



SIS30315 - CERTIFICATE III IN FITNESS

FITNESS INSTRUCTOR

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ABOUT THIS QUALIFICATION

This qualification reflects the role of instructors who perform a range of activities and functions within the fitness industry. Depending on the specialisation chosen, this qualification provides a pathway to work as an instructor providing exercise instruction for group, aqua or gym programs.

They work independently with some level of autonomy in a controlled environment such as fitness, leisure, aquatic and community centres where risks are managed through pre-existing risk assessment and hazard control processes.

Individuals who specialise in Group Exercise Instruction deliver exercise sessions designed for participation by a group of clients with a mix of ages/fitness levels. Sessions may be freestyle, pre-choreographed or circuit style. These individuals instruct and demonstrate complete exercise sessions to groups with limited individual interaction.

Individuals who specialise in Gym Instruction provide individually tailored client assessments, provide technique correction as needed, and develop and demonstrate programs. They also provide supervision of a facility or service, keep equipment clean, tidy and well maintained, and handle various customer inquiries.

SUBJECTS COVERED

TERM 1: INTRODUCTION TO THE FITNESS INDUSTRY

1. **SISXIND001** - Work Effectively In Sport, Fitness And Recreation Environments
2. **HLTWHS001** - Participate In Workplace Health And Safety
3. **SISXFAC001** - Maintain Equipment For Activities
4. **BSBRSK401** - Identify Risk And Apply Risk Management Processes

TERM 2: WORK HEALTH & SAFETY

5. **HLTAID003** - Provide First Aid
6. **SISXCCS001** - Provide Quality Service
7. **SISFFIT001** - Provide Health Screening And Fitness Orientation
8. **SISFFIT005** - Provide Healthy Eating Information

TERM 3: ANATOMY & FITNESS PROGRAMMING

9. **SISFFIT004** - Incorporating Anatomy And Physiology Principles Into Fitness Programming
10. **SISFFIT006** - Conduct Fitness Appraisals
11. **SISFFIT002** - Recognise And Apply Exercise Considerations For Specific Populations

TERM 4: INSTRUCT FITNESS PROGRAMS

12. **SISFFIT003** - Instruct Fitness Programs
13. **SISFFIT007** - Instruct Group Exercise Sessions
14. **SISFFIT011** - Instruct Approved Community Fitness Programs
15. **SISFFIT014** - Instruct Exercise To Older Clients
16. **SISFFIT012** - Instruct Movement Programs To Children Aged 5 To 12 Years

CLASS TIMES

LECTURE	TUTORIAL
WEDNESDAY: 9:00am - 12:00pm	FRIDAY: 9:00am - 5:00pm
Lectures are held once a week, face to face with ACE trainers and students in a classroom setting. These classes cover each subject in your course. They cover both theory & practical assessments.	Tutorials are an optional class available for students who require extra assistance with their work. Arrange a time with your trainer on Friday's between 9am-5pm (Bookings required)

PLEASE NOTE: Attendance to your lectures is important as these classes play a crucial role in passing your course.

TRAINING & ASSESSMENTS

THEORY	PRACTICAL
All students gain access to our online learner portal with a unique username and password where you will find fillable pdf workbooks covering the theoretical components of your course.	You will be required to perform practical tasks & assessments that directly relate to your course. Practical assessments are witnessed face to face by your trainer in a working environment.

All classes are located at [Gold Coast P.C.Y.C Broadbeach](#).

PAYMENT PLAN

TOTAL PRICE	1ST PAYMENT	2ND PAYMENT	3RD PAYMENT	4TH PAYMENT
\$7,000	\$2,350	\$1,550	\$1,550	\$1,550

PLEASE NOTE:

- Your 1st payment includes the following additional costs on top of your tuition fee:
 - \$100 Confirmation of Enrolment (CoE) processing fee per CoE (non refundable) and
 - \$700 resource fee.
- Your payment schedule is divided into 4 payments throughout the year (with each payment due approximately every 3 months from your 1st payment). Your payment schedule will be sent to you during the enrolment process.
- A single 'Full Payment' option is also available upon request.
- You will also need to pay for your own [Student Visa Application](#) + [Overseas Student Health Cover \(OSHC\)](#) as an additional cost to your first payment (this is a separate cost not included in the above payment plan).
- An approximate quote for your OSHC can be calculated by entering the start and end dates of your visa through [Allianz Global Assistance Calculator](#).
- Before we can accept you as a student, you must show you have appropriate English Language and Academic levels to study our courses. In order to assess these levels we require you to complete and submit our [Language, Literacy and Numeracy Test](#).

HOW TO ENROL

Before you enrol in a course with ACE please ensure you have read and understand the following pages.

- [Entry Requirements](#)
- [Steps To Enrol](#)

2020 SCHOOL CALENDAR

SIS30315 - CERTIFICATE III IN FITNESS

JANUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY						
S	M	T	W	T	F	S
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9	10	11	12	13	14	15
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23	24	25	26	27	28	29

MARCH						
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29	30	31				

APRIL						
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MAY						
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JUNE						
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28	29	30				

JULY						
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AUGUST						
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SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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29	30					

DECEMBER						
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20	21	22	23	24	25	26
27	28	29	30	31		

	SCHOOL TERM
	SCHOOL HOLIDAY
	PUBLIC HOLIDAY
	LECTURE: WEDNESDAY'S - 9:00am - 12:00pm
	TUTORIAL: FRIDAY'S - 9:00am - 5:00pm (Booking's Required)

P.C.Y.C GROUP FITNESS TIMETABLE

Students gain access to 20+ hours of group fitness classes each week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		SPIN	SPIN	SPIN		
6:00PM		PILATES				
7:00AM						SPIN
7:30AM					YOGA	
8:00AM	MATURE & MOTIVATED	PILATES	MATURE & MOTIVATED		MATURE & MOTIVATED	BOXERCISE
8:00AM	STRENGTH		STRENGTH	STRENGTH		
8:15AM						PILATES
8:30AM				STRENGTH		
9:15AM	BOXERCISE	STRENGTH	BOXERCISE	PILATES	BOXERCISE	
9:15AM		PILATES BARRE				
10:30AM	YOGA		YOGA			
6:00PM	BOXERCISE	CARDIO FIT				
6:00PM		10 ROUNDS		10 ROUNDS		

P.C.Y.C CLASS DESCRIPTION	
BOXERCISE	<i>Is an intense cardio-vascular workout, incorporating punching bags, hand weights, body weight and abdominal exercises. Gloves provided if required – no partner necessary. This class gets your heart rate up to burn calories faster. Modifications for all fitness levels are provided.</i>
CARDIO FIT	<i>Takes you back to the basics – lift weights, punching bags, kick, skip, burpee, lift, carry, run and sprint your way to a firmer and fitter body. High impact for fitness and fun at the same time.</i>
MATURE & MOTIVATED	<i>This is a class that is aimed at the over 50's, it incorporates some light weights with cardio to keep your bones and your cardiovascular system healthy. A social atmosphere is encouraged!</i>
PILATES	<i>Movements are practiced with control, concentration, precision and flow. A floor based core workout which includes strengthening and stretching. This low impact classes improves your core, flexibility, postural strength and balance.</i>
PILATES BARRE	<i>This class is the perfect blend of deep muscle toning, stretching, balancing, and cardiovascular intervals guaranteed to pump up your heart rate and burn fat! Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates.</i>
SPIN	<i>Is an intensive and motivational group workout to music on stationary bikes. Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This is a high calorie burn class which will push your limits.</i>
STRENGTH	<i>A 30 minute all over body workout comprising of high intensity interval training and high intensity weight bearing activities.</i>
YOGA	<i>A mind-body programme that helps to develop strength, flexibility, balance, relaxation, coordination, joint stability, internal health, peace of mind, and vitality. Yoga slows the breath with movement, calms the mind, and encourages greater mental clarity. Yoga is a great complement to any sport or fitness program. Modifications can be made to ensure suitability for all fitness levels.</i>
10 ROUNDS	<i>10 Rounds is a high intensity boxing session, suitable for everyone. This session will help you improve your fitness, strength and functional movement. Regardless of your fitness or ability exercises can be scaled to suit you. Each session will encompass boxing specific drills, strength and conditioning, and functional training, over 10 x 3min intense rounds. This session will conclude with a short and sharp, heart racing HIIT (High intensity interval training) EMOM (Every minute on the minute) task.</i>

FACILITY ACCESS

All students receive access to the following facilities. More info can be found [here](#).



24/7 GYM:	<i>State of the art strength training equipment, cardio, free weights, functional training area.</i>
BOXING:	<i>Fully equipped with punching bags, pads & gloves including a full sized boxing ring for sparing practice.</i>
TENNIS COURTS:	<i>2 full sized, flood lit, synthetic grass tennis courts suitable for play all year round. (bookings required)</i>
STUDY:	<i>Air conditioned spacious and comfortable lecture room with plasma TV's and projectors, WIFI, Printing, Scanning & Laptop computer access.</i>