



**THE EAGLE
ACADEMY**
www.eagleacademy.com.au

CRICOS NO 02480G, RTO No 30895

CERTIFICATE III IN FITNESS

COURSE CODE: SIS30315

CRICOS COURSE CODE: 091715M



NATIONALLY
RECOGNISED
TRAINING



This qualification provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities.

Qualification outcomes include providing exercise instruction for groups, teams or gym programs. Work may be undertaken in locations such as gyms, fitness facilities, pools, community facilities or outdoor environments.

Campus:

Brisbane and Gold Coast

Duration:

12 months
(40 weeks tuition +
12 weeks holiday)

Mode of Study:

- Blended: Face to face and distance education.
- International students are expected to study 20 hours per week (13.5 hours on campus and 6.5 hours distance education).

Start Date:

Any Monday of the academic calendar

Course Fee:

- Please contact us for information on our prices and payment options.
- Government funding may be available for eligible domestic students.
- See our website for current specials and information on Government Funding.

Pre-requisites

- English to an "intermediate" level
- Completion of Year 10 (Australia), or equivalent.
- Students can apply for Recognition of Prior Learning, or Direct Credit if eligible.

For more information contact:
info@eagleacademy.com.au
or visit:
www.eagleacademy.com.au

COURSE INFORMATION

Units:

Students must study ALL 16 units below to gain the Qualification

SISFFIT006	Conduct fitness appraisals
SISXCAI006	Facilitate groups
BSBRSK401	Identify risk and apply risk management processes
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT011	Instruct approved community fitness programs
SISFFIT014	Instruct exercise to older clients
SISFFIT003	Instruct fitness programs
SISFFIT007	Instruct group exercise sessions
SISXFAC001	Maintain equipment for activities
HLTWHS001	Participate in workplace health and safety
HLTAID003	Provide first aid
SISFFIT001	Provide health screening and fitness orientation
SISFFIT005	Provide healthy eating information
SISXCCS001	Provide quality service
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISXIND001	Work effectively in sport, fitness and recreation environments



Assessment Methods:

This course is assessed using a combination of written assessments and practical skills observations.

Inclusions:

- Use of the Fitness Centre at the relevant campus
 - Course timetable at each campus with a range of times to attend sessions
 - Tuition sessions that are trainer supervised and assisted to work through your course
 - Sessions may also include formal assessment, excursions and supervised practice outside of the classroom (e.g. gym)
 - Student computers are available on a first in first served basis
- Course inclusions cannot be exchanged or transferred.

International Students

Education agents can act on our behalf to recruit students. This course has no attendance monitoring requirements. Progress is monitored for visa compliance purposes.