1		3				
Fri	3	4		2		4				
Sat	4	5		3		5				
Sun	5	6		4	1	6				
Mon	6	Week 2	7	Week 7	5	2	Week 4	7	Week 9	
Tue	7	8		6		3		8		
Wed	8	9		7		4		9		
Thur	9	10		8		5		10		
Fri	10	11		9		6		11		
Sat	11	12		10		7		12		
Sun	12	13		11	TERM 4	8		13		
Mon	13	10	Week 3	14	Week 8	12	Week 1	9	Week 5	14
Tue	14	11		15		13		10		15
Wed	15	12		16		14		11		16
Thur	16	13		17		15		12		17
Fri	17	14		18		16		13		18
Sat	18	15		19		17		14		19
Sun	19	16		20		18		15		20
Mon	20	17	Week 4	21	Week 9	19	Week 2	16	Week 6	21
Tue	21	18		22		20		17		22
Wed	22	19		23		21		18		23
Thur	23	20		24		22		19		24
Fri	24	21		25		23		20		25
Sat	25	22		26		24		21		26
Sun	26	TERM 3	23	27		25		22		27
Mon	27	Week 1	24	Week 5	28	26	Week 3	23	Week 7	28
Tue	28	25		29		27		24		29
Wed	29	26		30		28		25		30
Thur	30	27				29		26		31
Fri	31	28				30		27		
Sat		29				31		28		
Sun		30						29		

Legend: PUBLIC HOLIDAY HOLIDAY WEEKEND SCHOOL DAYS

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