ABOUT THIS QUALIFICATION

The Certificate III in Fitness is your first step into the fitness industry. This national qualification allows you to be a ‘fitness instructor’. You will learn to assess, train and supervise clients in fitness centres and gyms.

Certificate III in Fitness is aimed to ensure graduates achieve the best possible start in their fitness careers. The course includes a strong mix of both theoretical and practical teachings and provides experience essential to being a fitness professional. Our team of expert health and fitness trainers are focused on delivering fun and dynamic classes and making sure students are 'job ready'.

What do you learn in a Certificate III in Fitness?

The Certificate III in Fitness course will prepare you to:

- Fitness screen and assess new clients
- Monitor a client’s fitness level and development
- Provide fitness training to a single client or group of clients in a supervised and low risk setting
- Provide advice on exercise and exercise equipment
- Perform Administration duties of the fitness centre or gym

Some of the topics you will study include:

- Anatomy and Physiology and the basics of Exercise Science
- Client screening and assessment
- Principles of healthy eating
- Instructing exercise
- Planning exercise
- Exercise for Special Populations clients such as older adults
- Fitness Course Instructor Specialisations

Job Outcomes

- Exercise Instructor
- Gym Instructor
- Group Fitness Instructor
CERTIFICATE III IN FITNESS (SIS30315)  

Mode Delivery - Classroom

National Qualification Code: SIS30315  
CRICOS Code: 089271G

Provider Name: The Australian College of Sport and Fitness  
RTO number: 91165

COURSE DURATION

3 x 10 week terms (39 weeks)

COURSE INTAKES

The College offers 4 intakes per year:
- January
- April
- July
- October

Please refer to timetable for more detail.

COURSE OVERVIEW

Method of Training and Delivery

The program will be delivered by a combination of:
- Theory lessons in a classroom environment
- Practical lessons in a gym environment
- Guided self-learning tasks

A range of learning approaches will be used to deliver the theory component of your course, which includes:
- Classroom discussion and feedback
- Role play activities and peer discussions
- Simulated work environments
- Presentations by the instructor using whiteboards, training aids, DVDs
- Guest specialists
- Student Course notes
- Additional reading material and latest articles
- Recommended further audiovisual and textbooks
**CERTIFICATE III IN FITNESS (SIS30315)**

National Qualification Code: SIS30315
Provider Name: The Australian College of Sport and Fitness

CRICOS Code: 089271G
RTO number: 91165

**Mode Delivery - Classroom**

**EXAMPLE TIMETABLE**

The typical timetable for this course is 2 days per week plus additional directed home study.

Example Timetable:

<table>
<thead>
<tr>
<th>Qualification</th>
<th>Duration</th>
<th>Terms</th>
<th>Options</th>
<th>Class Timetable</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Certificate III in Fitness</strong></td>
<td>9 months</td>
<td>3 x Terms</td>
<td>☑ Option 1</td>
<td>Tue &amp; Wed 8.45am – 5.30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>☑ Option 2</td>
<td>Thu &amp; Fri  8.45am – 5.30pm</td>
</tr>
</tbody>
</table>

**ENTRY REQUIREMENTS**

The Certificate III in Fitness can be studied without academic requirements.

You should however have a reasonable level of fitness as well as required English proficiency (please refer to our English proficiency requirements factsheet).

General experience of fitness is recommended, but not essential.

**EXAMPLE COURSE PHOTOS**

High resolution versions can be found on www.alg.edu.au/alg-partner-portal/images/