AUSTRALIAN COLLEGE
EXPANDING YOUR HORIZONS

Course Brochure

SIS30321 + SIS40221
Dual Certificates in Fitness

www.australiancollege.edu.au

Why should you choose to study with Australian College?

Flexible Learning

- Self paced
- Access your training wherever and whenever suits your lifestyle

Unparallelled Support

- Full access to your virtual campus 24/7
- Unlimited trainer, assessor and student services support throughout your studies

Payment Plans To Suit You

- Flexible, cost-effective, interest free, payment options
- Price-match opportunity available

More Opportunities For You

- Thousands of our students have already graduated with nationally recognised qualifications
- Begin an exciting career with some of the best-known companies in Australia or Internationally
- Own and operate your own business
- Up skill and climb the corporate ladder
- Learn something different and take your hobby to the next level

Join our graduates enjoying successful, exciting careers across many industries.

Our Courses

Use our key to help you identify where you're at and which course would be suitable for you.

Certificate level	Description
Certificate II	First job or entry into the workforce.
Certificate III	VET education for high school students.
Certificate IV	Already employed in an entry level job and looking to expand your knowledge, move up the corporate ladder.
Diploma	Already working and looking to move into a frontline management role, more senior position, or area of specialisation.

Accredited Courses

SIS30321 Certificate III in Fitness and SIS40221 Certificate IV in Fitness

COURSE SUMMARY

Course Code:	SIS30321 + SIS40221	Flexible duration:	Up to 30 months
Qualification gained:	Certificate III and Certificate IV in Fitness	Study load:	Self-paced
Training Package:	SIS Sport, Fitness and Recreation Training Package	Start date:	Start anytime
Nationally recognised:			

Weekly Duration: A minimum of 20hrs/week of structured learning and 8-10 hrs of assessment preparation is recommended for each unit of competency

Delivery Methods: Self-paced completed online in your own time, at your own pace. We provide our students ongoing support throughout the course duration via telephone, emails and/or virtual online meetings with the trainer/assessor, on request.

It is recommended that students have access to a real sport, fitness and/or recreation work environment to be able to practice their skills while learning and completing assessment tasks which may require specific software and equipment

*Note: It is the student's responsibility to organise their own access to a real work-specific environment for the course

Assessment method: Knowledge/theory-based short answer questions, case-studies, audio/video (role-plays), projects, third party reports, practical activities and observations.

Please note that practical demonstrations and roleplays will have to be video recorded and submitted via Australian College LMS.

Course units:

SIS30321 Certificate III in Fitness	
SISFFIT047* Use anatomy and physiology knowledge to support safe and effective exercise	Core
SISFFIT052* Provide healthy eating information	Core
SISFFIT032* Complete pre-exercise screening and service orientation	Core
SISFFIT033* Complete client fitness assessments	Core
BSBOPS304 Deliver and monitor a service to customers	Core
BSBPEF301** Organise personal work priorities	Core
HLTWHS001* Participate in workplace health and safety	Core
BSBXTW301** Work in a team	Elective
CHCDIV001 Work with diverse people	Elective
SISXCAI010** Develop strength and conditioning programs	Elective
SISFFIT035* Plan group exercise sessions	Core
SISFFIT036* Instruct group exercise sessions	Core
SISFFIT040* Develop and instruct gym-based exercise programs for individual clients	Core
SISXCAI009** Instruct strength and conditioning techniques	Elective
HLTAID011*/** Provide first aid	Core

Course units:

SIS40221 Certificate IV in Fitness	
SISFFIT049 Use exercise science principles in fitness instruction	Core
SISFFIT053 Support healthy eating for individual fitness clients	Core
SISFFIT050 Support exercise behaviour change	Core
SISFFIT051 Establish and maintain professional practice for fitness instruction	Core
CHCCOM006 Establish and manage client relationships	Core
BSBPEF301** Organise personal work priorities	Elective
BSBESB402 Establish legal and risk management requirements of new business ventures	Elective
BSBXTW301** Work as a team	Elective
BSBOPS403 Apply business risk management processes	Elective
BSBESB401 Research and develop business plans	Elective
SISFFIT041 Develop personalised exercise programs	Core
SISFFIT042 Instruct personalised exercise sessions	Core
SISFFIT043 Develop and instruct personalised exercise programs for body composition	Core
goals SISSFIT044 Develop and instruct personalised exercise programs for older clients	Core
SISFFIT045 Develop and instruct personalised exercise programs for adolescent clients	Core
SISXCAI009** Instruct strength and conditioning techniques	Elective
SISXCAI010** Develop strength and conditioning programs	Elective

*All units marked with * are pre-requisite units for the SIS40221 Certificate IV in Fitness.

**All units marked with ** are covered in both qualifications.

*** Students are required to complete the 'HLTAID011 Provide First Aid' unit with another training provider. Upon completion, students are required to provide Australian College with a copy of the Statement of Attainment achieved to be recorded for credit transfer towards this qualification.

Note: All of the above listed units of competency must be completed to receive the SIS30321 Certificate III in Fitness and the SIS40221 Certificate IV in Fitness full qualifications

Course Completion:

The dual qualification in fitness consists of 27 units of competency.

Students obtaining a 'Competent' result for all units of competency will achieve the **SIS30321 Certificate III in Fitness** and the **SIS40221 Certificate IV in Fitness** certificates. A Statement of Attainment will be issued to students who complete less than the required units for the full qualification.

*Note: Australian College does not guarantee successful completion of the course nor guarantees a particular employment outcome on completion of the qualification.

Career opportunities:

Group exercise instructor, aqua instructor, gym instructor, exercise instructor, personal trainer, fitness studio manager, group fitness instructor. Graduates of this qualification may also be involved in team leadership or supervisory roles.

COURSE DESCRIPTION/SUMMARY

The **SIS30321 Certificate III in Fitness** qualification reflects the role of group and gym fitness instructors. These fitness instructors may planand deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. They work in predictable environments under general supervision. When instructing groups or interacting with clients, they use discretion and judgement to solve routine issues within the parameters of clearly defined organisational policies and procedure

This qualification provides a pathway to work as a fitness instructor in settings such as fitness facilities, gyms, and leisure and community services.

On completion of the **SIS30321 Certificate III in Fitness**, students will continue with the **SIS40221 Certificate IV in Fitness.**

The **SIS40221 Certificate IV in Fitness** has pre-requisites a number of units that are completed throughout the **SIS30321 Certificate III in Fitness.**

The **SIS40221 Certificate IV in Fitness** qualification reflects the role of personal trainers who develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, to achieve specific fitness goals. Clients with higher health risks are referred to medical or allied health professionals. Personal trainers work independently using highly developed fitness skills and knowledge in both routine and unpredictable situations. They use well-developed communication and collaboration skills to interact with clients and health professionals to improve client fitness outcomes.

This qualification provides a pathway to work as an employed or self-employed personal trainer in settings such as fitness facilities, gyms, leisure and community centres, client workplaces and homes, and outdoor locations. Personal trainers may offer services to individuals and groups, and may provide online training services. In some employment contexts, personal trainers. May be involved in team leadership or supervisory activities.

WORK PLACEMENT* (Experience)

This qualification does not require mandatory work placement. However, Australian College recommend students to have access to real sport and fitness work environment for them to practice and complete tasks using specific software and equipment, such as:

- One set of dumbbells (5 – 25kg)
- Two barbells and collars
- A minimum of two pieces of cardio equipment (e.g. bike, rower, treadmill)
- A minimum of one squat racks
- A minimum of two suspension trainers
- A range of medicine/slam balls
- Resistance bands of varying tension
- A minimum of one bench
- One tape measure
- One blood pressure monitor
- One exercise mat
- One set of kettlebells (8 – 24kg)
- At least one cable based resistance machine (e.g. seated row, lat pulldown, chest press)
- Access to an outdoor area where activity can be performed
- Access to a sport, fitness or recreation workplace
- Access to a range of equipment: step, ledge, park bench, small weights, water bottles, dumbbells, etc.
- Five clients
- A mentor

Australian College provides students with a 'Workplace Experience Agreement' to support them finding a workplace where they can practice and complete assessment tasks. It is the student's responsibility to find a workplace that accepts them to complete their work experience. Students may contact the College should they have any issues finding a workplace.

ENTRY REQUIREMENTS

The training package does not stipulate any mandatory entry requirements for the **SIS30321 Certificate in Fitness.**

Entry to **SIS40221 Certificate IV in Fitness** is open to individuals who hold the following units of competency:

- HLTAID011 Provide First Aid (or a unit that supersedes this unit)
- HLTWHS001 Participate in workplace health and safety
- 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

In addition to the above, Australian College has certain admission criteria for this course. Prospective students must:

- be a minimum of 15 years old to be able to work and practice in a school education environment;
- provide parent/legal guardian consent, if students are under the age of 18 years at the time of enrolment;
- obtain their Unique Student Identifier (USI) and provide it to Australian College;
- complete the pre-enrolment process including the pre-enrolment Language, Literacy and Numeracy test;
- Agree to comply with Australian College policies and procedures as published on the website and outlined in the Student Handbook

Students must have access to and be able to operate:

- An internet-enabled PC/Laptop or similar running a current operating system (E.g Windows 10 or Mac OSX)
- An audio/video recording device (such as a mobile phone) for the purpose of preparing audio/video assessment recordings
- Microsoft Office (or compatible software)

- Current web browser (e.g., Chrome)
- Adobe Acrobat Reader or another PDF document viewer
- Valid email address
- Access to a sport, fitness or recreation workplace
- Access to a mentor

QUALIFICATION PATHWAYS

On successful completion of this qualification, students may choose to undertake further studies in a qualifications of their choice building further on a potential career for the future. Below are listed some Certificate IV and Diploma level qualifications that students may choose to continue their studies:

- SIS40321 Certificate IV in Sport Coaching
- SIS50321 Diploma of Sport

TARGET GROUP

Prospective students would see this course as a stepping-stone in their career development, regardless of their current role. It may be a job requirement or a request from and supported by their employer. For some prospective students, undertaking this course may also be at their own initiative, aligning with their personal or professional career objectives.

Prospective students may be:

- potential students who want to develop skills and knowledge to be able to work and build on a career in the sport, fitness and recreation industry;
- employees who have previously worked in this area but don't have formal recognised qualifications;
- mature aged workers who want to upskill and improve their employment opportunities

RECOGNITION OF PRIOR LEARNING (RPL) AND CREDIT TRANSFER

RPL and Credit Transfer is available for all students to consider. Students will be provided with information about RPL and Credit Transfer prior to enrolment. Australian College will recognise the AQF qualifications and statements of attainment issued by other RTO's, upon verification with the issuing organisation.

For more information on RPL and Credit Transfer email us at admin@australiancollege.edu.au.

NSW GOVERNMENT FUNDING

This course is subsidised by the NSW government under the Smart and Skilled program. For more information and if you qualify for funding, please visit our website at: https://www.australiancollege.edu.au/smart-and-skilled-funding/.

Overseas Students Policy

This course is not available to students on an Overseas Student Visa. As defined in the ESOS Act 2000, 'Overseas students' are not eligible to apply to enrol in this nationally recognised course, nor are they eligible for certification. Please refer to the Enrolment Terms and Conditions.

WHERE CAN I FIND MORE INFORMATION

It is important to us that prospective students have all the information needed to ensure this is the right course for them and we are the right training provider for them.

Please, visit our website at www.australiancollege.edu.au/ and read our Student Handbook, our policies and procedures for more information needed to make that all-important decision.

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If you have any questions about the College, our courses, or need help with enrolment, please contact us.

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