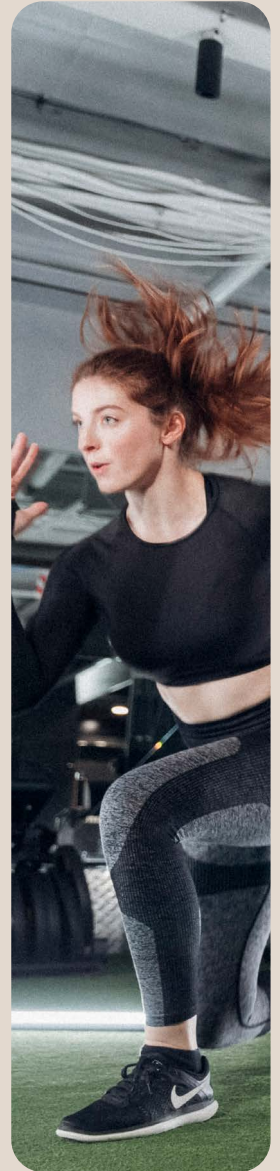


FOLLOW YOUR PASSION

BECOME A QUALIFIED FITNESS INSTRUCTOR



SIS30321

CERTIFICATE III IN FITNESS

OnePlayground

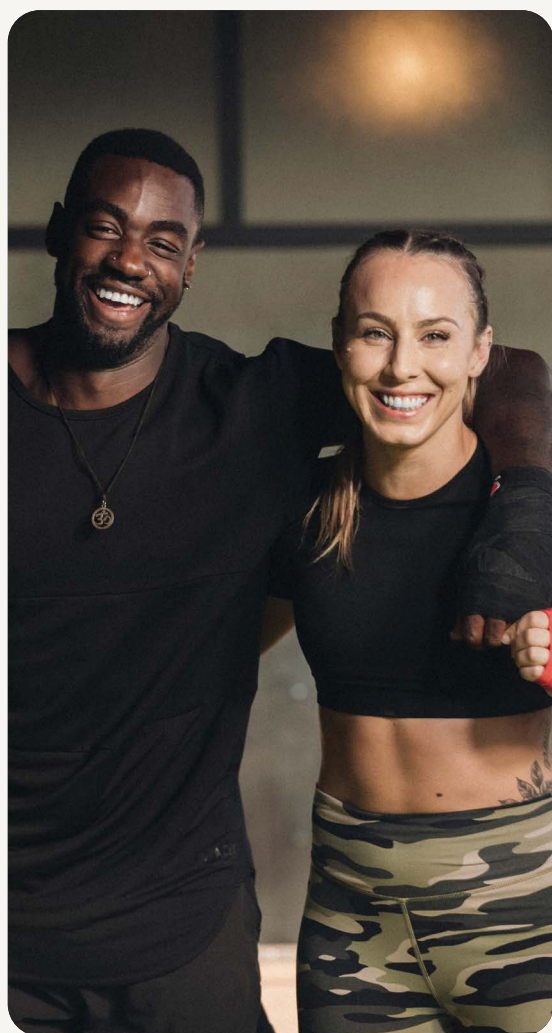
ACADEMY

BECOME A QUALIFIED FITNESS INSTRUCTOR

CERTIFICATE III IN FITNESS

With One Playground Academy's SIS30321 Certificate III in Fitness, you will gain the knowledge and skills you need to conduct fitness assessments, as well as design and deliver fitness programs that help people achieve their goals. From the moment you graduate, you will possess a comprehensive understanding of fitness and training fundamentals, including anatomy and physiology principles. You will also learn the latest in healthy eating trends and motivational strategies to assist new clients through-out their journey.

Enquire today for a full course outline: academy@oneplayground.com.au



WHAT WILL I LEARN?

By the time you have qualified as a Fitness Instructor, you will have completed modules in:

CORE	HLTAID011	Provide First Aid
	SISFFIT032	Complete pre-exercise screening and service orientation
	SISFFIT033	Complete client fitness assessments
	SISFFIT035	Plan group exercise sessions
	SISFFIT036	Instruct group exercise sessions
	SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
	SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
	SISFFIT052	Provide healthy eating information
	BSBPEF301	Organise personal work priorities
	BSBOPS304	Deliver and monitor a service to customers
ELECTIVE	HLTWHS001	Participate in workplace health and safety
	SISXFAC002	Maintain sport, fitness and recreation facilities
	SISXFIN002	Process financial transactions
	SISSSCO007	Apply sport psychology principles
	SISXIND010	Protect children and young people

CAREER OPPORTUNITIES

With your Certificate III in Fitness you can become a:

- Group Fitness Instructor
- Gym Instructor

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ENTRY REQUIREMENTS

There are no entry requirements for this qualification.

COURSE DELIVERY

Online Learning

Study online at a time and pace that suits you.

WORK PLACEMENT

In partnership with One Playground, you will have the opportunity to complete work placement and practical hours supported by a One Playground Academy mentor.

Already know a qualified Fitness Instructor?

You can also choose your own work placement under the supervision of your chosen course mentor.

START DATE

For further information and about enrolment and intake, please contact student support services:

Email: academy@oneplayground.com.au