



SIS30321 - CERTIFICATE III IN FITNESS

CRICOS Course Code: 089271G

The Certificate III in Fitness is made up of 15 units of competencies, the following table lists the units included in ALG's course:

Unit Code	Unit Title
SISFFIT032	Complete pre-exercise screening and service orientation
SISFFIT033	Complete client fitness assessments
SISFFIT035	Plan group exercise sessions
SISFFIT052	Provide healthy eating information
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
BSBOPS304	Deliver and monitor a service to customers
BSBPEF301	Organise personal work priorities
HLTWHS001	Participate in workplace health and safety
BSBXTW301	Work in a team
HLTAID011	Provide First Aid
BSBLDR301	Support effective workplace relationships
BSBSUS211	Participate in sustainable work practices
BSBOPS403	Apply business risk management processes