

School Delivered VET courses



# Fitness

This course provides you with information about anatomy and physiology principles, planning, delivering and monitoring exercise programs and how to make healthy eating recommendations.

### Is this course right for me?

Fitness reflects the role of group and gym fitness instructors. These fitness instructors may plan and deliver group exercise sessions and develop gym-based programs for individuals where the level of personalised instruction and ongoing client monitoring is limited. When instructing groups or interacting with clients, they use discretion and judgment to solve routine issues within the parameters of clearly defined organisational policies and procedures.

### Where can this course take me?

The job roles that relate to this qualification may include:

- fitness instructor in settings such as fitness facilities, gyms, and leisure and community centres.

This course can lead to further study, such as:

- SIS40221 Certificate IV in Fitness
- SIS50321 Diploma of Sport
- SIS50122 Diploma of Sport, Aquatics and Recreation Management

[education.nsw.gov.au](http://education.nsw.gov.au)

### Related subjects

- PDHPE
- Biology
- Business Studies
- Sport, Lifestyle and Recreation

Credential Available	Statement of Attainment/ Full Certificate
Course code/name	SIS30321 Certificate III in Fitness
ATAR eligible	No
Mandatory placement hours	70 hours
SBAT available	Yes
Specialisation required for full qualification	No



For more information contact your VET Coordinator / Careers Adviser, or visit our Internet site: [www.education.nsw.gov.au/school-delivered-vet](http://www.education.nsw.gov.au/school-delivered-vet)