



Join our VET in  
School Program

**LIVE YOUR  
PASSION**

**SIS30321** CERTIFICATE III IN FITNESS

**CIII**

**TAKE THE FIRST  
STEP INTO YOUR  
FITNESS CAREER**

SIS30321 Certificate III in Fitness will give you the core skills needed to help train people in the gym. This qualification provides a great foundation for studying more advanced programs like the SIS40221 Certificate IV in Fitness.

This program will help you build a strong foundation in all kinds of training techniques like cardio, circuit training, flexibility, resistance training and training groups.

You'll also learn how to instruct using basic fitness equipment, develop general fitness programs and provide nutritional advice to clients.

VFA Learning is all about learning through doing, you'll spend plenty of time in the gym!

This course is a VET in School program and students are enrolled through their school's VET coordinators or career teachers.



**Scan the QR Code**  
& register your details for more info!

**FIND OUT MORE**  
**Call us today on 1300 304 329**  
[vfalearning.vic.edu.au](http://vfalearning.vic.edu.au)

## Course Overview

### Training Package – Current

**Duration:** 2 years

4.5 hours of Structured Training and Assessment per week.

**Each week of training, students will complete:**

- > 1 day of classroom based training and assessment per week during school term
- > Catch up classes will run during school holidays

**Intake:** Part time: January 2025

**Delivery Methods:** Face to Face / Classroom based with large practical element / Workplace experience / Self Directed Learning

**Assessment Methods:** Written Questions / Observations / Case Studies / Assignment / Workplace Logbook

**Delivery Mode:** On-Campus

**Entry Requirements:** Successful completion of VFA Learning Pre-Training Review and approved Language, Literacy and Numeracy Test (LLN). Students must be enrolled in a senior Secondary Program.

To view student entry procedure of this course, go to [www.vfalearning.vic.edu.au](http://www.vfalearning.vic.edu.au)



## Work Placement

As part of the VET in School Program, students must complete paid employment at an appropriate business.

## Career Outcomes

With the SIS30321 Certificate III in Fitness you can work as a Fitness Instructor.

Aboriginal and Torres Strait Islander students as well as students from culturally and linguistically diverse backgrounds are encouraged to apply.

## Units of Competency

### Year 1 Unit 1

BSB0PS304	Deliver and monitor a service to customers
HLTWHS001	Participate in workplace health and safety
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT052	Provide healthy eating information

### Year 1 Unit 2

SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise
BSBPEF301	Organise personal work priorities
HLTAAP001	Recognise healthy body systems
HLTAID011	Provide First Aid (or a unit that supersedes this unit)

### Year 2 Units 3 & 4

SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients
SISCCR001	Plan and conduct recreation programs for older person
SISXIND009	Respond to interpersonal conflict

## Key Areas of Study

- > **Exercise Assessment & Programming**  
Learn how to develop, manage and instruct fitness programs for clients of all ages.
- > **First Aid**
- > **Risk management**
- > **Customer service**
- > **Anatomy & physiology**
- > **Nutrition**

