

## SIS30315 Certificate III in Fitness 2017

<b>Code</b>	<b>Unit</b>	<b>Nominal Hours</b>
SISFFIT001	Provide health screening and fitness orientation	15
SISFFIT002	Recognise and apply exercise considerations for specific populations	100
SISFFIT003	Instruct fitness programs	50
SISFFIT004	Incorporate anatomy and physiology principles into fitness programming	95
SISFFIT005	Provide healthy eating information	55
SISFFIT014	Instruct exercise to older clients	70
SISXCCS001	Provide quality service	25
SISXFAC001	Maintain equipment for activities	5
SISXIND001	Work effectively in sport, fitness and recreation environments	25
BSBRK401	Identify risk and apply risk management processes	50
HLTAID003	Provide first aid	18
HLTWHS001	Participate in workplace health and safety	20
SISFFIT007	Instruct group exercise sessions	80
SISFFIT011	Instruct approved community fitness programs	40
SISFFIT006	Conduct fitness appraisals	30
SISFFIT010	Deliver pre-choreographed or prescribed group exercise to music	40

Total nominal hours: 718

5 SACE points for every 35 nominal hours = 20 SACE Points