

Units of Competency List for ACSF Fitness Courses

Certificate III in Fitness (SIS30315)

CRICOS Course Code: 089271G

The Certificate III in Fitness is made up of 16 units of competencies, which are made up of 9 core and 7 elective units, the following table lists the units included in ACSF's course:

Unit Code	Unit Title
SISFFIT001	Provide health screening and fitness orientation
SISFFIT002	Recognise and apply exercise considerations for specific populations
SISFFIT003	Instruct fitness programs
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming
SISFFIT005	Provide healthy eating information
SISFFIT014	Instruct exercise to older clients
SISXCCS001	Provide quality service
SISXFAC001	Maintain equipment for activities
SISXIND001	Work effectively in sport, fitness and recreation environments
BSBRK401	Identify risk and apply risk management processes
HLTAID003	Provide first aid
HLTWHS001	Participate in workplace health and safety
SISFFIT007	Instruct group exercise sessions
SISFFIT011	Instruct approved community fitness programs
SISFFIT006	Conduct fitness appraisals
SISXCCS003	Address client needs