

SIS30321

Certificate III in Fitness

Sero Institute partners with the industry-leading Diamond Fitness team to deliver industry-recognised training for those learners starting out in the fitness industry.

Sero Institute with Diamond Fitness has developed this fitness coach course that will provide you with the training and skills you need to become a qualified group exercise and gym instructor. This fitness coach course will train the fundamental skills needed to kickstart your career, specialising in group exercise and gym instructor.

Students will attend our state-of-the-art Diamond Fitness training facility at Osborn Park to undertake face-to-face intensive training. Throughout this course, you will discover the latest fitness and training principles and how to incorporate the latest health and nutrition information into your programs. You will build the skills to conduct fitness tests and appraisals with your clients as well as gain an understanding of how to work in the sport, fitness and recreational environments.

Students who successfully complete this qualification can work in the following occupations:

- Fitness Coach
- Gym Instructor
- Group Exercise Instructor
- Fitness Manager

Study mode: Blended (Face-to-face at Diamond Fitness and online study)



Duration: School Academic Year – attendance 1 day per week during school term



✓ **No prerequisites**

✓ **VET in school year 11 and 12 students**

✓ **Interactive course and industry-leading coaches**



Jumpstart your career in the fitness industry!

Training and assessment

This course includes over 30 sessions with a range of knowledge and skills assessments to ensure you are industry-ready.

Entry requirements

To be eligible for this course, students must have a keen interest in fitness, have a personal computer, be in year 11, and meet Sero Institute's entry criteria, which includes an eligibility interview and achieve satisfactory levels of language, literacy and numeracy.

Pathways after course

SIS40221 Certificate IV in Fitness
SIS50321 Diploma of Sport

Contact

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Units of competency

SISSCO007 Apply sport psychology principles

SISFFIT032 Complete pre-exercise screening and service orientation

SISFFIT033 Complete client fitness assessments

BSBPEF301 Organise personal work priorities

HLTWHS001 Participate in workplace health and safety

SISFFIT047 Use anatomy and physiology knowledge to support safe and effective exercise

SISFFIT040 Develop and instruct gym-based exercise programs for individual clients

BSBOPS304 Deliver and monitor a service to customers

SISFFIT035 Plan group exercise sessions

SISFFIT036 Instruct group exercise sessions

SISFFIT052 Provide healthy eating information

SISFFIT037 Develop and instruct group movement programs for children

BSBXTW301 Work in a team

SISXIND009 Respond to interpersonal conflict

HLTAID011 Provide First Aid