SIS30315 Certificate III in Fitness

National ID: SIS30315 | State ID: AWN5

About this course

Gain the knowledge and skills to step into the dynamic and fast paced world of Fitness

Immerse yourself in practical leaning in our fully equipped gymnasiums at our Perth or Joondalup campuses located just five minutes walk from the train line.

We offer real world knowledge to plan and conduct fitness programs for a variety of clients and to build up your communication, organisation and time management skills through our locally, and nationally qualified team of lecturers.

You will learn about the roles of fitness instruction and exercise science while gaining an overview of work performance in the industry. You will undertake Industry relevant learning in areas that include; anatomy, physiology, appraisals and programming, analysis of risk, responding to emergency situations and the maintenance of equipment.

As part of this qualification, you will undertake a supervised work placement in the Fitness Industry where you will be able to apply the skills and knowledge you have learned.

Gain these skills

- Ability to deliver Circuit style classes, to athletes or the general community, including youth and young teens
- Practical skills for working with a wide range of clients including youth, older adults and individuals with disabilities
- Communication skills to positively motivate others to succeed in their fitness goals

Is this course right for me?

I have the following attributes:

- Basic math skills
- Passionate about helping others achieve their health and fitness goals
- Enthusiastic, energetic and customer-focused
Exceptional multi-tasking skills and “can do” attitude
Team player

Details

During your course of study, NMTAFE may use a variety of learning practices to ensure you get the best outcome for your learning journey. This may include online learning, face-to-face classroom, laboratory/workshop delivery, work placement or a combination of these, depending on which is most appropriate.

Entrance requirements

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<tr>
<th>School Leaver</th>
<th>Non-School Leaver</th>
<th>AQF</th>
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<tr>
<td>OLNA or NAPLAN 9 Band 8</td>
<td>C Grades in Year 10 English and Maths or equivalent</td>
<td>Certificate I or Certificate II</td>
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Further study

North Metropolitan TAFE offers you a range of further study opportunities, see below for a list of related courses.

Job opportunities

Gym Instructor | Fitness Instructor

Please note this list should be used as a guide only as job titles and qualification requirements may vary between organisations.

Important information

Classes will be delivered over three days each week.

Fees and charges

Local full time students

Course fees are made up of two components, tuition fees and resource fees.

Tuition fees are determined by multiplying the course fee rate by the nominal hours, which is the number of hours in which an average student could be expected to complete each unit. They are not the hours of training or instruction.

Resource fees are charges for material that are essential to a course or unit, and are purchased by NMT to be used by students during the course.

Fees may vary depending on the units you are enrolled in so an approximate amount has been shown. You will be given the exact amount of your fees at enrolment. Part time student fees will vary depending on the number of units
you are enrolled in.

Please note, you may also need to buy textbooks or equipment for your course.

**International Students**

Check [TAFE International WA](https://www.tafeinternational.wa.edu.au) to confirm this course is available to international students. You will pay your tuition fees to TIWA.

*Please note, fees are subject to change.*