## School of Health, Medical & Applied Sciences

### SIS30315 Certificate III in Fitness
Course Planner – July 2019 Onwards
(Mixed Mode)

<table>
<thead>
<tr>
<th>Sequence</th>
<th>Unit Code</th>
<th>Unit Name</th>
<th>Unit Type</th>
<th>Credit/RPL</th>
<th>Passed/Enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>See disclaimer</td>
<td>HLTAID003</td>
<td>Provide First Aid</td>
<td>CORE ELECTIVE</td>
<td></td>
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<tr>
<td>Jul 2019</td>
<td>HLTWHS001</td>
<td>Participate in Workplace Health and Safety</td>
<td>CORE ELECTIVE</td>
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<tr>
<td>Sep 2019</td>
<td>SISFFIT005</td>
<td>Provide Healthy Eating Information</td>
<td>CORE</td>
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<tr>
<td>Nov 2019</td>
<td>BSBRSK401</td>
<td>Identify Risk and Apply Risk Management Processes</td>
<td>CORE ELECTIVE</td>
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<tr>
<td>Feb 2020</td>
<td>SISFFIT004</td>
<td>Incorporate Anatomy and Physiology Principles Into Fitness Programming</td>
<td>CORE</td>
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<tr>
<td></td>
<td>SISFFIT001</td>
<td>Provide Health Screening and Fitness Orientation</td>
<td>CORE Client Orientation</td>
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<tr>
<td></td>
<td>SISFFIT006</td>
<td>Conduct Fitness Appraisals</td>
<td>CORE ELECTIVE</td>
<td>Client Orientation</td>
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<tr>
<td></td>
<td>SISXCCS001</td>
<td>Provide Quality Service</td>
<td>CORE Client Orientation</td>
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<tr>
<td></td>
<td>SISXFAC001</td>
<td>Maintain Equipment for Activities</td>
<td>CORE</td>
<td></td>
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<tr>
<td>Apr 2020</td>
<td>SISXIND001</td>
<td>Work Effectively in Sport, Fitness and Recreation Environments</td>
<td>CORE</td>
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<tr>
<td></td>
<td>SISFFIT007</td>
<td>Instruct Group Exercise Sessions</td>
<td>CORE ELECTIVE</td>
<td>Group Exercise</td>
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<td></td>
<td>SISFFIT011</td>
<td>Instruct Approved Community Fitness Programs</td>
<td>CORE ELECTIVE</td>
<td>Group Exercise</td>
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<tr>
<td></td>
<td>SISXCAI006</td>
<td>Facilitate Groups</td>
<td>CORE ELECTIVE</td>
<td>Group Exercise</td>
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<tr>
<td>May 2020</td>
<td>SISFFIT003</td>
<td>Instruct Fitness Programs</td>
<td>CORE Resistance Training</td>
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<tr>
<td></td>
<td>SISFFIT002</td>
<td>Recognise and Apply Exercise Considerations for Specific Populations</td>
<td>CORE Resistance Training</td>
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<td></td>
<td>SISFFIT014</td>
<td>Instruct Exercise to Older Clients</td>
<td>CORE Resistance Training</td>
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</tr>
</tbody>
</table>

**Total Units: 16**

✓ Completed

**DISCLAIMER:** To complete the unit HLTAID003 students will need to enrol into the Accredited Short Course ACC00068 - Short Course in First Aid and CPR with CQUniversity or complete the HLTAID003 unit with an external Registered Training Organisation (RTO).
MORE DETAILS:

To satisfy the requirements for the award of SIS30315 Certificate III in Fitness, students must complete 16 units.

Study Mode/Recommended Study Schedule
Mixed Mode delivery has intakes in February, March, April, May, June, July, August, September, October and November. Students must attend five (5) practical weekends held at CQUniversity Mackay City, CQUniversity Rockhampton or CQUniversity Cairns. Practical weekend dates will be provided at the commencement of the course.

On-campus delivery has intakes at the CQUniversity Mackay City campus in February, March, April, May, June, July, August, September and October.

Students completing both the SIS30315 Certificate III in Fitness AND SIS20115 Certificate II in Sport and Recreation courses are encouraged to contact the Course Advice Team by emailing spc@cqu.edu.au to request a personalised planner as there is a crossover of units.

Please refer to the More Details tab of your course page in the CQU Handbooks for further information.

Course Structure Requirements
In the SIS30315 Certificate III in Fitness course, students are required to complete the following course structure:

- 9 Core Units
- 7 Elective Units

Course Duration
On-campus Full Time – 6 months
Mixed Mode Part Time - 10-18 months

Student Outcomes, Career Opportunities and Occupations
Successful completion of this course may lead to career opportunities as a Fitness Instructor (Gym) or Fitness Instructor (Group Exercise).

Credit Transfer & Recognition of Prior Learning
Credit Transfer: Please refer all enquiries regarding credit transfer for your previous studies to your teacher.

Recognition of Prior Learning (RPL): If you would like to apply for RPL for your on-the-job experience, you can request an RPL kit by emailing rpl@cqu.edu.au.

Pathway into Further Education
SIS40215 Certificate IV in Fitness

If you have any questions in regard to your course, please contact the Course Advice Team:

PLEASE CHECK THE CQU HANDBOOK FOR TERM AVAILABILITIES AND PRE-REQUISITES AS THEY MAY CHANGE FROM YEAR TO YEAR http://handbook.cqu.edu.au

Important Note: This Course Planner has no formal or legal status but is used to assist students in planning their course. Students should refer to the official University database and/or University transcripts to ensure they are meeting course requirements.
Last Updated: 23/01/2019