

Pre-enrolment Information



SIS30315

Certificate III in Fitness

Geraldton

Training Package Version

1.0

PRE-ENROLMENT INFORMATION

WHY CHOOSE TAFE?

More courses, more qualifications, more places to learn. Full time, part time, on campus, online, in your workplace or any combination of these.

With more than 980 TAFE qualifications to choose from, delivered by five TAFE colleges at campuses right across Western Australia, there are more opportunities than ever for you to make your name.

From Certificate I to Advanced Diploma level, TAFE specialises in combining theory with practical training in industry relevant learning environments. This ensures you are well equipped with the skills you need to enter the workforce, gain a promotion or undertake further study via one of our university pathways upon completion of your qualification.

For more information about TAFE and Central Regional TAFE, check out our website at www.centralregionaltafe.wa.edu.au

Course Information

Course Title	
SIS30315 Certificate III in Fitness Training Package Version 1.0	
Packaging Information	16 units must be completed: <ul style="list-style-type: none"> • 9 core units • 7 elective units, consisting of: <ul style="list-style-type: none"> • All units in Groups A, B or C • Remaining units to make up the required 7 elective units from Group D; maximum of 2 units may be selected elsewhere in SIS Training Package, or any other current Training Package or accredited course.
Duration	6 Months
Location	Geraldton

Unit of competency (National code and title)	Core or Elective	Pre-requisite	Amount of training (For the standard learner, suggested hours may change based on needs of individual learners)
SISFFIT004 Incorporate anatomy and physiology principles into fitness programming	Core	N/A	<i>Total amount of Training-168 Hours</i> <i>Face to Face - 100</i> <i>Gym Practical Assessments- 8</i> <i>Prescribed Learning Theory- 20</i> <i>Prescribed Learning Practical- 20</i> <i>Work placement- 20</i>
SISFFIT003 Instruct fitness programs	Core		
SISFFIT001	Core		<i>Total amount of Training-42 Hours</i> <i>Face to Face- 24</i> <i>Gym Practical Assessments-3</i> <i>Prescribed Learning Theory- 10</i> <i>Work placement-5</i>
SISFFIT006	Elective		
SISFFIT005 Provide healthy eating information	Core		<i>Total amount of Training- 37 Hours</i> <i>Face to Face- 24</i> <i>Client Practical Assessments- 3</i> <i>Prescribed Learning Theory -10</i>
BSBRK401 Identify risk and apply risk management processes	Elective		<i>Total amount of Training-45 Hours</i> <i>Face to Face- 30</i> <i>Prescribed Learning Theory -10</i> <i>Work placement - 5</i>

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HLTWHS001 Participate in workplace health and safety	Elective		<p>Total amount of Training-45 Hours</p> <p>Face to Face- 30</p> <p>Prescribed Learning Theory -10</p> <p>Work placement - 5</p>
SISXFAC001 Maintain equipment for activities	Core		<p>Total amount of Training-15 Hours</p> <p>Face to Face- 10</p> <p>Work placement -5</p>
SISFFIT002 Recognise and apply exercise considerations for specific populations	Core		<p>Total amount of Training-104 Hours</p> <p>Face to Face- 74</p> <p>Client Practical Assessments- 10</p> <p>Prescribed Learning Theory -20</p>
SISFFIT014 Instruct exercise to older clients	Core		
SISCAQU008 Instruct water familiarisation, buoyancy and mobility skills	Elective		<p>Total amount of Training-97 Hours</p> <p>Face to Face - 47</p> <p>Gym Practical Assessments- 10</p> <p>Prescribed Learning Theory- 20</p> <p>Prescribed Learning Practical- 20</p>
SISFFIT008 Instruct water-based fitness activities	Elective		
SISXIND001 Work effectively in sport, fitness and recreation environments	Core		<p>Total amount of Training-57 Hours</p> <p>Face to Face - 27</p> <p>Prescribed Learning Theory- 10</p> <p>Work placement- 20</p>
SISXCCS001 Provide quality service	Core		
HLTAID003 Provide first aid	Elective		<p>Total amount of Training-14Hours</p> <p>Face to Face- 10</p> <p>Practical assessments - 4</p>
SISCAQU002 Perform basic water rescues	Elective		<p>Total amount of Training-14 Hours</p> <p>Face to face- 5</p> <p>Practical assessments- 9</p>

Entry Requirements

Search for your course on our website at www.centralregionaltafe.wa.edu.au and you can find detail on the entry requirements for this course.

This qualification under the SIS Sport, Fitness and Recreation Package is not suitable for learners under the age of 18.

No other entry requirements in the training package.

Career Pathways

Your course provides you with skills and knowledge to enter the workforce in varied job roles as well as further education. Details can be found on our website at www.centralregionaltafe.wa.edu.au

Upon successful completion of the full course students may seek employment as an instructor within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for groups, aqua or gym populations in a controlled environment such as fitness, leisure, aquatic and community centres.

Individuals who specialise in Aqua Exercise Instruction may deliver water-based exercise sessions designed for participation by a group of clients. Sessions may be freestyle, pre-choreographed or circuit style. They also have the skills to rescue a client in distress, and an appropriate level of pool deck fitness and endurance.

Individuals who specialise in Gym Instruction may provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

Exit points:

Upon completion of this qualification students may undertake a Certificate IV in Fitness SIS40215, followed by the Diploma in Fitness SIS50215.

Students must advise Central Regional TAFE in writing intend to withdraw at any time from the course. Students will be required to complete and submit an Application for Withdrawal or Refund form. Phone 9956 2700 for further information.

To contact student services at your local campus call 1800 672 700 or (08) 9088 6700, or via email at info@crtafe.wa.edu.au

Should a learner not be able to complete all the Units of Competency required to be awarded this qualification they will be awarded a Statement of Attainment for the individual units for which they have been assessed as competent.

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Course Costs

You will find detailed information about your course costs and how the costs are compiled on the Central Regional TAFE website here :

<http://www.centralregionaltafe.wa.edu.au/futurestudents/feespaymentoptions>

Alternatively, check the drop down box for FEES on your course page on the website which will also have details about the course fees.

Textbooks and Learning Materials

Our physical and online library has a wide range of written and electronic resources useful to your course. You can find our online library on the Central Regional TAFE website at :

<http://www.centralregionaltafe.wa.edu.au/currentstudents/librarybookshop>

For on campus students your learning materials for each unit will be provided to you as you progress through the semester and the price is incorporated in your enrolment fees. If you are enrolled off campus other information about your learning materials and purchases will be provided with your enrolment.

Booklist:

All students will be required to purchase the following two resources.

Books can be purchased online from the following suppliers:-

1. Pearsons.com

The Essential Guide to Fitness + eText + Companion Website (2e) \$103.95

or

The Essential Guide To Fitness + Companion Website (2e) \$90.95

2. Booktopia.com

Strength Training Anatomy \$26.75

Frederic Delavier

Other Course Requirements

Some courses may require you to provide additional resources such as Personal Protective Equipment (PPE) or uniforms. A list is provided below.

Uniforms:

Students are required to purchase a Uniform. Uniforms will be organised in the classroom. Students are required to obtain a Polo shirt (Approximately \$40) to be worn during Work Placement and when conducting programs. A singlet may be obtained (Approximately \$30) to be worn when completing Gym work as part of classroom learning activities.

Black/Blue sports shorts plus appropriate footwear will be required as part of their uniform. This will enable the students to be recognized and to develop the required professional standard of dress for the industry.

A hat and whistle is also required for this course as there may be activities conducted outside and must be brought to each class.

Working With Children Check:

To work in the Sport and Recreation/Fitness Industry a Working with Children Check is required. WWCC do not issue to under 18's as a volunteer or student.

Once a student turns 18 it will be your responsibility to obtain your WWCC as soon as possible.

National Police Clearance

To work in the Sport and Recreation/Fitness Industry a National Police Clearance is required.

First Aid:

The Fitness Industry recognizes the importance of obtaining this qualification to assist in gaining employment in this Industry area.

We have arranged for students to complete the Provide First Aid course as a part of this course.

Central Regional TAFE has a partnership arrangement with The Royal Life Saving Society Western Australia Inc (RLSSWA) RTO # 0854 to deliver and assess this unit on their behalf. RLSSWA are the Registered Training Organisation (RTO) therefore Central Regional TAFE follows all of RLSSWA's organisational policies and procedures when delivering and assessing all units of competence. All correspondence related to the policies and procedures should be directed to the office (08) 9383 8200. RLSSWA's policies and procedures can be found here <https://www.royallifesavingwa.com.au/programs/vocational-training/rto-policies> A fee of \$18.70 will be paid to RLSSWA for issuance of Certificates/statements of attainments.

First Aid training is being offered for Cert III Fitness students at Central Regional TAFE (H Block) on Friday 26th July and 2nd August February– H113 2019 from 8:30 to 4:00pm.

If you already have a current Senior First Aid qualification (HLTAID003) then by showing a copy of your qualification you can receive a transfer of credit for this unit.

Do not enroll in this unit if you have a current First Aid Certificate.

Work Placement

Work Placement provides a practical opportunity for students to develop skills in a real life situations. A work placement is required for this course.

Work Placement:

You will be required to complete a Work Placement Program where you will gain experience at working at major Fitness Centre's in Geraldton.

- A Work Placement Program and roster will be developed during class.
- This Program will be dependent on Individual Fitness Centre's requirements, the class Timetable and individual student's work/sport and family commitments.
- The Training Package requires that a minimum of 30 hours of Placement be completed.
- Students will be required to complete a Log Book detailing the hours worked and a description of the tasks completed during Work Placement.

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STUDY OPTIONS

Central Regional TAFE aims to provide varied options for study to suit your needs. Not all courses are available at all campuses in the same way.

The following options are available in this course at this campus. For additional information about flexible study options at all of our campuses please check the courses pages on the Central Regional TAFE website.

- Face to Face
- 6 months. Full time, 3.5 days per week + Work Placement.
- Students are expected to allow a minimum of 5 hours per week home study time

YOUR TIMETABLE

Geraldton Campus students can locate their Timetables from the myPortal page on the Central Regional TAFE website.

You can also subscribe to your timetable so that you can view in your own Calendar. Details on how to subscribe to your Calendar can be found on the myTimetable link in the Student Portal.

Term 1 (Draft)

First Aid- Friday 26th July & 2nd August– H Block

Bronze Medallion- Friday 9th & 16th August - Aquarena

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am- 12:00 am	Maintenance WHS CR TAFE Room H113	Special Pops CR TAFE Room H113	Fitness Evaluation CR TAFE Room H113	Special Pops CR TAFE Room H113	Work Placement
12:00-12:30 LUNCH BREAK					
12:30pm - 3:30	A&P, Programming CR TAFE Room H113/Club Rocky's	A&P, Programming CR TAFE Room H113/Club Rocky's	Work Placement	Aqua Instructor CR TAFE Room H113/Aquarena	Work Placement

Term 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am- 12:00 am	Risk CR TAFE Room H113	Special Pops CR TAFE Room H113	Nutrition CR TAFE Room H113	Aqua Instructor CR TAFE Room H113/Aquarena	Work Placement
12:00-12:30 LUNCH BREAK					
12:30pm - 3:30	A&P, Programming CR TAFE Room H113/Club Rocky's	Work Placement	Industry Skills CR TAFE Room H113	Work Placement	Work Placement

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