

YEAR LEVEL 11

COURSE CONTACTS Carlee Stewart | Jasmine Barolo

LECTURER Fit College

COURSE LENGTH Full Year

SACE CREDITS 95 MAX Stage 2

COURSE STRUCTURE Online blended course

QUALIFICATION

SIS 30321 Certificate III in Fitness (Gym Instructor)

COURSE OUTLINE

With a Certificate III in Fitness, specialising as a Gym Instructor, students will work as part of a team of fitness professionals in a gym providing advice on using gym equipment and writing exercise programs, while also contributing to daily operations. The course may also include visits to fitness centres.

SELECTION CRITERIA

Students meeting the criteria will need to complete a Trade Skills Centre Enrolment Form. Students may be interviewed and will be notified if they are successful in gaining a place.

UNIFORM

Students will be required to wear Unity College PE Uniform.

COST

\$2000 with Unity College contributing up to approx. \$750. A \$100 Unity College TSC administration fee will be invoiced to all students in Term 1, 2026. Cost is inclusive of excursions with industry mentors.

WORKPLACE LEARNING

Students may be required to complete Workplace Learning during their course. Students can complete these hours during school holidays.

COMPETENCIES

CORE	
HLTAID011	Provide first aid and
HLTAID009	Provide cardiopulmonary resuscitation.
SISFFIT047	Use anatomy and physiology knowledge to support safe and effective exercise.
SISFFIT032	Complete pre-exercise screening and service orientation
SISXIND009	Respond to interpersonal conflict
SIRXSL001	Sell to the retail customer
SISFFIT052	Provide healthy eating information
BSBOPS304	Deliver and monitor a service to customers
SISFFIT033	Complete people fitness assessments
HLTWHS001	Participate in workplace health and safety
SISFFIT040	Develop and instruct gym-based exercise programs for individual clients.
SISFFIT035	Plan group exercise sessions
SISFFIT036	Instruct group exercise sessions
BSBPEF301	Organise personal work priorities
BSBCRT311	Apply critical thinking skills in a team environment
CHCPRP003	Reflect on and improve own professional practice

POSSIBLE EMPLOYMENT

The course provides a pathway to work as a sports coach or gym floor supervisor

PATHWAYS

- + Certificate IV in Fitness
- + Diploma of Fitness,
- + Bachelor of Exercise and Sport Science
- + Bachelor of Human Movement